

Home Course In Health Culture

XI.—Hygiene of the Nose and Throat

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TO the artist or sculptor the nose is an architectural affair, adding beauty and distinction to the countenance accordingly as it conforms to his ideals of line and harmony.

To the average man the nose is simply the organ of smell and an apparatus through which he breathes and occasionally catches cold.

To the physician the nose is one of the most important organs of the body. When in a healthy condition it is a veritable "guardian of the threshold," warning us against tainted food, sifting our air and destroying microbes of disease, protecting the delicate throat and lung tissue from cold, dusty air by filtering, warming and moistening it and finally exerting a most important influence in regulating the body heat.

Importance of Proper Breathing.
The nose is a very complicated and important apparatus, and any disturbance of its functions, if allowed to persist, is likely to have serious effects.

The most frequent cause of nasal obstruction is the growth of adenoid



THE NOSE IS ONE OF THE MOST IMPORTANT ORGANS OF THE BODY.

tissue in the roof of the throat just behind the nasal septum. This not only obstructs the nasal opening into the throat, but interferes with the proper growth of the septum and causes a deformity, "deviation of the septum," which is not apparent externally, but often seriously obstructs the nasal passages in later life. This adenoid tissue is very common, even among healthy children, and tends to shrink up and disappear when the cavity of the throat rapidly enlarges at the age of puberty, but the deformed septum remains and can only be corrected by operation.

The folly of allowing adenoids to remain until they atrophy and disappear is quite apparent. Not only is the child's breathing capacity and chest development retarded, but remote ill effects reaching into later life often supervene if the child is fortunate enough to survive the perils of frequent colds, bronchitis and consumption. It should be remembered that if the nose is obstructed by adenoids, a deformed septum or enlarged turbinate bodies mouth breathing results, and the air is not properly warmed and filtered before reaching the throat and lungs. Such obstructions are responsible for a vast number of throat and lung troubles.

Danger of Ear Disease.

The eustachian tube, leading from the middle ear, opens just behind the outer margin of the nasal opening into the throat. These orifices are often pressed upon by adenoid tissues, and proper ventilation and drainage of the tubes are prevented. This leads to deafness and sometimes to abscesses of the ear and brain.

The mucopurulent discharge from the nose so frequently present when adenoids exist is also likely to infect the eustachian tubes, with similar results.

If the nose and throat have not been properly cared for in childhood and deformity of the septum or obstruction from other causes exists expert advice should be sought and proper nasal breathing restored, if possible.

The tonsils are now regarded as useless and often dangerous structures. They should be removed, as a rule, when adenoids are taken out and especially when there is a history of frequent sore throat or tonsillitis. Enlarged tonsils are naturally irritating and obstructive, but often not so dangerous as smaller adherent or submucous tonsils, which collect germs and infectious matter. It is now believed that such tonsils are often responsible for attacks of rheumatic fever, and a history of such trouble should always call for removal of the tonsils, whether or not they have shown any evidence of disease.

Prevention of "Colds."

The most serious diseases of the throat and lungs, including consumption, often have their inception in a common cold.

While nearly all diseases of the air passages are directly caused by germs, there must usually be present a lack of resistance, either general or local, before germs can give rise to disease.

In some cases a tendency to colds is the expression of a constitutional condition, such as that of a certain neu-

rasthenia, etc. These conditions should always be sought for and properly treated if present.

Local lack of resistance may be caused by the nasal obstruction and irritation I have already referred to, and their correction is necessary before permanent relief from colds can be obtained.

Dangers of Pampering.

Overdressing for cold weather and overheated living rooms are often responsible for frequent colds. Medium weight underwear should be worn and the outer clothing adapted to changes in the weather. This does not mean that we should leave off overcoats in the winter time and be uncomfortably chilly in an endeavor to harden the system. Old people especially should dress for comfort in cold weather, but comfort can be had without wearing heavy mufflers around the neck and heavy fur garments in ordinary winter weather.

Value of Bathing.

