

ignorant. None of you young people would wish to be thought either ignorant or careless, and therefore will, no doubt, be glad to learn how to take care of the organ of hearing. Surely it is not necessary to tell you not to put small round objects, like beans or peas, into the outer ear. Only very foolish little boys or girls would do that. Such objects may be very hard to get out. Not that they ever do much harm in the ear, if they are let alone. Often they do none whatever, but sometimes in trying to get them out, they are forced further inward and fastened so firmly in the ear canal, that they can be removed only with great difficulty. Quite often, they will fall out, if the head is bent over to one side and the outer ear pulled so as to straighten the canal.

The outer part of the canal is lined with wax glands and hairs. The latter keep out the larger dust particles, and any small animals that might happen to enter the canal. Should an insect get in, it should be at once smothered with oil or water. After it is dead, it will either fall out on inclining the ear to one side, or it may be removed by syringing with warm water.

The syringe will also remove any cakes of wax that may form in the canal. It is not necessary to drop oil into the ear to soften the wax. As a rule, ear-wax is soft and comes away of its own accord from every healthy ear. But sometimes it slowly hardens in the crooked canal, and causes slight deafness. People who work much in dusty air are subject to this kind of trouble. They often undertake to remove the wax by the aid of ear-scoops or mops, and sometimes do themselves great harm. These little instruments are very useful in the hands of a skilled physician; but are dangerous when used by the ignorant. The best thing to do, therefore, when dulness of hearing comes on, is to see a good physician and be guided by his advice.

While the outer ear and canal may cause us a little trouble and pain now and again, it is nearly always the middle ear, lying inside of the drum, which gives rise to most of our ear troubles. The middle ear is a little cavity in the head, situated about an inch above the root of the throat, and joined to the throat by a little tube—the eustachian tube. A “cold in the head,” which has lasted for a long time, sometimes spreads up to the middle ear, along the eustachian tube. The redness, heat and swelling in the throat and nose are followed by ear-ache as soon as the inflammation and swelling have reached the middle ear. In very bad cases, the ear drum may break, and the ear-ache be followed by “running at the ear.” This is always serious, and sometimes ends by spreading to other openings in the bones of the head; now and then death results. For this reason, some life insurance companies will not insure the life of any person who suffers from this kind of trouble.

Colds in the head are bad enough in themselves for the reason just mentioned; but they become serious for other reasons. When the mucous membrane, or lining of the nose and throat, is irritated and swollen, from a long continuous cold, it becomes a suitable soil upon which the invisible seeds of disease may fall and start to grow. When childrens' throats are in this state, and they happen to go into a house where there is measles, scarlet fever, diphtheria, or smallpox, they are apt to catch one of these diseases. Moreover,