

Catching a Cold

Now that the season for 'colds,' coughs, and neuralgic pains is with us (says the New York 'Herald'), the careful man is on the look out for such preventive measures as will guard him against the 'eager and nipping air' that may prepare the way for a winter's sickness. It is the proper adaptation to his environments that must settle the question of his immunity against the ever-threatening weather ailments.

With the changeable climate of our northern latitudes the task is often a difficult one. Thus a sudden drop in temperature is often followed by a veritable epidemic of catarrhal troubles.

The ordinary phenomenon of a 'cold' is explained by a rapid cooling of the surface whereby the superficial circulation is temporarily arrested and internal congestions are produced. The primary effect is generally upon the mucous membranes of the nose, throat, and upper air passages. In consequence of this revulsion chilliness, lassitude, headache, sneezing, and cough follow in turn, and the patient becomes generally miserable. Then, when it is too late, he doubts his resisting powers against draughts, cold rooms, undue exposure, and the like, and is ready to resign himself to the coddling process for the remainder of the winter. Strange as it may appear, it is this misguided carefulness that explains most of the chronic catarrhs of the season.

First on the List

of such causative agencies are our over-heated and ill-ventilated apartments. Eminent medical authorities maintain that the sudden change from an overwarmed room to the cold air outside has more to do with the production of colds than all other supposed agencies combined. 'The air passages, after having been dried, and, so to speak, baked in our living rooms, are not only peculiarly sensitive to cold, but are in a condition least liable to resist the influences of the change.

The same principle might apply to overheating the body by too much clothing and enfeebling the skin by confined perspiration. The exact contrary condition results from inurement to low temperature and the creation of a habit of natural resistance. The man who is accustomed to bare his throat to the blast never suffers from tonsillitis, and the one who is used to the cold morning plunge never knows a shiver, even in zero weather. The real moral is to face the cold with a bold front, to conquer rather than to shrink from it and be overcome in the end. The hardened man 'makes his skin an ever ready adjuster to all variations of temperature. The feeble one can approach such a state of protection and may in the end equal it.

A like principle applies to exercise. With ordinary garments the individual who is in good health never

suffers from cold while in motion, but the one who sits or lies in a cold room or in a draught from open door or window is sure to become

The Victim of His Indiscretion.

These are simple enough rules in themselves, but few think of applying them to individual needs until reminded of their lost opportunities.

The worst of all is that a 'cold' taken in early winter is apt to linger and thus prepare the system for even more distressing ailments. The very lack of vital resistance that invites the first attack of catarrh is apt to intensify the predisposition of subsequent colds. This in a great measure explains the prevalence of pneumonia during the inclement season. The microbe never attacks a healthy membrane, but lies in wait for the local debilitation which furnishes the soil for the seed.

No more forcible argument could be used in favor of preventive measures against the slightest respiratory trouble that may show itself at any time. Nothing lowers the vital resistance against all winter diseases more than the initiative and apparently insignificant 'cold.'

The Kalgoorlie Council has refused the request of the local Orangemen to allow a procession to take place in the town on the 12th July.

The total amount which has been transmitted to Ireland from Western Australia as a result of Mr. Redmond's visit is £1070-£500 from the goldfields and £570 from Perth and Fremantle. The whole sum promised has not yet been collected, and other remittances will follow. It is expected that when these subscriptions come to hand, it will be found that Western Australia will send a total collection of about £1200 in aid of the funds of the Irish Nationalist Party.

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