The morning cold bath is a valuable measure for cultivating a resistance to colds. This should be taken in a warm room, and if the bather is not robust he should stand in a tub of hot water and sponge or spray the body with water sufficiently cold to cause an agreeable glow or reaction after the first shock, but not cold enough to cause blueness of the skin or chilliness and depression following the bath. Rubbing vigorously with a coarse towel will hasten the reaction and improve the circulation. When the cold bath cannot be borne, cool sponging of neck and chest will prove beneficial and protective.

Importance of Ventilation.

The sleeping room should be well ventilated, but the sleeper should be protected from drafts. The temperature of the living room should never rise above 70 degrees F.; 65 to 68 degrees is the safest point. Dryness of the air should be avoided by supplying moisture. A pan of water placed on the stove or cloths saturated with water and placed near radiators will answer the purpose if there is no furnace with a water reservoir attached.

Avoid dust and dampness in the house. Avoid heavy upholstery, curtain hangings, carpets, etc., which only serve to gather dust and germs. Stained or polished floors, rugs and light washable curtains are far more healthful.

Toilet of Nose and Throat.

Great caution must be exercised in interfering with the natural processes in the nose. Frequent douching and spraying with antiseptic solutions is often very irritating and injurious in some old standing cases of catarrh the nasal douche is necessary, but its use should be directed by a physician. The careless use of the douche may lead to infection of the ear. When a cleansing spray or douche is necessary, the following should be employed in preference to strong antiseptic solutions or advertised catarrh cures:

To a pint of warm water add one teaspoonful of a powder composed of equal parts of sodium bicarbonate, sodium borate and sodium chloride. This may be used warm in an atomizer when the nose is dry and crusty or clogged with snot and dust.

In blowing the nose, especially after a douche or spray has been used, close one nostril and blow with moderate force through the other. The usual and forcibly blowing often causes infectious matter to be blown into the ears. After using a nasal douche exposure to the open air should be avoided for at least half an hour, as the nose has been deprived of its protective mucus and time is necessary for the mucus to reform. If an oil spray is used following the douche this precaution is not necessary.

When the nostrils are irritated or inflamed from discharges, and especially if there is any ulceration, the ordinary official ointment of the yellow oxide of mercury is an excellent preparation for use. It may be diluted with an equal part of vaseline. This preparation is cheaper and safer than advertised salves or nostrums.

Treatment of a Cold.

The possibilities in a common cold are such that the wisest course is to call a physician and be regularly treated. Quack remedies are dangerous. Remember that the brain is in close relationship with the nose and its accessory cavities and that inflammation and infection of these cavities, if not recognized in time, may lead to abscess. "Cold cures" often mask the symptoms without curing the disease. Heavy doses of whiskey and quinine often do more harm than good.

In emergencies when a physician is not within call the following measures will often check a cold:

First.—A mustard foot bath as hot as can be borne, lasting twenty to thirty minutes, the body being enveloped in blankets to induce a profuse perspiration. Hot lemonade, hot farsaxed tea or tea to thirty drops of spirits of camphor in a glass of hot water will assist the action of the bath.

Second.—A brisk cathartic, as castor oil, calomel, etc.

Third.—The neck and chest should be rubbed with camphorated oil or liquid mustard plaster.

Further than this the treatment of a cold is in the province of a physician.

The Tank.

Friend (to confirmed toper)—I don't see how you can drink so much. It's shocking. Toper—It shocks me too. It surprises me. I suppose it's just luck.

To give awkwardly is churlishness. The most difficult gift is to give. Then why give?

Look for the ad that describes the

Commissioner's Proceedings.
Madison, Neb., March 14, 1911, 1 p. m.—Commissioners met pursuant to adjournment. Present, Commissioners Burr Taft and Henry Sunderman. The minutes of February 7, 1911, were read and approved as read. The time having arrived for the opening of bids for the erection of an addition to the jail, the matter was taken up and the bid of William J. Gores was opened and examined and not being in conformity with the plans and specifications and it being the only bid it was rejected and the county clerk was instructed to readvertise for bids for the erection of a brick addition to the county jail according to plans and specifications on file in the office of the county clerk, bids to be received up to 12 o'clock, noon, of April 11, 1911, said bids to be opened at 2 o'clock of said day, April 11, 1911.

