

# THE POST-GRADUATE MEDICAL JOURNAL

Vol. V.

FEBRUARY, 1930.

No. 53.

## CONTENTS

	PAGE
THE TREATMENT OF THE COMMON COLD ... ..	75
By E. P. POULTON, M.D., F.R.C.P.	
THE STOOLS IN INFANCY ... ..	78
By MONTAGUE MARZELS.	
THE RELATIONSHIP BETWEEN CERTAIN DISEASES OF THE KIDNEY ... ..	81
By T. H. GOSTWYCK SHORE, M.D., F.R.C.P.	
EDITORIAL ... ..	89
POST-GRADUATE NEWS ... ..	89
FELLOWSHIP OF MEDICINE AND POST-GRADUATE MEDICAL ASSOCIATION.—	
SPECIAL COURSES ... ..	iii

## THE TREATMENT OF THE COMMON COLD.

PART OF A LECTURE GIVEN FOR THE POST-GRADUATE  
ASSOCIATION

By E. P. POULTON,

M.D., F.R.C.P.,

*Physician to Guy's Hospital.*

EVERYONE is aware of the symptoms of coryza or the "common cold." It usually begins with inflammation of the mucous membrane at the back of the nose and the naso-pharynx giving rise to a sore throat; then it may spread to the larynx, trachea, and bronchi, or to the conjunctivæ sinuses and middle ear. It is primarily an infection caused by inhalation of a spray of saliva from an infected person; but the patient may reinfect himself. The causal organism is probably an ultra-microscopic filterable

virus, and the bacteria so commonly cultivated secondary invaders. The relation between the common cold and influenza is probably extremely close. In fact they may be different clinical manifestations of the same pathogenic organism. The predisposing cause is congestion and swelling of the mucous membrane which takes place in a moist atmosphere when the temperature is variable, but on the whole cold. Hence the expression "catching cold." Prof. Leonard Hill has written on the unhygienic customs of civilized countries, where a man sits in a stuffy room with stagnant air, while the floor is made cold by draughts of wind, so that the head is warm and the feet are cold. Physiologically the head and nasal mucous membrane should be kept cool in fresh moving air while the feet should be kept warm. It is, I believe, a fact that the common cold never occurs among the ice and snow of polar regions.