

THE CAUSE AND CURE OF COLDS

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The Cause and Cure of Colds by William S. Sadler

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WILLIAM S. SADLER

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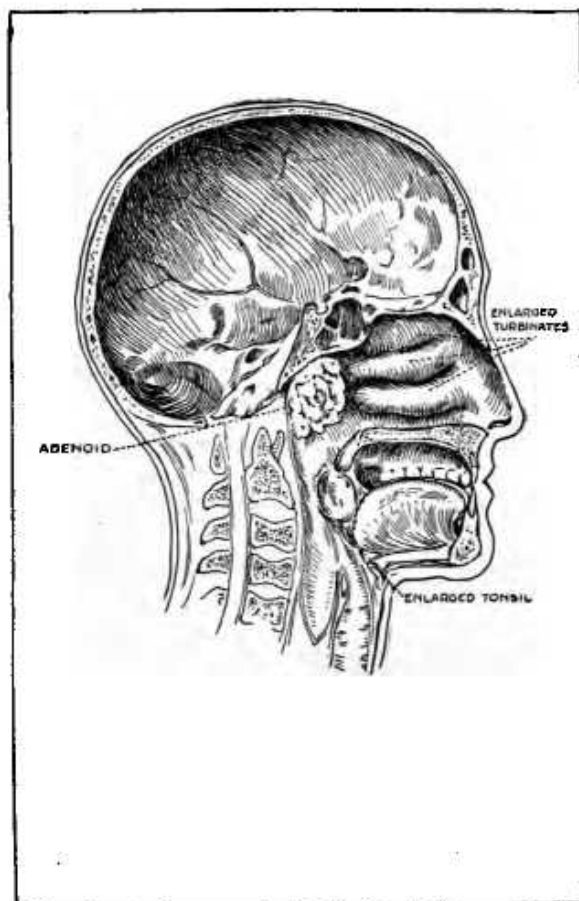


FIG. 1. Sectional view of Nose and Throat.

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DEDICATED
TO
THE VICTIMS OF COMMON COLDS, AND
TO ALL WHO LIVE IN CONSTANT
FEAR OF CATCHING COLD

PREFACE

OF all the minor maladies from which the civilized races generally suffer, common colds are undoubtedly the most widespread and distressing. Colds, constipation, and headache constitute a trio of common afflictions which are very largely preventable.

Fully nine-tenths of these distressing minor maladies, together with their attendant social inconvenience and pecuniary loss, could be easily prevented.

Professor Irving Fisher, in his report on "National Vitality" prepared for The National Conservation Commission, estimates that the average well man is compelled to lose about five days each year as the result of colds, headaches, and other of these minor physical disorders.

The author's lecture, "Catching and Curing a Cold," is given to about one hundred thousand people each summer at the leading Chau-

tauquas, and for several years it has been his practice to question these audiences as to the number of days lost each year because of colds. While statistics of this sort are not absolutely reliable, being largely based upon memory and gathered hurriedly in public; nevertheless, as the result of these observations, we are convinced that the average adult annually sustains a loss of between two and three working days as the result of "bad colds," "colds in the head," or "a slight touch of the grippe."

Suppose we allow that the adult wage-earner loses on an average but two days annually as the result of colds. Let us estimate the daily wage of such men at two dollars. It is certain that large numbers of people who are kept from their work by colds sustain a loss equal to many times this sum. Now, estimating that we have, say, fifteen millions of wage-earners who are thus afflicted each year, it will at once appear that we have a direct economic loss of *sixty million dollars*.

Further inquiries conducted by the author tend to show that the average individual spends from one to two dollars on either patent medi-