

perhaps be wise for us to discover what percentage of the children living in our community have been vaccinated and have received the toxin anti-toxin treatment?

DEAR FELLOW-MEMBERS OF THE H. V. L.

First of all, let me wish you all a "Happy New Year," rather belated though these wishes will be by the time they reach you.

I expect we are all a good deal troubled by discharging ears at our Welfare centres especially at this time of the year, often the sequel of bad colds.

The treatment of the acute stage of otorrhoea is not, of course, within the province of the Health Visitor, but she may be called upon to assist the mother in clearing up a chronic discharge.

The best method, I know is, after cleaning away the discharge with a dry swab, to pour into the child's ear daily 1 tea-spoonful of warm glycerine with one per cent carbolic added, and to keep the child lying on its side for 10 or 15 minutes, to allow this to soak in. When the discharge becomes much less, stop the glycerine, dry the ear carefully and blow in boracic powder. This simple method will often clear up a ear surprisingly quickly.

The following simple notes suitable for a Health Talk to mother at your classes may be of use to you. I have copied them from 'National Health' an excellent paper published monthly at 5 Tavistock Square, London, W. C. 1.

Tonsils and Adenoids

Introduction—

Adenoids and enlarged tonsils are very common among all children, but especially among town children they may be the cause of a great deal of trouble.

Their presence may be suspected when there is a constant running from the nose, frequent catching of colds, a thick voice as if the child had a potato in its mouth, snoring at night, mouth breathing, and a vacant expression. The more serious results are extension of the inflammation to the ears, with running from them and eventual deafness. An unhealthy, septic condition of the tonsils may ultimately lead to general ill-health, glands in the neck, and more particularly to rheumatism.

Causes of Enlarged Tonsils and Adenoids—

Most of us like to know the cause of things. Let me tell you a little about adenoids. One of the chief causes of disease in general is infection with some sort of disease germ. Influenza and the common cold are due to this cause. The living germs are breathed in with the air and unless they are immediately destroyed they will grow and multiply, and produce the disease which is peculiar to them. Nature has provided a very efficient means of protection against such diseases by providing at the back of the nose and in the tonsils a special trap to catch these germs and special apparatus for their destruction. The so-called mucous membrane in the above-named situations is composed of a white sticky material called lymphatic tissue, which is the wonderful means of killing living germs. If a great number of germs are admitted to the nose and mouth with the air which is breathed in, this sticky mucous membrane becomes coated thickly with them and has a great deal of work to do in destroying them. The more germs there are to destroy—that is to say, the dirtier the air—the more work has this tissue to do, and the more liable is it to be over-worked and later to become inflamed and diseased.

Enlarged tonsils and adenoids represent an over-growth of lymphatic tissue, an over-growth which is designed to comply with the increased work imposed on these structures. As long as the adenoids and enlarged tonsils are perfectly healthy and doing their work, they are an advantage to the individual, but in becoming enlarged they may grow so big that they block up the passages at the back of the nose and at the back of the mouth in such a way that it becomes difficult to breathe through the nose at all, and only with difficulty through the mouth. When such is the case it becomes necessary to remove the obstruction by means of an operation. Sometimes things are even worse than this—the over-worked and diseased tonsils actually become septic and contain little pustules or abscesses. The presence of such sources of poison is very dangerous and cause, as I have mentioned above, general ill-health or even rheumatism.

Removal of Tonsils and Adenoids—

It is a common idea that children grow out of enlarged tonsils and adenoids. This is very rarely the case, and even if it does occur, much damage has been done in the interval. A good deal can be done to prevent the development of tonsils and adenoids if the condition is discovered in the early stages. A child with any of the early symptoms, such as frequent colds, mouth-breathing and snoring, should be taken to an infant welfare centre, or the family doctor, or to the hospital, and mothers should take great care to see that any advice given is carried out. If an operation is considered necessary, the mother should not hesitate to have it done, as the consequences of letting things slide are so serious. When once the tonsils and adenoids are removed, very great improvement will take place.

Some Good Rules—

Much can be done to guard children against developing adenoids and enlarged tonsils. The care of the general health is very important—nourishing, plain food, fresh air, exercise and training in good habits. Wherever there is dirt, there is danger. The house should be kept scrupulously clean; windows open day and night; children should be taught to clean their teeth regularly; they should be taught to use their handkerchiefs frequently so as to keep the nose clean (it is not always necessary to have an expensive handkerchief—many mothers give their children clean well-washed squares of rag rather than have their children without handkerchief at all). Some children develop mouth-breathing more as a habit. It is well, therefore, to watch a child from early infancy onwards. If as an infant he shows signs of being a mouth-breather, which he may do when he is asleep, his mouth should be closed each time his mother finds it open. If the child appears to have any difficulty in breathing when his mouth is closed, he should immediately be taken to a doctor or hospital.

LAHORE,
January 11th, 1930.

Yours sincerely,
MURIEL SIMON.

The funeral of Henry 6th cost £33-6-8.

In the Maderia Islands geraniums and roses grow wild.

The first telegraphic message by electricity was sent in 1837.

Self-satisfaction is the greatest hindrance to improvement whether it be individual, home, community, state, or national. Even world improvement depends on the individual,