

**CATARRH, COLDS AND GRIPPE:  
INCLUDING PREVENTION AND  
CURE, WITH CHAPTERS ON  
NASAL POLYPUS, HAY FEVER  
AND INFLUENZA**

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Catarrh, Colds and Gripe: Including Prevention and Cure, with Chapters on Nasal Polypus,  
Hay Fever and Influenza by John H. Clarke

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**JOHN H. CLARKE**

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Catarrh, Colds and Grippe,

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Including Prevention and Cure,

With Chapters on  
Nasal Polypus,  
Hay Fever and  
Influenza,

BY

JOHN H. CLARKE, M. D.,

Consulting Physician to the London Homoeopathic  
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Its Causes and Cure," "A Bird's-eye  
View of the Homoeopathic  
System of Medicine,"  
Etc.

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## CONTENTS.

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	PAGE
PREFACE TO AMERICAN EDITION, . . . .	v
PREFACE TO FOURTH ENGLISH EDITION, .	vii
FROM THE PREFACES TO THE FIRST AND SECOND EDITIONS, . . . . .	xi
SECTION I.—COLDS.	
CHAPTER I.—COLDS, . . . . .	1
CHAPTER II.—COLD-CATCHING, . . . . .	13
CHAPTER III.—COLD-PREVENTING, . . . .	25
CHAPTER IV.—COLD-CURING, . . . . .	32
CHAPTER V.—THE MEDICINAL TREATMENT OF ACUTE COLDS, . . . . .	45
CHAPTER VI.—THE MEDICINAL TREAT- MENT OF CHRONIC COLDS AND THE TENDENCY TO TAKE COLD, . . . . .	60
CHAPTER VII.—NASAL POLYPUS, . . . . .	71
CHAPTER VIII.—HAY FEVER, . . . . .	78
SECTION II.—INFLUENZA.	
CHAPTER I.—DESCRIPTION, . . . . .	84
CHAPTER II.—TREATMENT, . . . . .	93
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MATERIA MEDICA, . . . . .	103
INDEX, . . . . .	117





## PREFACE TO AMERICAN EDITION.

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AN extensive experience among American residents and visitors in London convinces me that among the bonds of community between the two great divisions of Anglo-Saxonia, one of no little importance is a common interest in the subject of nasal catarrh. I must, therefore, abandon the claim I made in the first editions of this work, that "cold in the head" is a British interest *par excellence*; and in offering this little work to American readers I trust that my insular standpoint will prove no bar to its wider usefulness.

JOHN H. CLARKE.

30 CLARGES STREET,

PICCADILLY, LONDON W.,

July, 1899.



## PREFACE TO FOURTH ENGLISH EDITION.

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THE call for a new edition of my little treatise on COLDS has enabled me to put it through a complete revision, and at the same time to add a section on that most unwelcome visitor of recent years—EPIDEMIC INFLUENZA. The name *Influenza* has become indissolubly connected with colds in the head; and epidemic influenza has so many features in common with ordinary colds, that some account of the malady and how it may be cured, together with the large family of ills it leaves behind it, seems called for in the present volume.