

COLDS: HOW CAUGHT AND HOW REMEDIED

IT IS BELIEVED THAT THEY ARE CONTAGIOUS.

Are Not Caused Merely by Exposure, for There Are Places Where They Cannot Be Caught—Some Highly Interesting Cases in Point.

From the London Spectator.

Many people may be surprised to hear that even in this world there are places where it is impossible to catch a cold, simply because there are no colds to catch. There are facts, however, which seem to prove this. For example, Nansen and his men, during the three years of their expedition in the arctic regions, never caught a cold. Yet they were exposed to cold, fatigue and wet to a degree which we at home can hardly realize. Generally one remembers how Nansen and his comrades Johansen, during their wonderful expedition on foot, in the arctic regions, went on day after day, clad in clothes which were so saturated with perspiration that they froze by day into one solid mass of ice, and even out into the flesh; how every night, when they tucked themselves up in their sleeping bags, they had to spend some time in thawing out their feet, and how they, in their frozen socks, spread across their chests, until their clothes gradually became wet and soft and eventually comfortable and warm. It was indeed a damp bed to sleep in. Yet they never caught a cold, and mark this, for it is very important, with the exception of their own health, they did not suffer in any way from the exposure. It may be said that they were all strong men, marvellously hardy; they were able to withstand the cold. But what was the fact? Directly they reached civilization they all caught cold. Nansen's own statement to the writer was: "There is, of course, no doubt that cold is an infectious disease. We had none during our journey, and we all got it every body, too, at the very moment we reached Norway. The first summer we spent in the mountains of the arctic region. The members of the Jackson-Hornum expedition, who stayed for three years in Franz Josef Land, never once suffered from colds. Yet they, too, were unduly exposed to cold exposure. The next summer was exceedingly damp—cold, mist-laden, and with frequent rain. Wet feet were the rule, "a chronic experience." On one occasion six of us were exposed to a gale in a boat for three days and nights, when we were all drenched to the skin with rain and spray, and when we arrived on land, being unable on account of the inclement weather and want of drift or other wood to light a fire, we had to remain in our wet clothes and practically let them dry upon our bodies, yet none of us took cold." It is noteworthy that the only ill effects ever felt were slight rheumatism, however, experienced by two or three only, and quite of a fleeting nature. Indeed, their doctor declares that none of these men were the worse for their long sojourn in those northern regions, while some at least were the better for it. Yet they all, without any exceptions, suffered from severe colds directly they reached civilization.

LONG A PUZZLE. The problem of this St. Kilda cold long puzzled learned men, who seem never to have suspected the simple explanation of the mystery. One solution suggested was that the stewards always brought whisky with him, and that it was the intoxication and joviality which took place on the occasion which caused the epidemic. Another explanation was that a ship could only reach the island from the mainland when the wind was from the northeast. The wind, not the strangers, caused the cold. This cold is still characterized by the unusual and called by the inhabitants the "strangers' cold." On the arrival of the first steamer every summer of the island folk fall victims; afterward many of them escape. The attack lasts eight or ten days, and is then accompanied by bronchial catarrh. The influenza called that if the ship comes from Liverpool or Glasgow the cold they catch is more severe than if it comes from the Hebrides.

AN INFECTIOUS DISEASE. All these instances, and there are many such, go to show that a cold is an infectious disease, prevalent widely, no doubt, but only where man, perhaps only where civilized man exists. Also that in some favored spots as in St. Kilda, the disease, when it has been introduced, is highly contagious, and it is known to be the case on sailing vessels during a long voyage, and it is one of the reasons why such a voyage is often beneficial to patients suffering from consumption, who are so sadly liable after any catarrhal attack to become chronic, because of the contagion. It would seem, too, that the infection is generally carried by human agency; and it is noteworthy that some, at least, of every ship's crew or passengers must take it with them when they go aboard, for apparently every one which reaches St. Kilda brings the cold. Probably those who carry it are often quite unconscious that they have anything wrong with them, the disease being, as it were, latent. It would seem, too, that practically all human beings, irrespective of age, are highly susceptible to colds. If they have been for some time free from them and so have lost immunity.

AMONG ANIMALS. Additional evidence that colds are infectious is furnished by what we observe among our domestic animals. Cats seem to be specially susceptible. Probably they often bring home from their nocturnal rambles those mysterious "catarrhal attacks" which so rapidly run their course. It is interesting to say that the cat is sneezing, we shall all have colds. Sheep, too, are liable; a whole flock may suffer, and may show that curious eruption round the lips (herpes labialis), which we all know only too well as one of the most unpleasant accompaniments of a cold in the head. On the Australian sheep runs, when the shearing season comes round, the men who congregate at the sheds are frequently smitten with an illness of catarrhal nature, which often afflicts some 50 per cent. Sometimes it becomes very serious, and may even develop into a fatal pneumonia. To all appearance it is caught from the sheep.

