

**ON NASAL CATARRH: ITS
SYMPTOMS, CAUSES,
COMPLICATIONS, PREVENTION,
TREATMENT, ETC., WITH
ILLUSTRATIVE CASES**

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On Nasal Catarrh: Its Symptoms, Causes, Complications, Prevention, Treatment, Etc., with illustrative cases by Lucius D. Morse

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LUCIUS D. MORSE

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WITH ILLUSTRATIVE CASES.

BY
LUCIUS D. MORSE, M. D.

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PREFACE.

This little treatise is offered to the Profession and the general reader, with the hope that it may prove practically useful.

Nasal Catarrh, in its various forms, afflicts a large number of people, and it cannot be denied that the results of medical treatment are, often, far from satisfactory, both to physician and patient. Anything positive, on the score of its Therapeutics, we feel certain, will not come amiss. While no pretensions are made, as elsewhere stated, to an exhaustive consideration of the subject, the clinical department of this little work will be found tolerably full. The writer has drawn freely from his case book in discussing the application of remedies. He trusts that the results of his investigations, detailed in the following pages, will not prove valueless to the practitioner, and believes that the information imparted regarding the Causes, Prevention and rational Treatment of a frequent and distressing complaint will not be unacceptable to many sufferers.

MEMPHIS, 1876.

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NASAL CATARRH.

INTRODUCTORY.

The harrassing and annoying complaint of which we purpose briefly to treat in the succeeding pages, is one of the most common in our changeable climate. In its chronic form it has, too, the reputation of being one of the most obstinate and refractory to medical treatment. This may be ascribed, in part, to the very nature of the trouble itself, often dependent upon obscure causes, which are frequently overlooked, even when diligently sought after, and, in part to the prevalence of mistaken notions regarding topical applications. The still popular system of local treatment with douche, syringe, atomizer, inhaler, etc., is well calculated, by its aggres-

sive character, to excite in the patient's mind hopes of speedy relief—hopes which, it must be confessed, are but too seldom realized. The indiscriminate employment of local medication in these troubles is greatly to be deplored.

The Douche. The nasal douche, in particular, is responsible for a great deal of harm. Roosa, Knapp, Pardee and other well-known specialists have clearly indicated the evil effects it is apt to produce. The cleansing of the nasal passages, for which this instrument was so highly lauded at its first introduction, is accomplished but indifferently by its use, so far as the disease is concerned, and quite too well, so far as the bland mucous covering is concerned, which nature provides for the protection of an inflamed or highly irritable tract of membrane; while the danger of producing serious trouble with the organs of hearing, through irritation of the Eustachian tubes, has proven so great that experienced and careful practitioners have mostly abandoned it. The irritating, medicated solutions, which, by its assistance, are forced with such facility into one nostril and out at the other, have a directly pernicious influence upon the delicate mucous membrane of the nose, coming in contact, as they do, not only with the diseased portions, but with those parts which are still in a normal condition.

Loss of Smell. It is not to be wondered at that the olfactory nerve, subjected to the corroding influence of acrid solutions, pungent snuffs and penetrating vapors, which are so constantly recommended in the treatment of Catarrh, should speedily become so benumbed and deadened as to destroy almost entirely the sense of smell. Frequently, patients apply to us, after having submitted to this sort of heroic treatment, unable to distinguish the strongest odors. In very few of these cases, which have come under our notice, has the extent and severity of the disease itself, justified such a condition. We have been compelled to ascribe it, in no small part, to the mistaken remedial measures to which these patients had been subjected.

Local Applications Very rare are the cases of Nasal Catarrh which can be benefitted by the usual local applications, while the harm which such medication has produced, and is liable to produce, furnishes a warning to both physician and patient against, at least, its routine employment. The theory which pronounced the nose, in all instances, the dire offender, over-looking the frequency of remote causes, held such applications to be indispensable, but these erroneous popular ideas are giving place to more intelligent views.

Object of
the Writer

It will be the aim of the writer to present in the succeeding pages some plain, practical observations, regarding the complaint under consideration, together with brief details of clinical experience and indications for the use of remedies. An exhaustive consideration of the subject, under any of its several heads, does not fall within the scope of this little work. If the suggestions, here offered, are found of practical utility, by those under whose notice they may fall, the great object of the writer will be attained.