P. W. Ruth, county assessor, made appointments of precinct assessors to fill vacancies, as follows: William Rigger, Norfolk precinct; John W. Overberg, Shell Creek precinct; and Frank Scheer, Schoolcraft precinct, and on motion the said appointments were duly approved.

On motion the public road petitioned for by E. R. Murphy and twenty-three others, commencing at the southeast corner of section 3, township 22, range 2, and terminating at the southwest corner of the southeast quarter of section 3, township 22, range 2, was ordered to plat the same, and also the clerk was instructed to draw a warrant on the general fund of the county for \$400.00 in favor of Paul Renner, said warrant to be delivered when Mr. Renner delivers the deed to the county for land used in said road.

On motion the following official bonds were examined and approved: Dan Scheer, Jr., road overseer, road district No. 22; Thomas Keigle, road overseer, road district No. 10.

On proper representation the board instructed the county clerk to correct the 1910 tax list by changing the valuation assessed against lot 11, block 18, railroad addition to Newman Grove, Nebraska, to lot 12, same block, and also changing the valuation now assessed against lot 12, same block, to lot 11, in same block, the same having through error been wrongly assessed.

On motion the clerk was instructed to correct the 1910 tax list by striking out the personal taxes of \$4.51 assessed against Edwin D. Kline, of Norfolk city, on account of double assessment.

On motion the clerk was instructed to correct the 1910 tax list by striking out the item of \$5.00 poll tax assessed against Hirsch Bros., Norfolk city, because of double assessment.

On motion the application of J. S. Stewart of Jefferson precinct to have his taxes reduced on account of erroneous assessment was refused.

On motion the application of J. A. Zeigler of Madison precinct to have his personal assessment reduced on account of over valuation was refused.

On motion Commissioner Henry Sunderman was authorized to purchase two wheel scrapers for use on the roads.

The soldiers' relief commission made partial report of the money received and expended for the year 1910, which was, on motion, accepted and placed on file.

On motion Herman Barney, chairman of the soldiers' relief commission, was allowed the sum of \$250.00 for the use of the commission.

A petition being presented for the appointment of a stock inspector for Madison county, on motion the clerk was instructed to publish a notice that at the meeting of April 11, 1911, the board would take this matter up and appoint a chief stock inspector for Madison county, according to law.

On motion the following bills were audited and allowed:

Davey Ober, work road district No. 3	5.00
Battle Creek Hardware Co., hardware for R. D. No. 7	4.32
W. R. Snyder, shoveling snow R. D. No. 20	9.75
Albert Imhoff, work R. D. No. 26	6.00
Nick Dohman, work R. D. No. 26	6.00
M. A. Wagner, work R. D. No. 26	4.00
H. H. Wagner, work R. D. No. 26	6.00
Ed. Schwaak, grading C. D. No. 1	10.50
B. B. McGinnis, work bridges	27.00
J. T. Moore, work bridges, assigned to Nebraska National bank	10.00
J. T. Moore, floating roads, C. D. No. 2	12.00
J. T. Moore, work bridges	4.00
Fred Byerly, work bridges	6.00
Fred Byerly, floating roads, C. D. No. 2	12.00
Peter Emig, bridge work	28.25
Balsler Werner, bridge work	100.51
L. M. Johnson, work R. D. No. 13	19.25
L. M. Johnson, work bridges	7.50
Walter Sunderman, grading C. D. No. 3	6.00
Hume Robertson, Wycoff Co., supplies and repairs for jail and court	115.73
Dr. C. J. Verges, attending Kaurt Stehr	13.00
National Office Supply Co., supplies	20.70
W. W. Mills, constable for election	2.00
Conrad Werner, wolf bounty	2.00
George Werner, wolf bounty	4.25
Chas. Hansen, repairs	4.00
James Brown, wolf bounty, claimed \$3.00 allowed at	2.00
Otto Bergfelder, funeral sermon for Kaurt Stehr, claimed \$5.00 wholly disallowed as not a proper charge against the county	
Clyde Ives, auto hire	1.50
I. M. Dawson, expense farmers institute, Madison	40.19
Oliver Typewriter Co., repairs	9.40