HORSES ARE SUSCEPTIBLE. Horses, too, are very subject to nasal catarrh, and it is a widely prevalent belief among coachmen that if a horse goes into a fresh stable, and especially if a horse which has been out at grass goes into a stable with other horses, it will be most likely to develop a cold. So, too, it is noticed, will horses brought at a fair, and this is popularly attributed to the draughts to which they have been exposed. As it is admitted, however, that any other horses which may have been in the stable generally catch this cold from the newcomer, surely it is more reasonable to suppose that the latter has in like manner received the infection from some of its neighbors while at grass. A medical friend of the writer's lately made an interesting experiment. He has two horses, and has been in the habit of turning one out for the summer months. When he brought it in again for the winter it had invariably to develop a severe cold. Coachmen will tell you that this is due to the unaccustomed warmth of the stable, which makes the animal "neigh." Last year, however, before bringing in his horse, the doctor had it washed thoroughly and disinfected with carbolic acid, and put no other horse into it. The one which came in from grass then remained perfectly free from any symptoms of catarrh.

DANGER OF CODDLING. All this evidence seems to force us to the conclusion that a cold is a specific infectious disease, and that without the possibility of infection it is impossible to catch it. That is to say that it is due to a micro-organism, and that without the presence of this micro-organism the disease cannot be contracted. The exposure what may be called the "heating of the body" is of little importance to us, if true it is to recognize its truth? Contrast it for a moment with the commonly accepted theory, which may be roughly stated as follows: First, that the greater number of illness begin with a cold. This is more or less true. Secondly, that all colds must necessarily be due to exposure of some kind, to draughts, damp, cold, or wet, though this exposure may be so light that the sufferers are often quite unconscious of it, and

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Sunday School Lesson for February 19. Christ Feeding the Five Thousand.

JOHN VI. 1-14.

BY J. E. GILBERT, D. D., LL. D., Secretary of American Society of Religious Education.

CONTEXT.—Biblical scholars agree that a long time elapsed between the events recorded in the fifth chapter of John, our last lesson, and the events of today's lesson. From Jerusalem Jesus returned to Galilee and visited Nazareth, Capernaum, Nain and Gergasa, preaching and working miracles. The Synoptics give an account of that ministry (Luke iv. 14-37) but only pass it by in total silence, proceeding directly and abruptly from the sermon at Jerusalem to the feeding of the five thousand near the Sea of Galilee. It is impossible for us to assign any reason for this omission, which is one of the most striking in the sketch of our Lord's life. But the student needs to be reminded of it in order to proper approach to our present theme. We must first of all locate Jesus in the city of Capernaum on the northwest side of the Sea of Galilee, where He had established His home, and from which point He had made several excursions.

FOLOWED.—From Capernaum Jesus crossed the Sea of Galilee, called also Tiberias, after the Roman emperor (v. 1). It is probable that He took passage in one of the little fishing boats perhaps belonging to the disciples. Sailing in a northeasterly direction He landed with His disciples on the west side of Gergesenes, a mountainous section but little inhabited. This retreat was sought for communion and prayer because of the death of John the Baptist (Matt. xvi. 13) which had been reported to Him. But He could not escape the watchful eyes of the multitude which had followed Him from the city and its vicinity. He had averted His eyes from the multitude, but He could not escape the earnest gaze of the multitude which had followed Him from the city and its vicinity. He had averted His eyes from the multitude, but He could not escape the earnest gaze of the multitude which had followed Him from the city and its vicinity.

SUPPLIED.—Difficult as the case might appear the benevolent Jesus did not intend to diminish the hunger and thirst of the multitude. The history of obtaining provisions soon brought out the fact that there was a lad present who had something to sell (v. 9). Blessings on that boy! Who is he? Where did he come from? Was he like some of the disciples, an opportunist of our time watching for an opportunity to earn an honest penny? Had he followed the crowd from Capernaum thinking some one would become hungry? Alas! he had only five loaves and two small fishes! It was Andrew who found the boy (v. 8) and reported his presence to Jesus, saying as he did so, "but what are these among so many?" It is evident that by this time the disciples felt that it would be utterly impossible to feed the multitude. Philip and Andrew represented the sentiment of all. What was the need of a mouthful for each? What would supply all would cost too much, and could not be had at any price. Besides, the day was drawing to a close, and the people were far from home.

SEATED.—According to the original purpose there was opportunity for a brief interview between Jesus and His apostles before the multitude arrived. Retiring into the solitude of the mountain not far from the shore (v. 9) He sat down, assuming the attitude of a teacher, and gathered the disciples about Him for the intended lesson (Matt. xvi. 13). We are told that He had averted His eyes from the multitude, but that on that occasion will never be known, for no historian has made a record, although three were present who afterward wrote His biography. But a delightful interview it must have been. Freed from the city and its noisy excursions, the disciples, with all the memories of delightful former seasons rushing across the mind, all present must have felt the occasion to be an exalted privilege. A sentence thrust in here (v. 4) gives color to the teaching of the disciples when they came to the Lord referred to the Passover, which was near at hand, and explained its deep meaning.

