

# **HOME TREATMENT FOR CATARRHS AND COLDS: A HANDY GUIDE**

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Home Treatment for Catarrhs and Colds: A Handy Guide by Leonard A. Dessar

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**LEONARD A. DESSAR**

**HOME TREATMENT FOR  
CATARRHS AND COLDS:  
A HANDY GUIDE**



HOME TREATMENT  
FOR  
CATARRHS AND COLDS

A HANDY GUIDE  
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PREVENTION, CARE AND TREATMENT OF CATARRHAL TROUBLES,  
COLD IN THE HEAD, SORE THROAT, HAY FEVER,  
HOARSENESS, EAR AFFECTIONS, ETC.

ADAPTED FOR

*Use in the Household, and for Vocalists, Clergymen, Lawyers,  
Actors, Lecturers, etc.*

BY

LEONARD A. DESSAR, M.D.

Visiting Laryngologist to St. Mark's Hospital, and to  
Mt. Sinai Hospital Dispensary, etc., etc.

ILLUSTRATED.



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## PREFACE.

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This small treatise has been written with a view of supplying the general reader with a trustworthy guide of instruction for the proper care, prevention and treatment of catarrhal troubles of the throat, nose and ears, and their complications. The prevalence of catarrhs in this country, owing to the variable atmospheric conditions, as well as the fact that many of these affections could be prevented, or at any rate greatly alleviated, if the 'laity were better informed as to the structure, functions, and the care of the throat, nose and ear, leads the author to believe that such a work will be generally welcomed in every household.

There are thousands of persons throughout this country who use the voice in their vocations, such as vocalists, clergymen, lawyers, actors, orators, and yet who are unfamiliar with the best means of keeping the vocal organs in a condition of health, or caring for them when diseased. A large amount of useless suffering

could be avoided if laymen possessed more exact information on these subjects. It is of the utmost importance to mothers, to be familiar with the proper care of the throat and nose of their offspring, for catarrh, if neglected in children, may become a prolific source of trouble in after life. These are only a few of the reasons which should induce laymen to consult this little book, and it is the sincere hope of the author that they may profit by the instruction set forth in its pages.

It is not our aim to bewilder the reader with a number of technical terms, but to afford him a clear insight into the affections of the nose, throat and ear, their prevention and treatment. The drugs and apparatuses advocated in this treatise can all be obtained with facility, and at a moderate cost, from the nearest pharmacist, and in their selection, care has been taken to mention only such as have proven of positive benefit in the author's experience.

We would urge most strongly that the purpose of this little book is not to supplant the physician, but to acquaint the reader with the principles of promoting the health of these organs.



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