

**HYGIENE AND TREATMENT OF
CATARRH. HYGIENIC AND SANATIVE
MEASURES FOR CHRONIC
CATARRHAL INFLAMMATION OF THE
NOSE, THROAT AND EARS. PART I**

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THOS. F. RUMBOLD

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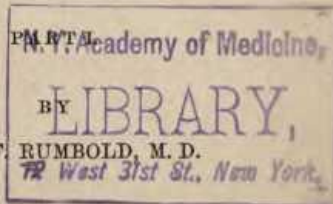
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FOR

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OF THE

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THOS. F. RUMBOLD, M. D.

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HON. FRED. T. LEDERGERBER,

AS A TOKEN OF REGARD FOR HIS KIND APPRECIATION,

THIS SMALL VOLUME IS INSCRIBED.

THOS. F. RUMBOLD.

PREFACE.

During the last twenty years, I have made the Hygiene of Catarrh a constant study. I had been but a few years in the practice of this specialty, when I perceived that the successful management of this most common and tenacious complaint depended on the faithful observance of the laws of health by my patients. I also soon found that even after they had recovered as completely as it was possible for them to do, the continued observance of these hygienic rules were essential to the maintenance of their health.

It is absurd to expect that a patient can be successfully treated while he continues to violate the laws of health. One might as consistently ask a physician to cure him of a burn, while he continues to expose himself to the fire, as to ask to be relieved of a catarrh while he neglects to employ the means to prevent its cause. The beneficial effects of the observance of the laws of hygiene is especially noticeable on young catarrhal subjects, a large number of whom will recover without other aid.

For these reasons, I commenced in 1862, to give such rules to my patients, as observation taught me were beneficial, in guiding them through those seasons of

the year in which they were most liable to take cold; these I have given in the form of chapters. To these chapters I have added several others on Sanitary Measures, embracing the following subjects: Cleansing the nasal and aural passages; care of the teeth; attention to the surface of the body; the mental and physical effects of tobacco, and what should be done in the event of a cold being taken.

It has been my aim to simplify, as much as possible, the methods of cleansing the inflamed mucous membrane, but I have not sacrificed thoroughness for simplicity, nor have I sacrificed mildness for any other quality.

I do not claim that what is written here is new, but I do say, that it has not been given with sufficient detail and earnestness by any writer on this subject. Some may think that I have been too prolix on some points, but now that my book is in type, I fear that I have not been as definite as the importance of the subject demands.

T. F. R.

1225 WASHINGTON AVE.
Sept., 1880.

CONTENTS.

	PAGE
PREFACE	vii
INTRODUCTION	25
HYGIENIC MEASURES.	
CHAPTER I.	
THE IMPORTANCE OF PREVENTING COLDS	30
CHAPTER II.	
THE HEAD—Its Protection During the Day; Night-caps; The Hair; Shampooing	33
CHAPTER III.	
WRAPPINGS FOR THE NECK—Furs; Shirt Collars	38
CHAPTER IV.	
CLOTHING	40
CHAPTER V.	
FREQUENT CHANGES OF THE UNDER-CLOTHING	47
CHAPTER VI.	
THE FEET—Stockings; Boots, Shoes and Slippers; Elastic Garters; Foot-bath; Inunction to the Feet; Cool Water for the Feet	49
CHAPTER VII.	
COLDS INCURRED BY MEANS OF DRAUGHTS, NIGHT-AIR AND BY PETTY ACTS OF COMMISSION AND OMISSION	54
CHAPTER VIII.	
TEMPERATURE, VENTILATION, ETC.—Temperature of the Bed-room; Ventilation of the Bed-room	57

CHAPTER IX.	
DIET AND STIMULANTS	60
CHAPTER X.	
EXERCISE	62
CHAPTER XI.	
DISPOSITION OF THE MIND	63
SANATIVE MEASURES.	
CHAPTER XII.	
CLEANSING OF THE NASAL AND PHARYNGO-NASAL PAS- SAGES BY PATIENTS	68
CHAPTER XIII.	
REMOVAL OF HARDENED SECRETIONS FROM THE NASAL PASSAGES	77
CHAPTER XIV.	
CLEANSING OF THE EARS	107
CHAPTER XV.	
THE TEETH	120
CHAPTER XVI.	
BATHING	127
CHAPTER XVII.	
APPLICATION OF OIL TO THE SURFACE OF THE BODY . .	130
CHAPTER XVIII.	
TOBACCO—ITS MENTAL AND PHYSICAL EFFECTS—	
1st. Tobacco produces an exhilarating effect on those individuals only who have acquired the Tobacco habit	141
2d. The pleasurable effect arising from the use of To- bacco is not experienced except during the time that it is depressing the system	143