

DAILY PAGE FOR EVERYBODY

Secrets of Health and Happiness

What You Really Ought to Know About Your Ears

By DR. LEONARD KEENE HIRSHBERG,
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DR. HIRSHBERG

Those who have sound ears and hear not are many. Since the skin is always shedding its outer layer, and this wax or lubricant is also always in the process of formation, there is an effort on the part of nature to be rid of the former by means of the wax. Were it not for this ear wax the fine eardrum and delicate mechanism of the drum-head.

Obviously, it is a remarkable provision of nature that the fluid wax forms more rapidly and virtually overflows upon the surface of the outer ear to act as a protective, lubricating oil. In this way the drum-head membrane keeps itself clean and away. Each time a sound strikes the ear drum it vibrates and really sweeps the neighborhood, as well as itself, of the dust, dirt and scales of skin.

As the wax changes from its heavy fluid state into a gum-like wax from its accumulation of sebum and dust the hairs in the auditory canal tend to get caught in it.

As the jaws work in the act of mastication the movements gradually expel the small particles of wax. As you chew your food put your finger in your ear and you will feel the rotary motion of the canal.

Removing the Wax.

Excess of wax seldom gathers in a perfectly healthy ear. Instruments are not called for to remove wax. They are instruments which often may lead to abscesses and deafness.

Never insert a hairpin or other hard substance into the ear. Even salt water.

The Normal Conditions.

The adhesive, yellow semi-fluid material found in the ear, called "wax" or cerumen, becomes a thick paste after it exudes from the skin glands of the ear canal. As it accumulates it may become pushed back with the ends of the towel or finger. Mixed with scales of

and other kinds of bathing have been known to harden the wax. Futile and dangerous, indeed, are such ill-guided efforts. Wax in the ears cannot be removed by twisted ends of towels, cold water, eardrops or oils. Hot water with a little soda syringed gently and carefully into the ear will wash away the wax.

Merely to remember how much damage is done by home efforts to remove wax is not enough. Slowly over months and months the wax hardens and collects alongside the drum-head until it shuts off the hearing. Moisture and air may cause this to occur suddenly. Dizziness, sick stomach, coughs and other unpleasant symptoms of the head and ears may be laid at the door of this hardened wax. Pain, however, is rarely experienced.

If this accumulation of wax adheres too tenaciously to the drum-head, pain and inflammation may occur. Gentle but thorough removal of the wax must then be done without delay.

Not only dangerous but most reprehensible is the practice of putting sweet oil or any kind of oil into the ear, but which is a very serious matter. Everyone should understand emphatically that it endangers the sense of hearing.

The only thing safe to put into the ear is water at 105 deg. to 115 deg. Fahrenheit. If a little bicarbonate of soda is added, that is enough to dissolve away any wax in the ear. If this is gently syringed into the ear, and the ear is ached or inflammation need be feared.

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Balsam Peru 15 grains
Phenol 15 drops
Sulphur 1 dram
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Wool fat 1/2 ounce

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A.—The only cure for bow legs is an operation. Sometimes if the person is not too old, massage will help to straighten the legs.

M. G. Q.—Kindly tell me what to do for granulated eyelids.

A.—This is a warning to have an oculist search your eyes and a physician look after your general health. Apply to the eyelids and the eyelashes each night a little of 2 grains of yellow oxide of mercury to 1 dram vaseline.

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