

## DISEASES OF THE PHARYNX

exceptional circumstances, and should not be resorted to unless the uvula is sufficiently long to cause irritation by coming in contact with the back of the tongue.

2. **Hypertrophic Pharyngitis**, or Clergyman's Sore Throat. This form of pharyngitis is met with as a rule in persons who have to use their voices professionally, though a gouty or rheumatic diathesis also predisposes to the condition.

APPEARANCES.—Small nodules of lymphoid tissue are seen scattered over the posterior wall of the pharynx; hence the condition is sometimes termed granular pharyngitis. Thickened bands of tissue may also be found on the lateral walls of the pharynx behind the tonsils.

SYMPTOMS.—There is a constant desire to clear the throat, and a feeling as if there were a foreign body in it; the chief complaint, however, is that the voice soon becomes tired, and that its carrying power is diminished, so that the patient finds it difficult to continue in the exercise of his profession.

TREATMENT.—The treatment of these cases is by no means easy, owing to the difficulty in determining how far the symptoms are due to the objective changes found in the throat. In many cases faulty voice production, or forcing the voice, may be the chief cause of the condition, while the changes in the pharynx may be only secondary. It is, therefore, important before proceeding to local treatment to inquire into the patient's method of using his voice in speaking in *public*. Pitching the voice too high, or an incorrect method of breathing, are common mistakes; in such cases, the patient should be instructed to speak slowly, and to allow pauses for inspiration, while the voice should be pitched in a lower key. When these mistakes have been rectified, local treatment may be employed. Granules may be burnt with the cautery; a flat burner at a dull red-heat should be used, and several may be cauterized at one sitting; the throat should then be painted with equal parts of boroglyceride and glycerine. Mandl's pigment is frequently of service in relieving the discomfort in the throat, and gymnastic gargling with salt and cold water may be prescribed. In this form of gargling the patient commences to swallow, but brings the fluid up again just before it has got beyond his control; the solution is thereby brought into contact with parts which are not reached by the ordinary method of gargling. If the patient is gouty or rheumatic, considerable benefit may result from a visit to some