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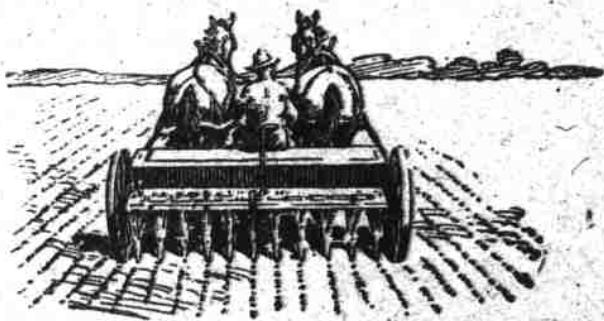
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Our Health Talk

By E. F. WASHBURN, M. D.

Hay Fever: Its Causes and Treatment

HAY fever is most frequent in the summer and fall months, though it may occur at any time of the year. It is nearly always caused by the plant dust (pollen) from wild plants. A majority of the cases in the Southern United States are caused by the pollen from the common and giant rag-weeds which grow in neglected fields and along roadsides. Hay fever may also be caused by pollen from wormwood, cockleburs, and the goldenrod. A spring type of the disease is caused by certain kinds of grasses.



DR. WASHBURN

In addition to the persons who suffer from regular types of hay fever, there are others who suffer from the emanations of animals, such as the horse, the cat, the dog, and from the odors of certain fruits and flowers, from musk and ipecac.

The symptoms of hay fever begin soon after the inhalation of the pollen or odor; these are congestion of the nostrils, reddening and itching of the eyelids, irritation of the roof of the mouth and throat, and spasmodic attacks of sneezing. As a rule, marked depression and bodily weakness follow an attack, especially if the attacks come on at short intervals.

The best treatment of hay fever is to find the cause and remove it; whatever plant or plants bring on an attack should be destroyed and prevented from growing near the house. The ragweed and the goldenrod, being the chief cause, should be particularly avoided. In severe cases and in cases of long standing, it is often necessary for the patient to move to a locality where these weeds do not grow.

It is important that the patient maintain his general health. He should work and sleep in the open air, eat a well-balanced diet, and be careful that the bowels move regularly. All irritating substances, such as mustard and the condiments, should be excluded from the patient's diet, and meats should be eaten only in limited amounts. The mouth, nose, and throat should be examined by a specialist and any defects found should be corrected.

During an attack, sodium bicarbonate (the ordinary cooking soda) taken in doses of 15 grains (one-fourth level teaspoonful) every four hours may give relief. Spraying or washing the nose and throat with a weak solution of the soda often stops an attack. Recently, many cases of hay fever have been cured by the patient being vaccinated with an extract of plant pollen. This seems to be particularly effective in the cases which are caused by the rag-weed and the goldenrod. Hay fever vaccine is marketed by many drug houses and can be given by the family physician. It should also be mentioned that injections of adrenalin will instantly relieve most attacks of hay fever, as will also spraying with a weak solution of the adrenalin. Adrenalin, however, is a drug which must be administered only under the directions of a doctor.

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