

TUESDAY, OCT. 5, 1886.

Cure Your Own Catarrh.

Or at least try to do so, before resorting to any of the quack nostrums so profusely advertised. Catarrh in mild or severe form, usually mild, is one of the most disagreeable complaints. Many millions of persons are afflicted, in our changeable climate, for reasons named below. Farmers are peculiarly subject to it because of exposure to wet feet on the cold soil and to the damp, chilly atmosphere while attending to morning and evening chores. A talk on this subject is therefore appropriate here. More than a hundred thousand dollars are drawn from the people, simply for so-called catarrh remedies. Part of this goes into the pockets of those who sell these useless medicines, got up at a trifling cost and sold at a thousand per cent profit, because another part of the enormous profit is paid for newspaper columns and circulars to lead people into the belief that there is virtue in the bepusd stuff. Excepting the murderous "soothing syrups" which under false pretensions of containing no opiates, are literally vast hecatombs of the innocents, or at least sapping their nervous constitutions, we say excepting these, and a few others, the "catarrh remedies" are among the meanest nostrums; because this malady can not be cured by faith, while many of the advertised medicines of the simpler sorts do cure those who are not really sick, but think they are. Their faith in the long winded descriptions of pretended remedies, cures them, because only their imaginations are really sick. But faith won't stop running nasal organs.

Catarrh in its earlier stages is merely a manifestation of general weakness of the system. The interior of the nasal passages, being constantly exposed to sudden and violent changes of temperature in the atmosphere inhaled, and to irritating impurities carried in and out during the breathing process, these parts are more quickly affected than other portions of the body which are not thus exposed. The result of irritation is, at first, a slight deposit of unhealthy mucus. This in turn increases the irritation, and there is more of it deposited. If this is long continued, there is a destruction of the cavities, which ultimately extend to the lung structure. When such a chronic stage of the disease is reached, no medicine in the world can restore the destroyed parts.

The first thing to be done for incipient catarrh, is to tone up the system to greater vigor. Rare roast beef or rare beefsteak which are easily digested and contain much concentrated nutriment, or any easily digested concentrated food will help catarrh. Quinine aids. A change to a more equable climate is desirable, but is practicable for only a few people. It is best to avoid very sudden changes from heat to cold, and the reverse. When going from warm rooms or cars directly into a cold atmosphere, one has nearly all the body thoroughly protected, but the nasal organs and lungs get no protection when passing suddenly from 90 degrees or 100 degrees of the thermometer into an atmosphere at zero, often far below. Slow transition from the high to the low temperature is desirable. This may be often effected by gradually lowering the temperature of a hot room or car before leaving it, or by first going into a room that is only moderately cold.

A remedy, or at least a partial one, for ordinary catarrh, a mere running or gathering matter, is the following: Into a quart bottle, or other convenient size, put a few drops of common wood creosote,

that can be cheaply obtained of most druggists. Half an ounce will last a long time. For every drop of creosote add fully a gill of water, a little more or less, according to the sensitiveness of the affected organs. It is well to use a little more water the first day. Shake the bottle violently every time before using, as the oily creosote does not dissolve, but is only diffused through the water by the hard shaking, and gathers in little globules if not shaken well before using. The bottle should be only partly full, so that the water can be readily agitated. Pour some creosoted water into the hand, and sniff it through the nasal organs two or three times, ejecting it from the mouth. The phenic (or carbolic) acid in the creosote destroys the accumulated irritating matter collected. By using this a few times a day, the passage will be kept clean and sweet, excepting the creosote odor, which is quite unpleasant to some, until accustomed to it. With this simple treatment, at least nine-tenths of ordinary catarrhs will disappear, or be abated as they return, especially if the system is toned up. We personally obtained this prescription from a very noted Italian physician, Prof. Pacciotti, of the Medical University at Genoa, and have written it out for hundreds of persons. It has been effectual in three-fourths, if not in nineteen out of twenty cases. As said above, after long-seated chronic catarrh has eaten away the walls of the nasal organs, they cannot be restored; but even then, this simple remedy will be a relief in most cases.

For Bronchitis.—this is practically a catarrh of the lungs. The fine tubes or passages in these cannot be reached by creosote water direct. We have cured it scores of times, by using the creosote water as a gargle in the throat. After gargling a mouthful of it a few times as far back as possible, swallow it. Do this several times a day, or often enough to swallow about two drops of the creosote in three gills of water the first day, and two or three drops during each subsequent twenty-four hours. Continue until the lung irritation disappears. A little of the vapor of the creosote is carried into the lungs at each gargling. If catarrh is also present, use some of the creosote water by snuffing and ejecting it from the mouth.

Catarrh of other Organs.—As catarrh is a deposit of matter from the mucus membrane, it may exist wherever this membrane is found. It covers the inner surface of every cavity that communicates with an opening into the air. So there may be catarrh of the stomach, of the bladder, and of the bowels, the best named often assuming the form of diarrhoea. By drinking now and then a tablespoonful of weak creosote water, some of it is diffused by the blood through the whole system, favorably affecting any internal catarrh, as well as that of the nose, and of the lungs in bronchitis.

