

**CATARRH, INFLUENZA,
BRONCHITIS, AND ASTHMA:
THEIR CAUSES, SYMPTOMS,
AND RATIONAL TREATMENT**

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Catarrh, Influenza, Bronchitis, and Asthma: Their Causes, Symptoms, and Rational Treatment
by T. H. Yeoman

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BY

T. H. YEOMAN, M.D.



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P R E F A C E.

THE generous tone in which my little volume ON CONSUMPTION has been noticed by the Reviewers, and the rapid diminution of the First Edition, will, I hope, justify the appearance of the present work.

Without affecting greater philanthropy than is common to my profession, I may yet claim the endeavour to simplify the description and treatment of some most painful maladies. My aim, however, is not to make every one his own doctor but to furnish so much information to the Invalid and the friends of the Invalid, as will enable them to second the efforts, and go hand in hand with the Physician; and, that by knowing what ought to be done for their cure or alleviation, they may have confidence and hope in what is done.

25, LLOYD SQUARE,
PENTONVILLE.

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CATARRH.—“A COLD.”

THE symptoms of common catarrh are familiarised to the inhabitants of this climate by abundant experience in their own persons, as scarcely one man in ten thousand passes a winter without having a cold of some description; and, as every one esteems himself competent to be his own doctor, it may be thought little need be said of the treatment: indeed, in simple cases the medical management may be safely confined to the usual domestic and popular remedies. When, however, we consider the serious and fatal complaints that have their origin in a slight cold; that it may be the prelude to various inflammatory diseases; and that consumption may be one of its terminations, the propriety of commencing the history of disordered respiration with catarrh, will not be questioned.

Catarrh is a febrile affection, in which there is some trifling inflammation of the mucous membranes, especially those which line the air passages, and an increased secretion of mucus.

The common cause of catarrh is cold, however applied to the body, but particularly when it is combined with moisture. Exposure to cold when the body is heated,—thus arresting the perspiration; wet feet; remaining in damp clothes; insufficient clothing; a damp atmosphere; sitting in a room

filled with smoke ; sleeping in a strange bed ; removing from one house, or from one town to another ; in fact, every thing that suppresses perspiration, or suddenly diminishes, or even alters, the temperature of the body and the immediate atmosphere, may be considered in a greater or less degree, as near or remote causes.

As the complaint assumes different symptoms according to the part especially affected, I shall consider it, first, as *cold in the head (coryza)*, when the mucous membrane of the nostrils and eyes are affected ; secondly, as *cold on the chest (pulmonary catarrh)*, when the mucous membrane of the air passages is inflamed ; and, thirdly, as *influenza*, when the attack is sudden and epidemic ;—that is, attacking a multitude of persons at the same time and at the same place. Catarrh also affects other mucous membranes, and those of the stomach and bladder are not free from its invasion.

COLD IN THE HEAD,—CORYZA.

Cold in the head although considered a very simple disorder, is one that causes the greatest discomfort : the whole body appears to be unbluged ; flying pains are felt in different parts ; the spirits are depressed, and the patient is miserable. The approach of an attack is generally announced by frequent chills and shivers ; there is a sense of fulness in the head, and weight or pain in the forehead ; the nostrils are dry and “stuffed up,” which renders breathing through them difficult, and induces frequent and ineffectual attempts to remove the obstruction by blowing the nose ; afterwards there is a secretion of thin watery mucus, that rapidly increases in quantity, and is so acrid as to excoriate the nose and upper lip : the sense of smell is impaired, or altogether lost ; the patient sneezes violently and frequently ; the eyes

are red, inflamed, and suffused with tears, which roll down the cheek; the throat is sore, and the act of swallowing painful; there is some tickling and irritation at the upper part of the windpipe, causing a constant dry cough; there is tightness and uneasiness across the chest, and sometimes difficulty of breathing. Rheumatic pains are felt at the back part of the head and neck, and the whole surface of the body is tender; the appetite fails, thirst increases; the tongue is coated and white, and the taste more or less perverted; the patient complains of being cold, whilst the skin is dry and parched, or burning to the touch; the pulse is accelerated, and towards evening all the symptoms increase in intensity.

When the attack is severe, it is attended with more or less fever; violent pains and stiffness are experienced in the limbs and down the back and loins; the heaviness in the head becomes a stupor; the patient is weary, restless, and peevish; he is chilly, the least breath of cold air is acutely felt, and he creeps towards the fire; there is some hoarseness, and a sense of roughness and soreness in the windpipe; the chest feels tight, stuffed, and constricted; the breath is hot, the cough frequent, and the disorder then runs into catarrh on the chest.

In some cases the throat and stomach are more particularly implicated; we then find the most distressing symptoms to be nausea and sickness, a burning or heat, or gnawing pain in the stomach, which is increased on pressure, and loathing of food.

Catarrh has a disposition to travel, and generally begins above and proceeds downwards; the eyes and nose being first affected, then the throat, and sometimes the eustachian tubes, which induces deafness: afterwards the gullet and stomach suffer, causing sore-throat, qualmsiness and indigestion;