

plastic exudation between the muscular fibrillæ has been thrown out, and must, of course, be got rid of before we can expect restoration of the functional activity of the vocal bands, which we find more or less thickened and congested. However valuable the local treatment by stimulants and astringents may be, and however near we may approach, through their aid, to a satisfactory cure, we shall find that here, also, rest is necessary, otherwise we may hover on the verge of convalescence, without ever attaining it. However well the larynx may appear to a cursory observer, on testing the production of the voice, we shall find the tension of the bands interfered with, owing to the loss of muscular power sustained. Moreover, we may have added an involvement of articular surfaces, which, in itself, will present an obstacle of no small proportions, however otherwise healthy the mucous and muscular condition may be.

Subacute laryngitis occupies an intermediate position, and no rule can be dogmatically laid down for observance of rest. Fighting off the effects of cold or hoarseness by increasing the muscular strain cannot, in my opinion, but be productive of harm.

A variety of opinion exists with regard to the extent to which rest should be carried out in these cases. They are extremely common, and if each case were treated on its own merits, I do not think such divergence need exist. As a general rule, some faulty method in voice production, over use of the voice, or singing unsuitable music, will be found to be the origin of the evil, and we should at once seek to find a remedy from such a cause. These cases usually occur in professional voice users, among those who cannot avail themselves of phonetic rest; we must therefore caution them to secure as much rest as possible, by making the amount of vocal work small, by using the voice for short intervals, and by ceasing from all vocal exercise, if possible, should fatigue or pain present themselves, until such a time as we can see that the tensor and adductor muscles during efforts of phonation act with promptness and vigor. If we see an oval chink, even during rendering of high notes, we may safely say that we must look to complete rest for the only remedy. Should we persevere in the use of the voice, we may look for