

## ADENOIDS.

## THEIR SYMPTOMS AND TREATMENT.

So much is heard about operations for adenoids that the expression is becoming pretty well known. And yet many children are allowed to suffer month after month without the parents making any effort to secure relief. The seat of this trouble is in the nasopharynx—the passage between the nose and throat. In all throats may be found a tissue known as the adenoid structure. In the normal state these follicles are isolated and do not cause any distress. But once excited by disease the follicles enlarge and create any amount of alarm. The child becomes a mouth-breather. He has difficulty in breathing at any time, but this is much aggravated at night. He makes a peculiar snoring sound during sleep. He is restless, nervous and excitable. This obstruction in the nasopharynx must be relieved or the child's whole future life will be blurred and his constitution seriously affected. A mental heaviness with inability to learn, to memorize, or to reason, is observed. The child looks stupid, with a pallid, drawn face and expression of indifference. These adenoid vegetations are found in children who have the "pigeon breast" deformity of the chest, and it is likely that some relation exists between the two. The "flat chest" is undoubtedly due to an insufficient supply of air caused by the obstruction of adenoid growths. All cases do not produce alarming symptoms at once. But all parents should be on the alert for "the growth at the back of the nose." A cold in the head should not be neglected. The narrow nostril with bluish white face and eyes indicates obstruction and a lack of air in the lungs.

The treatment is usually surgical. The child must be given an anaesthetic and the growths removed through the mouth. This is a simple and yet serious operation. Care is required in gently removing the annoying growth without injury to the surrounding delicate tissues. It is always better to try some of the deep acting tissue remedies before resorting to the operation. The constitution of the child must be considered and the remedy chosen accordingly. The drugs most frequently required are calc. carb., baryta carb., silica, sulphur, kali phos. and nat. mur. Even after the operation the system must be improved and thoroughly nourished.

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## STINT YOURSELF.

An old colored servant once told General Washington the secret of life in a few homely words. Said he, "Ginral, if you want a good night's sleep, set up de night befo'." In other words, if you desire keen senses and lively enjoyment in the common-place acts which constitute nine-tenths of life, stint yourself.

Give every normal want a reasonable gratification only. Moderation is the golden mean between indulgence and asceticism. A broad knowledge and general application of economics constitutes the science of living.

To illustrate: If you stint your diet, such food as you do take will be received gratefully by a stomach which has accumulated surplus energy. Every organ in the body will be eager and work hard for its supply of pabulum. Assimilation is, therefore, improved. A satisfied stomach means a healthy liver, regular bowels, sound and resistant nerves, dreamless and refreshing sleep.

Just the right amount of exercise means a healthy degree of fatigue, even distribution of blood, and a relief of nervous tension, predisposing to rest and recuperation. Too much exercise causes active congestions and undue nervous exhaustion; too little exercise results in passive congestions and accumulative nervous irritability.

And so it is all the way through life.

Too great intellectual or emotional indulgence weakens the tone of the organs and centers involved; too little stunts development, turns the energies in upon the individual organism and leads to retrogressive action. Stint yourself and see how the blind, uneducated, undisciplined energy of the body, which tends always to extremism and excess will broaden, will become discriminating and selective and purposeful under the tutelage and direction of an intellect and will freed from bondage and internal rebellion.—Medical Brief.

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Only 906 persons in a million die from senility, while 1,200 succumb to gout, 18,400 to measles, 27,000 to apoplexy, 7,000 to erysipelas, 7,500 to consumption, 48,000 to scarlet fever, 25,000 to whooping-cough, 30,000 to typhoid and typhus and 7,000 to rheumatism. The averages vary according to locality, but these are deemed pretty accurate as regards the population of the globe as a whole.—Medical Age.