University Pub. Co., supplies for superintendent 5.00 || Sessions & Bell, burying pauper | 25.00 |
Hume Robertson Wycoff Co., coal for jail	13.20
Norfolk Long Distance Telephone Co., tolls	.20
Madison Motor Car Co., auto hire	11.00
N. A. Housel, postage, etc.	13.70
N. A. Housel, salary	116.67
Madison City, electric lighting Gust Heckman, wolf bounty	2.00
Farmers Mercantile Co., supplies for pauper	14.33
Farmers Mercantile Co., supplies for court house	7.95
C. S. Smith, salary, fees, etc.	209.80
Madison Motor Co., auto hire	24.00
H. B. Allen, supplies	58.75
Gus Kaul, salary	50.00
J. M. Smith, salary, boarding prisoners, etc.	213.83
Nebraska Telephone Co., Norfolk, tolls	13.85
Dr. F. A. Long, attending prisoners	27.00
Dr. F. A. Long, commissioner of insanity	11.00
Nebraska Institute for feeble minded, account Shalley, Wood and Theresa Gaudlitz	53.66
Western Bridge & Construction Co., account	1000.00
Western Bridge & Construction Co., account	1000.00
Western Bridge & Construction Co., account	1000.00
Western Bridge & Construction Co., account	1000.00
Western Bridge & Construction Co., account	972.28

On motion the board adjourned to meet Tuesday, April 11, 1911, at 1 p. m.

S. R. McFarland, County Clerk.

The following resolutions were passed:

"Whereas, by the inscrutable decree of Almighty God, our friend and co-worker John Malone has been removed from the council of men to the life beyond, and

Whereas, by the death of John Malone the board of commissioners and other officers of Madison county are deprived of an able associate of the highest integrity who was a loyal champion of the interests of the citizens of the county and whose zeal in behalf of improvement and progress has left an indelible impress upon the community;

Therefore, be it resolved, that while we bow in humble submission to the supreme will, we mourn in grief the loss of our colleague who in the activities of life had endeared himself to all by his unflinching courtesy, fairness and high sense of honor; and be it resolved, that we extend to the family of the departed our profound sympathy in their great bereavement commending them to that divine power who illuminates the darkness of sorrows night by the light of eternal life;

And be it further resolved, that these resolutions be spread upon the record of Madison county and that a copy be sent to the bereaved family.

(Signed) Burr Taft, Henry Sunderman, Commissioners Madison County, Neb."

DENOUNCE COAL STRIKE ACT.

Cleveland, March 18.—Deliberate and willful breach of contract in calling out 10,000 miners in the fifth Ohio district was charged against Thomas Lewis, president of the United Mine Workers of America today by local organizers.

"If the men strike on Lewis' order," said J. J. Roby, vice president of the Pittsburg Vein operators, "it will be direct breach of contract."

BOY SCOUTS TOOK HIKE.

With shouldered staffs and marching in squads, twenty-four members of the Norfolk boy scouts, under the command of Master Scout A. O. Hazen and the various officers of the organization, took possession of the state hospital Friday evening. After a party with Superintendent Johnson of that institution, the buildings were surrendered to the youthful scouts, who were escorted through the entire institution, after which they marched to the city and disbanded on Fifth street and Norfolk avenue.

The youngsters surprised many citizens who, believing they were the local militia company at drill, praised them highly for their soldier-like appearance as they march up Norfolk avenue. They readily answered the calls of a bugle in the hands of one of their musicians and the orders from the general to his subordinates were dispatched with action that would give credit even to many of Captain Anderson's men.

In all the "hike" took up two hours and a half, the youngsters assembling at the postoffice at 5 o'clock and disbanding at 8 o'clock.

KILLIAN CO. STILL GROWS.

A. L. Killian and company report still further improvements. The addition to the rear of the Cotton block is being put up especially for this company, whose business has reached such a large capacity that they have also leased the Durland building, which will soon be constructed on the property adjoining the main Killian store. Besides taking on these two new buildings to make their store one of the largest in the state, the Killian company has conceived a unique idea which will greatly benefit the traveling men who display and sell their goods at this store. A room to be known as the sample room is to be added to the main store. Here the sample trunks of the traveling men are to be housed when brought in by the expressmen and in this room the trunks will be opened and displayed on counters built for them.

