

**"CATCHING COLD."**

A large number of fatal diseases result from taking cold, and often from such slight causes, apparently, as to appear unimportant. But, although the causes are various, the result is the same, and arises from the violation of a single principle, to wit, cooling off too soon after exercise. Perhaps this may be more practically instructive if individual instances are named, which, in the opinion of those subsequently seeking advice in the various stages of consumption, were the causes of the great misfortune, premising that when the cold is once taken, marvellously slight causes serve to increase it for the first few days—causes which, under ordinary circumstances, even a moderately healthful system would have warded off.

Rachel, the tragedienne, increased the cold which ended her life by insufficient clothing in the cars, traveling from New York to Boston. This was her own statement.

The immediate cause of the last illness of Abbott Lawrence, the financier and the philanthropist, was an injudicious change of clothing.

An eminent clergyman got into a cold bed in mid-winter, fifteen minutes after preaching an earnest discourse; he was instantly chilled and died within forty-eight hours.

A promising young teacher walked two miles for exercise, and on returning to his room, it being considered too late to light a fire, sat for half an hour reading a book, and before he knew it a chill passed over him. The next day he had spitting of blood, which was the beginning of the end.

A mother sat sewing for her children to a late hour in the night, and noticing that the fire had gone out, she concluded to retire at once; but thinking that she could finish in a few minutes, she forgot the passing time, until an hour or more passed, and she found herself "thoroughly chilled," and a month's illness followed to pay for that hour.

A little cold taken after a public speech in Chicago, so "little" that no attention was paid to it for several days, culminated in the fatal illness of Stephen A. Douglas. It was a slight cold taken in midsummer, resulting in congestion of the lungs, that hurried Elizabeth Barrett Browning to the grave within a week. A vigorous young man laid down on his chest on a warm summer's day, fell asleep, waked up in a chill, which ended in confirmed consumption, of which he died three years later. A man in robust health and in the prime of life began the practice of a cold bath every morning on getting out of bed and standing with his bare feet on a zinc floor during the whole operation, his health soon declined, and ultimately his constitution was entirely undermined.

Many a cold, cough, and consumption are excited into action by pulling off the hat or overcoat as to men, and the bonnet and shawl as to women, immediately on entering the house in winter, after a walk. An interval of at least five or ten minutes should be allowed; for however warm or "close" the apartment may appear on first entering, it will seem much less so at the end of five minutes, if the outer garments remain as they were before entering. Any one who judiciously uses this observation will find a multifold reward in the course of a lifetime.—*Ec.*

ONE of the most extraordinary cases of peculiar formation in the human body we witnessed a few days since at a hotel in Mercer, in the case of a colored man—a stranger. It is hardly correct, perhaps, to call it a case of malformation, as the phenomena were entirely internal, the man presenting no unusual appearance whatever. This person, by some inward muscular power, which he cannot explain, can shift the position of his heart at will. We went to see him, not believing more than half we had been told, but were convinced in less time than it takes to write it. He requested us to satisfy ourselves that his heart was in the position usually occupied by that organ. Placing our hand on his breast, we could feel its beating distinctly. He then commenced a series of contortions with his abdomen, rolling it over and over several times. At the conclusion of this striking exhibition we placed our hand upon a lump in his left side, below his waist, and there was the heart, thumping away as if nothing unusual was the matter. A few more contortions, and the risky organ passed across the abdomen and on the right side kept up the work of throwing the blood through the system, as regularly as if in its natural position. More contortions, and it traveled back home, its course being easily traced under the skin till it passed under the ribs. The man then commenced a sort of rotary motion of the bowels—apparently turning them over several times—when we felt a complete set of ribs covering the abdomen, the regular set being in their usual place. Turning the bowels in the opposite direction, the false ribs disappeared. On being asked if his parents had any more children like him, he replied that he had a brother over six feet high who could reduce his stature to something less than three feet. We believe him readily, after having witnessed the above performance.—*Mercer (Pa.) Dispatch.*

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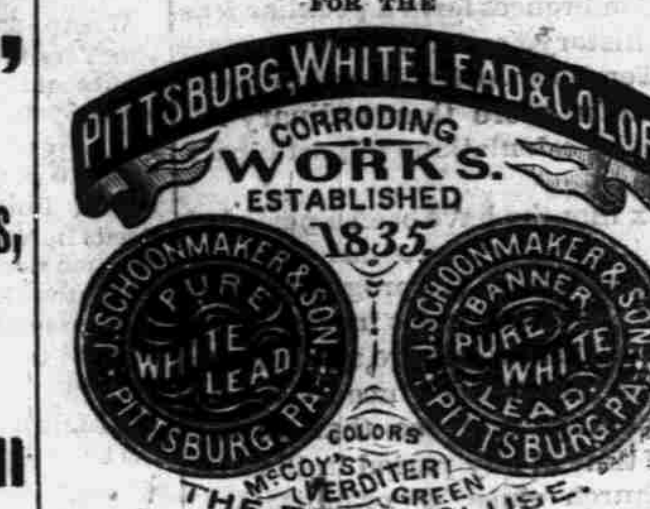
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