DISTRIBUTED.—But Jesus determined to use the lad's small stock of bread and fish (Matt. xvi. 13). The expressions of doubt on the part of the disciples furnished all the better occasion and motive for His great purpose. The company was ordered to sit on the grass (v. 10). A hundred together (Mark vi. 40) there being in all about five thousand men, (v. 10) not counting women and children, although some must have been present. An American passing by at the time would have taken this for a camp of soldiers, and the character of the first blessing or thank-offering, customary in all lands, under all systems of religion before eating, and therefore in no sense peculiar at this time. Then the bread and fish were delivered to the disciples and by them carried to the people (v. 11). What bounty was that! One loaf of bread for a thousand men! One fish for twenty-five hundred men! And yet here was no lack. The Divine host dealt out from His unfailing store, and His servants supplied the need of all.

CONCLUSION.—The human mind seldom perceives the truth pure and simple. Generally something of error is mixed with it, and that error is not easily eliminated. Revolutions in the state and agitations and schemes in the church have been caused by this unfortunate admixture of truth and error. It was so on this occasion. One might have thought a great advance in the cause of Christ had been secured when the confession was made. But not so. The men who admitted Him to be the expected prophet or Messiah had had false notions of the character of that Messiah. They supposed that he would be a temporal prince, and would set up a government, restoring sovereignty to the Jewish nation and casting off the Roman yoke. Hence they attempted to make Jesus king (v. 15) and had their heads encircled, they would have followed Him with shouts to Jerusalem. But the Lord withdrew and went alone into a mountain. Alas, the blind had seen the deeds but their sight was depraved and they saw not the real spiritual King.

TESTED.—Jesus had scarcely finished His instructions to the disciples when He observed that the people were gathered about Him (v. 5). At the very moment that the multitude was about to be dispersed, Jesus perceived that the people were gathered about Him (v. 5). At the very moment that the multitude was about to be dispersed, Jesus perceived that the people were gathered about Him (v. 5).

EGG CASE OF A PECULIAR SHARK AND AN EGG CASE BROKEN, THE YOUNG SHARK BEING IN THE ACT OF ESCAPING. The shark which produced the egg is a member of the Carcharodontidae; about twenty-five genera being known, of which the present one is the most interesting to geologists as having lived previous to the white. But a few years ago the fish was only known in fossil form, but finally a living specimen was caught at Port Jackson, Australia, showing that this "ancient and fishlike form" had endured until today. Another specimen was soon discovered in the waters of California and described as Gyronegaleus Francisci, the singular shark whose egg case is figured. It is a small fish, rarely over a foot in length, beautifully marked, having a horny spine in front of each dorsal fin.

The shark is a sluggish creature, often seen lying dormant in crevices in the rocks and occasionally caught in seines. The eggs are deposited in a black of dark color when taken the form of a perfect spiral, and looks exactly like a loaf of kiel or weed folded up, initiating the seed into its form and shape, but in which the embryo is perfectly formed. The egg is deposited in the sea, and the leaves by the edges of the spirals, and is thus prevented from washing ashore. A more perfect mimicry it would be impossible to imagine. When the young shark attains its maximum size within the egg it bursts open or forces the end of the pseudo leaf and swims away to become the victim in many cases of predatory fishes. Another shark, the Pacific coast has an equally remarkable egg. It is dark, barrow shaped, with four long tentacle-like handles which grasp the surrounding weed and cling to it; not merely preventing the egg from floating ashore, but presenting a perfect case of mimicry, the egg resembling a leaf so perfectly that it is often passed by by the closest observer. Many of the eggs of fishes are almost invisible, and float upon the surface. Those of the remarkable fish Antennarius dot the leaves of the kelp, minute white balls, which are taken by the novice as some interesting lines-crossing animal. The long, grape-like, conspicuous eggs of the big fish are found among the kelp in certain localities and bear a remarkable resemblance to the floats of the weed and in this manner escape detection. Many of the eggs of nature to protect her own. Some are adorned with barbs that resemble the small leaves of the sea weed in which they are deposited, and all have the exact tint and color of the objects about them.

EGG OF THE SHARK. Curiously Shaped Shell Which Protects the Embryo Manoeuvrer. From the San Francisco Call. The study of the protective resemblance among animals is a field of no little interest, well illustrating the marvelous devices of nature for the protection and perpetuation of life. One of the most striking examples of this is the egg of the shark, which seems in some instances, to be almost endowed with a special sense, enabling them to avoid their enemies and reach the seclusion necessary for their safety. The accomplishment of this is attained by a remarkable imitation on the part of the egg case of the objects of their various parts. An interesting, indeed, striking, example of this is seen in the

egg case of a peculiar shark and an egg case broken, the young shark being in the act of escaping. The shark which produced the egg is a member of the Carcharodontidae; about twenty-five genera being known, of which the present one is the most interesting to geologists as having lived previous to the white. But a few years ago the fish was only known in fossil form, but finally a living specimen was caught at Port Jackson, Australia, showing that this "ancient and fishlike form" had endured until today. Another specimen was soon discovered in the waters of California and described as Gyronegaleus Francisci, the singular shark whose egg case is figured. It is a small fish, rarely over a foot in length, beautifully marked, having a horny spine in front of each dorsal fin.

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