

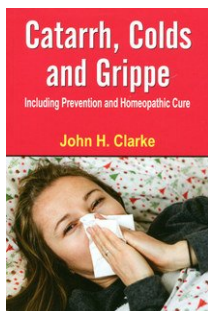
John Henry Clarke Catarrh, Colds and Grippe

Leseprobe

[Catarrh, Colds and Grippe](#)

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Catarrh, Colds and Grippe,

CHAPTER I.

COLDS.

VERY little sympathy is bestowed on an unfortunate who has taken a cold in his head. It is a humiliating thing, and he feels it. Also, what is worse, his friends share his feeling, and despise him (secretly, of course) as much as he despises himself, and vote him a nuisance. It must have been mere stupidity on his part, they feel, that made him catch the cold—if it was

some of my readers may be inclined to vote him right off "a nasty, dirty thing," there was some truth in his criticism. And, indeed, he is an impartial witness, as he is himself a bath-doctor, being resident physician at one of the great continental bathing establishments. There are some people, inostly young men, who think it quite necessary to wash their heads in cold water every morning, and quite unnecessary to dry them. This, they think, clears their brains, and saves them the necessity of using bear's grease—the hair when wet lying flat and straight without it. The human organism is really very accommodating, and will sometimes bear

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