"Ammonia Phenate" is a mild preparation of carbolic acid which can now be had at most druggists. A teaspoonful or so of this taken two or three times a day, diffuses the carbolic acid through the entire system, and it usually has a favorable effect upon all forms, and locations of catarrh. It is an internal "disinfectant," and is often resorted to in blood poisoning of any kind, mild or severe. Except in small doses, for mild diseases, it should be taken under the advice of a competent physician, though not all physicians are yet as familiar with its valuable properties as they should be. Carbolic or phenic acid is one of the important discoveries of this generation, as a disinfectant for destroying noxious vapors and decaying matter, whether in the street or house, drains or cesspools, or in the body. We speak thus of this phenate of ammonia, as it is the best preparation we know for conveying carbolic acid into the human system.

P. S.—In accordance with our usual custom when preparing articles of this class, we submitted the

proof to a very competent and experienced, regular physician, who approved it, excepting to remark that creosote varies greatly in strength or acidity, as obtained in different places; and that where the nasal organs have become very sensitive or sore, a more dilute diffusion may be desirable, a drop to 1 1/2 or 2 gills of water at first, and the water a little warmed; in other cases a stronger solution may be used.

Be sure not to leave the creosote where persons unaccustomed to its use, or children can find it, as it is somewhat poisonous.—Prairie Farmer.

OUR NEIGHBORS.

[Southwestern Oregon Recorder.]

It is said that potatoes affected with the blight are better saved by leaving them undug during winter.

Eight divorce suits in Coos county court this fall; and one of them a she-Mongal against her pig-tailed leige.

A postal inspector was here yesterday morning before daylight, and having inspected the Denmark office and found things O K, passed on to the bay to catch a steamer for San Francisco.

Jno. Blacklock, Esq., president of the Blacklock Sandstone Co., who has been here some months in the interest of his company, returned to San Francisco Saturday. His niece, Miss Annie Jessie Blacklock of Port Orford, accompanied him below, with the intention of continuing on to Australia, where it is said she will permanently reside.

Superintendent Switzer has been blasting rocks out of Blacklock harbor. He uses an electrical apparatus to explode charges of dynamite held in place on the rocks by bags of sand. We witnessed an explosion the other day which sent a column of water high in the air and left the surface of the bay seething and foaming. The deeper the water over the charge, the more effective the blast. Large, fine fish, chiefly rock cod, are stunned by the concussion and float helplessly on their backs to be picked up by the boats.

[Coos Bay News.]

Most of the frame work of the new mill being built at North Bend is in position.

Trolling ought to afford good sport now, the silver salmon having made their appearance.

A term of public school was commenced in the academy Monday. Mr. Reed is principal, and Mrs. Reed and Miss Lovell Clark-eharnd are assistants.

One of the largest sturgeons ever captured in the bay was caught in one of Peter Scott's seines on Coos river Thursday last. It was nearly seven feet long, and damaged several fathoms of net before being killed.

Capt Littlefield has three men engaged at Rocky Point, digging a ditch to get water for the purpose of sluicing the sand from the rock ledges. It is believed that this ditch when completed will furnish sufficient water at any time of the year.

J. F. Hall, ex-surveyor, has gone to Salem to attend an examination for admission to the bar. The examination will be held on Tuesday next, and we expect to hear of Mr Hall passing creditably. He does not intend returning to the bay till spring.

[Coast Mail.]

Alex Suderlund caught 103 salmon last Saturday night.

Fine weather is never admired until it is mist and when it is missed it is never admired.

Frank Lewis sent his household goods over to Parkersburg on the Antelope. He has employment in the mill of the Coquille Mill & Tug company.

The Gotzma lost a man named Louis Lungren, a Swede, on the trip up. He was washed overboard on the 16th and it was not possible to pick him up. The schooner was 18 days out.

The Wilbur correspondent of the Review says that Mr. J. A. Haines will soon move back to his stock ranch on Sixes, but his children will remain there to attend school.

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NOTICE FOR PUBLICATION. Land Office at Roseburg, Oregon. Aug. 27, 1886.

NOTICE is hereby given that the following named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before the Clerk of the county court of Coos county, Oregon, on Saturday, Oct. 16, 1886.

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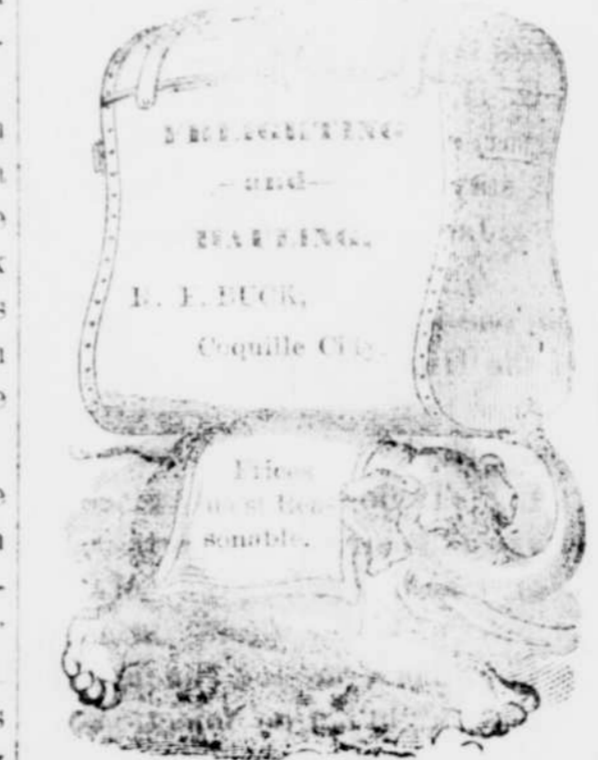
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