

Coughs, Colds and Catarrhs

In all but the most equable of climates, a very large proportion of the population suffers more or less from coughs and colds during the Winter months. Many individuals who, at other times, are apparently in excellent health, contract a cold almost as soon as the cold weather commences, and are scarcely convalescent before another attack occurs, until a sub-acute or more or less chronic naso-pharyngeal catarrh is established which is not thrown off until the Spring opens. The frequency of such respiratory affections during the Winter months is no doubt mainly due to surface chilling from frequent exposure to changes of temperature and the general lack of adequate ventilation of artificially heated houses, stores, offices and schools. Insufficient oxygenation, the longer "housing up" of the individual and the indisposition to open air exercise in cold weather undoubtedly serve to reduce the general vitality and the respiratory mucous membrane becomes less resistant and more readily subject to infective and catarrhal influences. When (as is usually the case) the patient cannot correct the unhygienic conditions referred to, it is the part of wisdom to tone up the general vitality of the patient and thus render his respiratory tract more resistant to morbid influences. This can best be accomplished by prescribing **Pepto-Mangan (Gude)** as soon as the more acute symptoms have disappeared. A thorough course of treatment with this efficient blood builder and general tonic reconstructive very frequently places the patient in a position to successfully ward off further catarrhal attacks.