

Then comes the cure :

“DE REMEDIIS CATARRHI :”

“Fast well and watch, eat hot your daily fare,
Work some and breathe a warm and humid air ;
Of drink be spare, your breath at times suspend,
These things observe if you your cold would end.”

In A.D. 1306, Henricus de Amondeville, in his Manual of Surgery, thus described the olfactory lobes as a part of the brain and the true organ of smell: “It is a certain fossa just between the two eyes, under the upper extremity of the nose, where the said fossa begins. The reason for the creation of this fossa is twofold: (1) That it may receive the superfluities of the brain and that they may be expelled through it; (2) that in it the air carrying a sort of odorous matter may remain quiet until it is taken up by the organ of smell. From the said fossa spring two canals toward the mouth and palate through the ethmoid bone. The use of the said canals are therefore: (1) That when the mouth is closed there may be an inspiration of air to the lungs. If this were not so, it would always be necessary to keep the mouth open. (2) By blowing forcibly through these, the said seive-like bone, the ethmoid, may be purged of its filthy viscosities. (3) That it may aid in the enunciation of letters.”

To Vesalius, who lived about the middle of the sixteenth century, we owe our first exact plates of the nasal cavities. It is believed now that they are superior in artistic merit to anything published either before or since upon the same subject.

Ingrassias gave us the first description of the anterior ethmoid cells; and Colombo joined him in describing the inferior turbinated bones; but Casserius in 1610 described them all, superior, middle and inferior.

To Cardanus, a contemporary of Vesalius, we also turn for the first conception of the correct physiology of the nasal cavities. To quote his words: “The mucus that runs from the nose does not really come from the head, but very often is produced by the secretory organs of the nose and throat.”

Van Helmont, who lived a hundred years later, although considered an advanced student of the principles of medicine, was far behind Cardanus in accuracy of knowledge upon this subject. He says: “The mucosities which are expelled by the expectoration and in coryza do not come from the head, nor are they secreted by the arteries; but they arise from the superfluity of ailments which remain adherent at the upper part of the pharynx.”