

nose will cause sneezing immediately, and in nearly all such persons continuance of the irritation will cause cough."

Exposure to dust, draughts, or alterations of temperature, however, are not alone excitants of acute rhinitis in a healthy nose. Predisposing causes exercise a very considerable influence in the taking of cold. The so-called neurotic temperament, the presence of some abnormality in the nasal passages or in the post-nasal space, the rheumatic and gouty diatheses, all play parts of consequence, and often place the individual in such a condition that a comparatively unimportant incident may be sufficient to start the inflammation in a part which is already in a state of more or less chronic congestion.

Without, however, entering more fully into the general and local causes of nasal catarrh, it will be well to emphasise one or two points in connection therewith which are to be especially noted as considerations of a highly practical nature in regard to prophylaxis and treatment.

The first of these is *faulty habit of life*. Speaking generally, colds are most common in those who live an unhealthy, shut-in existence. Persons who show an unwholesome horror of fresh air, who "shy" at too frequent baths, who cover themselves with thick, unventilated garments, and who live too well and take too little exercise. Such people cannot bear pure air; they pass their lives imagining draughts, and the very idea of an open window sets them a-sneezing. Taken fairly normal nasal passages—perfectly normal noses are rarely met with in civilised communities—no one should be prone to "take cold" provided he lives a healthy life. Such a life means moderate exercise, fresh air, warm but not heavy clothing, good food, a well-ventilated dwelling, personal cleanliness, and reasonable care.

Moderate exercise by walking, riding, or some healthy, but not too violent, pastime in the open air is as necessary as oxygen to a healthy individual. People who spend their whole time within doors are never healthy, a fact often shown by their tempers. The Germans have designated the nervous irritability and quickness to take offence, born of breathing continuously a vitiated atmosphere, which characterises the indoor livers by the admirable term of "house-nerves." Even amongst those who cannot avoid passing the greater part of their time within four walls, a half-hour's brisk walk, whatever the weather, will often suffice to keep them in health.

Clothing is often worn too heavy under the mistaken notion that weight means warmth. There is no excuse nowadays for this error, when one sees how many patent clothes there are advertised everywhere. Like most things clothing—and especially underclothing—has been made the object of many fads. All that is really wanted is some fabric

which is light and warm, a non-conductor of heat and a non-irritant. Flannel has been much vaunted ever since the days of the old lady who left all her money to hospitals, and to her heir the priceless advice contained in the lines—

"Whatever place you're in
Wear flannel next your skin.
And always burn a night-light by your bed."

as surpassing mere money. But flannel is going out of fashion and some form of cellular cloth, whereby the skin is clothed in warm, circulating air, is yearly supplanting it.

Another great mistake in clothing lies in the want of discrimination shown in its distribution. The chest is generally covered, often too heavily covered, whilst the loins, abdomen, and legs are too scantily cared for. Few persons ever wear sufficient clothing on the lower extremities, and the virtues of a warm abdominal belt are not made enough of.

Altogether, the ideal dress—especially evening dress, when men who have spent the day in a warm tie, double-breasted vest, and coat go out with nothing but an undervest and a starched shirt-front between them and eternity—altogether the ideal dress has yet to be evolved.

Ventilation in the dwelling-house has made great strides in the past half-century, and is making yet greater ones. Some people now actually sleep with their windows open, and quite a large number of persons thoroughly air their houses every day. The importance of fresh air in the house, and especially in the bedroom, can only be appreciated by those who are accustomed to it.

Personal cleanliness is another matter of supreme importance, and which has also been a product of the last fifty years. It came in with science, when the latter began to emerge triumphant from her long struggle with religious superstition. In former days, although it was said that cleanliness was next to godliness, the laity left it, like their godliness, to the clergy, and, as the greater the neglect of personal ablution the greater the odour of sanctity, individual cleanliness fell somewhat into disuse in both sections of the population. But now nearly everyone washes occasionally, and it is only in priest-ridden countries that perfumes are still necessary to disguise natural exhalations. It would make a curious and interesting investigation to trace the relation between hereditary tendencies to nasal abnormality and ancestral catarrhs due to ancestral personal uncleanness. Probably England is, taking everything into consideration, the most cleanly nation in the world, and, as English influences are yearly spreading, there is no knowing what she may accomplish in the direction of daily ablutions.

Putting aside, however, the consideration of a faulty habit of life as a predisposing cause of "colds," I will pass on to another very important factor from the point of view of prophylaxis, viz.

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