

and the internal pterygoid process of the sphenoid and turbinated bones.

These latter are three in number on each side and are called from their position the superior, middle and inferior. They run from before backwards and form spaces between them which are called meatuses, thus the space between the floor of the nose and the inferior turbinated bone is called the "Inferior Meatus," that part between the lower and middle bone the middle meatus and the part between the superior and middle bone is the superior meatus.

The two cavities are separated from one another by the septum which consists of cartilage anteriorly and the vomer posteriorly. *The superior meatus has opening into it the sphenoidal cells.* The middle meatus has an opening in it which communicates with the antrum of Highmore which is said to be covered by a fold of nasal erectile tissue. The frontal sinuses which are between the two tables of the frontal bones communicate with the middle meatus through the infundibulum. These anatomical facts account for the frontal headache some patients complain of. The olfactory nerve sends branches to the roof and outer wall of the nasal cavities and consequently is affected by the catarrhal process. A few words will suffice to explain how this occurs. The cavities are lined with mucous membrane and immediately beneath this, that is between it and the periosteum of the bony walls and the perichondrium of the cartilagenous part of the septum, lies a tissue which is not unlike the erectile tissue of the genital organs. It consists of a network of fibrous tissue, the meshes of which contain a few organic muscular fibres. These meshes are of various shapes and sizes and occupied by venous sinuses. They are supplied by small arterioles and capillaries. In the larger masses of this fibrous tissue are imbedded the glands with their ducts opening into the mucous membrane. They are of two kinds, serous and mucous.

The naso pharynx, into which the nasal cavities open by the posterior nares contain the opening to the eustachian tubes and affords a ready explanation why deafness and tinitus are so commonly associated

with trouble in the nose. It is not going too far to say that the majority of cases of deafness are curable if seen early and proper treatment administered to the nose and pharynx. The symptoms for which relief is generally sought is that of constant colds in the head which is generally ushered in with sneezing and a watery discharge from the nostrils and a blocking up of one or both nostrils, which is transient in character and appears rather suddenly, especially when the mucous membrane is irritated by dust or by cold air, as well as from any cause which will produce an increased blood pressure in the head such as emotional disturbances, alcoholic stimulants, etc. The patient complains that his nose feels stopped up, especially when he assumes the recumbent position; that during the night his mouth and throat feel dry, that in the morning he has to hawk in order to clear away the fulness caused by the accumulation of mucus. After the acute stage passes away the nose feels dry and contains hardened crusts. The first essential principle in treating this form of catarrh consists in thorough cleanliness. Some solvent lotion must be used in order to remove the hardened secretions before anything can be done. A teaspoonful of common salt to the pint of tepid water answers very well; it can be placed in the palm of the hand and snuffed through the nostrils into the mouth and spat out. A more effective way and one I prefer is spraying the nose with a medicated solution by an atomizer, using something like the following:—

R Sodi Bicarb
Sodi bibor ad ʒss.
Aqua rosæ ad ʒiv. .

The addition of Listerine say ʒi to the above forms a valuable addition especially if there is any fetor. Occasionally in mild cases attended with congestion I prefer a solution containing zinc.

R Zinci chlorid gr. ii.
Sodii chlorid gr. xlv.
Cocaine chlor gr. iii.
Glycerine (Price's) . ʒi.
Aqua dist. ad ʒiii.

after thoroughly cleansing the cavities,