

Miscellaneous Selections.

"TAKING COLD."

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Of all the erroneous notions pertaining to the preservation of health, none is fraught with more mischief than that about taking cold. According to the popular, and I may also say to some extent professional view, taking cold is the greatest disease and death producer in the world. Fully 80 per cent. of those who consult physicians premise by saying that they have taken cold. If a relapse occurs during convalescence, ten to one the blame is laid on the action of cold. "My pain is greater, I must have taken cold;" "My cough is worse, I must have taken cold;" "I do not feel as well this morning, I think I have taken cold, but I don't see how," are expressions which the physician hears a dozen times a day. The latter is thereby often led to the reflection that if it were not for death-dealing colds he would have little to do, and convalescence would seldom be interrupted. But if the physician takes the trouble to think a little more upon this subject, he will be convinced that to his own craft is due this stereotyped and never-ending complaint of his patients about taking cold. The sick and their friends nearly always take their cue about disease and its causes from the trusted family doctor; and he accounts very often indeed for an aggravation of the symptoms of those under his charge (the cause of which aggravation by the way may be, and often is, very difficult to detect) by the easy and satisfying explanation of having taken cold. In this way he gets over the trouble of attempting to make plain to untutored minds what is often a puzzling problem to the most trained intellect, and at the same time shifts the responsibility for the relapse on the uncomplaining and much-abused weather. So it is that men and women have been led to regard climate changes as the greatest enemy to their health; if it were not for them, their health would be next to perfect from the beginning to the end of the year. Thousands of consumptives, especially in the first and second stages of the disease, are firmly of the opinion that if they could only escape the malign influence of one cold after