

All that has been worn by the patient should be subjected to prolonged boiling, or to a dry heat of 240° F., before being again used.

Dr. W. H. Welsh commends the prophylactic value in persons liable to exposure, of special cleanliness of the teeth and mouth, and of the frequent use of antiseptic mouth washes, nasal douches, and gargles. That high authority, Loeffler, recommends for this purpose aromatic waters, weak sublimate solutions, chlorine-water, and thymol.

Special attention to all apparently simple cases of sore throat is urged by all good authorities; and the importance of keeping the mucous membrane covering it in a sound healthy state.

PURE AIR AND COLDS.

BY THE REV. J. W. QUINBY, IN THE POPULAR SCIENCE MONTHLY FOR
DECEMBER, 1891.

A FEW years ago I read an article in the Popular Science Monthly which seemed to prove the value of pure air as a preventive of "colds." The theory suggested was that colds may be caused by the loss of a certain equilibrium between the oxygen in the lungs and the carbon in the blood. It is true that this may follow overeating, and so overcharging the blood with food elements; but more frequently it was thought, the lack of pure air.

By acting upon this theory almost incredible results were said to have been reached. The writer of the article alluded to claimed that he had easily brought himself into a condition in which it seemed impossible to take cold. He could sit in thin clothing in winter at an open window. The ordinary causes of colds, such as wet feet, overheating, and the like, seemed powerless to produce their usual results.

With these statements in mind, I remember some curious facts of my own experience in the army in 1862 and 1863. I was not strong, and indeed was hardly fit to be in the army at all. And when I found myself exposed all day long to a steady rain, and at night to the outdoor air, with no fire, no change of clothing, no shelter but a canvas covering open at both ends, through which the rain dripped constantly, it seemed certain that the "death o' cold" so often predicted must surely follow. Why it did not follow was more of a mystery then, than it is now. For I was in a place where the art of man no longer excluded one of the principles of health. I breathed pure air because I could not help it. During a service of fifteen months, with severe exposures, but fresh air constantly, the same immunity from colds prevailed. I remembered, too, that when I came home from the army I had comfortable rooms to eat, breathe, and sleep in, but very soon I had colds, sore throats, and related troubles.

Finally, after nearly twenty years of suffering according to the ordinary lot of man, I resolved to try the pure-air cure, and from that time to this the windows of my room have been open almost constantly day and night. The result was immediate and striking, and for the last seven years I have not had one serious cold. My sore throats are wholly a thing of the past, and certain other physical derangements not usually associated with colds have disappeared.

At this very moment in the house where I live there are twelve persons, every one of whom, except myself and one other, is suffering from the effects of a cold. I may state that nearly all my father's large family died of consumption.

It should be borne in mind that the difference between the air of an ordinary room in which people live and that of the air outdoors is far greater than is generally supposed. Think of the emanations that constantly proceed from carpets, walls, draperies, &c. People say: "Oh, yes, we believe in ventilation. We open the windows in the morning, and at night we open the doors of our sleeping-rooms." My dear friends, you know no more of really pure air than the blind mole down in the ground knows of sunlight.