

Time would fail me to speak of the adjuncts which may be useful in this stage, such as poultices, vapors, inhalations, respirators, liniments, plasters, cathartics, etc.

When the first stage is past and secretion is free, then, and not till then, will your ammonia and squill and their congeners do good. And just here I would like to mention that I have found much benefit from the administration of digitalis in congestion, not only in that of cardiac origin, where it is strongly indicated, but also in that of the first stage of bronchitis. It seems to give the patient relief both by strengthening the heart and contracting the vessels of the lungs.

I have mentioned, only to condemn, the practice of suppressing the cough in all cases. Is not a cough often salutary? Is it not nature's method of throwing off some foreign or injurious substance, whether it be dust which has been inhaled; mucus which has been secreted, and is lying on the surface of the mucus membrane, leading to irritation, hidden or purulent matter lying away in a cavity? Should we always check a diarrhœa, irrespective of its cause? Is it not often salutary? Yet some incline to burking it, whether it be uræmic or bilious, or the result of irritating ingesta or undigested food. Few of us would like to admit such careless or unscientific practice, and yet the great Milner Fothergill owns up to having killed his first patient, who had Bright's disease, by foolishly, but with the best intention in the world, checking her diarrhœa. So with cough. It is, in perhaps a great majority of cases, salutary, and should not therefore be stamped out, but judiciously controlled and even sometimes sustained; and when we shall have done that, without, to any harmful extent, interfering with the other functions of the body, we shall have done our part as physicians, acting as the hand-maidens of nature, stepping in where she, in her attempts at healing a breach, goes, as she often does, too far. I had intended making some notes on the reflex action of certain agents, as cold and heat, blisters, etc., applied to the surface of the body, on the pulmonic circulation; but interesting as such considerations would be, I shall be obliged, for want of time, to conclude this paper by referring briefly to the pathology of cough, and to some kinds of cough which I have not already spoken of. I do this because,

in a sense, cough lies behind and is at the root of all that is practical in our treatment of pulmonary troubles by expectorants. Cough is, as I have said, nature's method of ridding the system of some foreign body or relieving dyspnoea; or is the result of irritation of some part of the body, whether in the respiratory tract or not, which is more or less closely connected by the nervous system, with the respiratory centre, upon the undue irritation of which cough a modified form of respiration depends.

I need not recapitulate as to the cough of congestion, nor of phthisis, or pleuritis, but pass on to consider other forms. And first as to pharyngeal cough. Here there is irritation of a part where the nerves are chiefly expiratory; hence we have a cough which is loud, explosive, prolonged and barking; and inasmuch as here the digestive and respiratory tracts cross one another, it is frequently accompanied by retching and vomiting.

This irritation of the pharyngeal tract, supplied by the glosso-pharyngeal, sometimes acts as an adjunct in the setting up of a cough, by aiding the irritation of the respiratory tract, which may not have been in itself sufficient to cause cough. Thus certain persons with an elongated uvula cough as soon as they lie on their backs because, the uvula falling back upon the pharynx or pillars of the fauces, adds its irritation to that of the respiratory passages, and their combined action is sufficient to cause cough, which, when the sufferer turns upon the side and thus lifts the uvula off the region of the glosso-pharyngeal, ceases. In this form of cough, in addition to the remedies given to allay the bronchial or other more remote irritation, mucilaginous substances, as jujubes, linseed tea, marshmallow, etc., are very useful in forming a protection to the irritable mucous membrane of the pharynx from dust, cold air, etc.

Regarding the quality of any cough, it is worthy of note that when the irritation giving rise to it is upon a part of the tract where the nerves are expiratory, then we have a loud, explosive, prolonged, barking cough, as the pharynx, larynx, trachea and large bronchi; while cough due to irritation of those parts which have nerves, chiefly inspiratory, is short and hacking, as the lungs and costal pleura.