

CHAPTER III.

CHRONIC INFLAMMATIONS OF THE PHARYNX.

CHRONIC PHARYNGITIS.

A VARIETY of conditions may produce chronic pharyngitis. The most common causes of the affection are : Repeated attacks of acute pharyngitis ; over-indulgence in tobacco, alcohol, or irritating articles of food ; excessive or faulty use of the voice and prolonged exposure to a dusty atmosphere ; while gouty or rheumatic individuals are especially liable to be attacked. For clinical purposes it is advisable to discuss this disease under three headings :—

(1) *Simple catarrhal pharyngitis* ; (2) *Hypertrophic pharyngitis* (syn. granular pharyngitis, clergyman's sore throat) ; (3) *Atrophic pharyngitis*, or *pharyngitis sicca*.

1. In **Simple Catarrhal Pharyngitis** there are usually enlargement and congestion of the uvula and soft palate ; the posterior wall of the pharynx may also be congested, and dilated veins may be seen coursing over its surface. This variety of pharyngitis is usually produced by exposure to dust, errors of diet, or over-smoking, indeed nearly every smoker exhibits the condition in a greater or less degree. The symptoms generally complained of are a feeling of thickness in the fauces, and a frequent desire to clear the throat.

TREATMENT.—This consists in correcting errors of diet, while the consumption of alcohol and tobacco should be very much restricted or entirely given up for a few weeks. The bowels should be kept open ; a good aperient in these cases is a teaspoonful of Carlsbad salts taken before breakfast in a tumblerful of hot water. As a local application, Mandl's solution may be used, or an astringent pigment such as chloride of zinc or nitrate of silver (see Apper dix). In very rare instances it may be advisable to snip off the end of the uvula with a pair of scissors ; this procedure is, however, advisable only in quite