

ASTHMA, HAY—HAY FEVER.

This disease is a severe catarrh (*cold*) with an asthmatic affection. It occurs in the summer, and is due to peculiar emanations from decaying vegetation, in connection with overeating or the use of improper food, or, as some suppose, from the emanations from certain grasses, flowers, or weeds. The mucous membrane of the eye — the conjunctiva— and of the nostrils and throat and bronchial tubes are all somewhat inflamed, and there is headache, the eyes are watery, the nose is irritated, and there is frequent sneezing, and a dry, hacking cough, with occasional paroxysmal attacks of asthma, which last two or three hours. At times, the breathing is so difficult that suffocation appears to be certain.

Treatment Preventive.— Eat but two meals a day, subsist upon a vegetarian diet, and eat nothing between meals. If three meals are eaten, the last should be very light, and of food that is easily digested. Some form of bath should be taken three times a week. The sleeping room should be thoroughly ventilated night and day.

Treatment Curative.— Take hot baths of any kind until sweating is induced, then wash off with cold water, use cold water freely about the head, and occasionally a hot fomentation to the head, throat, and chest, alternating with cold every eight or ten minutes, and pursue the same course as directed above for prevention. Sometimes a change of location during that period of the year when the patient is subject to this difficulty is the only way it can be avoided. When this is the case, the patient should visit a place free from much vegetation. A location with a breeze from the sea or from a large body of water would be good.