

CATARRH (COMMON COLD).

This disease consists of an inflammation of the air passages. It may be confined to the nostrils and cavities connecting with them, or to the wind pipe, or it may extend down into the smaller air tubes in the lungs. This disease is more common than any other. It arises from too sudden change of atmospheric temperature, or from exposure to wet and cold when the strength is exhausted. Catarrh is simply a common cold. It may be acute or chronic. If acute, there will be a running at the nose, and if the windpipe is implicated, there will be more or less irritation or soreness in the inflamed part of the windpipe, and a cough more or less violent. In chronic catarrh of the head, the fluids that are thrown out are quite thick and viscid, and of a yellow or greenish color. This dries in the nostrils, or passes backward into the throat, or both of these events may occur.

Treatment.— If the catarrh is recent, take any form of a hot bath once or twice a day, and abstain from food for one or two meals, or eat very sparingly for a few days. In the chronic form, live on a strictly hygienic diet, eat two meals a day regularly, and no more, and follow the directions given for constitutional treatment.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 307-08 by M. G. Kellogg