

THE VOICE AND THROAT.

Now that we are nearing winter, those with sensitive throats and lungs no longer enjoy that freedom from hoarseness, irritation, and coughs, which the summer months afforded. So there naturally arises to the thoughtful mind the question, What is the best preventive of colds and coughs? The answer is, Fresh air. The fear of fresh air has done a thousandfold more harm than the fresh air itself could have done. It is impure, vitiated, irritating atmosphere that weakens the respiratory tract, producing and keeping up low forms of inflammation. If one will always sleep in a small room with the window closed, ere long there will be some throat or lung trouble as a result. The evils of changes of temperature--of the cold, damp air of the late hours of the night--in causing lung troubles are not forgotten, and in foggy weather the bedroom windows should by no means be left open, though in pleasant weather they should. The cowboys who sleep on the prairies seldom have colds, for they keep their lungs in good condition by breathing night and day the purest of air; and if one have some serious lung affection, pure fresh air of suitable temperature and moisture is the best preventive and curative agent that can be found.

After fresh air, come in importance flannel clothing, and warm dry feet always. The relationship of cold feet to throat affections is a very intimate one, and sometimes nothing will clear a husky voice like warming the feet. It has been found in the army barracks that clothing the soldiers with flannel reduced the proportion of pneumonia 50 per cent.

An indirect cause of trouble with the voice and throat is dyspepsia. Nothing enervates the blood and system more certainly than a stomach deranged. Regularity in meals and attention to the diet are accordingly a matter deserving attention.

There is the old well-worn saw that an ounce of prevention is worth a pound of cure. In no case is this more *à propos* than in throat troubles. A Tabloid of Chlorate of Potash, for example, will frequently abort a bad cold, and will always confer relief in acute inflammation, subduing the irritation and correcting the secretion.

For the "hacking" cough nothing is so good. Where the irritation is absolutely painful, the Voice Tabloids should be used, as they contain a trace of cocaine, which is sure to ease. A word of warning should here be uttered against the so-called cocaine pastilles and troches and jubes, which contain too much cocaine, and are therefore to be avoided. Cocaine, if employed in large quantity in the throat, tends to produce a subsequent congestion, which those who prize their voice would fain do without. The Voice Tabloids possess none of the evils re-

ferred to, and are as safe as they are pleasant and grateful to the throat.

When the voice appears to be "giving out," sometimes failing after a little use, and in cases where there is a yellowish expectoration, Ammonium Chloride Tabloids, three grains, may be sucked with invariable advantage. An infinitely better plan than this, however, is to inhale the neutral ammonium fumes. This can be done with the Vereker Ammonium Chloride Inhaler, which, by the way, is the best of all inhalers, indeed the only perfect one supplied. All the others are open to grave objections. The fumes generated by the Vereker Inhaler are pure, perfectly neutral, and nothing can compare with the way in which they will clear a diseased mucous membrane of pustules. It consists of three bottles, and into the one containing water there may be poured, in case of "winter cough," Pure Terebene (Burroughs, Wellcome & Co.); while in consumption, foetid expectoration, and throat troubles, either Pinol or Eucalyptia. Eucalyptia is the more powerful, but Pinol the more pleasant to use.

RHEUMATISM AND ITS TREATMENT.

EVERYBODY complains of rheumatism nowadays, young and old, rich and poor. Science, ever ready with something new to alleviate the sufferings of mankind, has not failed in this direction, and Salol is now the remedy extensively used for rheumatism. The *Medical Times and Register* says: "Therapeutically the anodyne property of Salol is exhibited in the cases that are rheumatic in source. The first triumphs of Salol were won in the treatment of acute rheumatism, excelling, as it apparently does, all other remedies in its power to abate and lessen fever. If all the conditions be propitious by the end of the second and third day, fever and joint pain and swelling will have disappeared."

Safety is a great recommendation claimed for it. In spasmodic conditions, as in renal and biliary colic, the drug is most valuable. Salol in tabloids will be found the most convenient form for the administration of the drug. The dose of Salol Tabloids is from one to three.

Salol has a further use in that it is antiseptic, and excellent results have been obtained from it when used as a disinfectant for the bowels in cases of cholera, typhoid fever, &c. In connection with the cure of rheumatism, it may be stated that of late years massage treatment has found great favour with rheumatic patients. In practising massage, the fingers are usually moistened with some sort of oily preparation, and for this purpose nothing better can be used than Lanoline. Many doctors consider this vastly preferable to vaseline or any other preparation, and its use has invariably been attended with the greatest success.

[previous page](#)

[next page](#)