What the Killian company expects to stock the new addition with is not yet known, but it is known that the addition will be built of pressed brick, one story in height and equipped with the most modern fixtures. This addition will give the company seventy-five feet of show windows, entrance and frontage on Fourth street. The basement and storing built near the office of the main building is to connect the new addition with the store.

value	\$2.00
16 tons of hay, approximate value	112.00
barrows \$10, mowers \$30, approximate value	175.00
\$30, approximate value	65.00
Binder \$100, disc \$30, approximate value	130.00
plows \$42, approximate value	107.00
2 sets harness, 1 single, approximate value	40.00
Total	\$369.00
Inmates of farm:	
Mrs. Mary Elmwood, age 60; W. F. Pringle, age 104; Harry Landreau, age 29.	
Inmates died during year: John Chada.	

ANNUAL REPORT.
Steward of Madison county poor farm.

Total expenditures for year ending March 1, 1911	\$1383.92
Total receipts for year ending March 1, 1911	691.48
Balance above cash receipts	\$692.43
Inventory of personal property:	
2 brood mares 7 yrs. old, weight 3400, high grade, approximate value	\$600.00
2 horses, 0 and 11 yrs old, weight 2200, high grade, approximate value	300.00
3 colts coming 3 yrs. old, high grade, approximate value	400.00
1 colt coming 2 yrs. old, high grade, approximate value	100.00
9 cows, three-quarter grade and better	315.00
4 steers, coming 3 yrs. old, approximate value	148.00
5 steers, coming 2 yrs. old, approximate value	125.00
1 pedigree bull, approximate value	50.00
9 calves, coming yearlings, approximate value	118.00
20 hogs, 10 mos. old and over, approximate value	350.00
9 brood sows, approximate value	157.00
150 chickens, approximate value	50.00
100 bu. of corn, approximate value	35.00
250 bu. of oats, approximate	

EUROPEAN NEWS AND VIEWS

London, March 18.—Although there is sufficient excitement to be found in the condition of affairs political right here in London, two international events are occupying much space in the English newspapers. Of first importance, of course, is the sudden massing of American troops near the Mexican border, the second item of interest is the trial of the Camorristi in Viterbo, Italy, which opened a few days ago. Generally speaking, the London newspapers take a broad view of the Mexican border affair, accepting the situation as it is and as the responsible officials of the American government have presented it to Mexico. It is considered here that America must reckon with a probable violent change of government in Mexico, for there is a strong party behind the revolutionists seeking to establish a Mexican federation of Central American republics, which would prejudice the interests of the United States in Panama. The assembling of ships and troops may, therefore, be a wise measure.

One of the noteworthy features of the Camorristi trial is the pride of the people of Viterbo over the fact that their city has been chosen for the scene of the prosecution of the alleged band of cutthroats and robbers who have terrorized honest people for years. Hundreds of persons are there attending the trial, which, for the present, at least, is rivaling in interest the Rome art exhibition in connection with the fiftieth anniversary of the proclamation of that city as the capital of United Italy. Viterbo is in festival array, the antiquities have been refurbished, and every plan possible has been made to make the most of the affair from a commercial standpoint.

One of the most interesting incidents of the moment in Europe is the king of Montenegro. He is the most paternal ruler in Europe and judges his little kingdom on the traditional methods of the cadet under the palm tree. Law never bothers him, and when he has made up his mind what an offender deserves, the offender gets it then and there. Of all the monarchs he is the most unconventional. He has revived the art of farriery, by working in his own blacksmith's shop and made his haughty braves to understand that what is good enough for the king is good enough for them. He gives evidence of his intense patriotism by always wearing the exceedingly showy Montenegrin costume.

London is preparing for the most brilliant summer season in its history. From the beginning of May onward London will be the center of European interest. During the first fortnight in May King George will open the festival of empire at the Crystal palace. On May 16 he will unveil the Queen Victoria memorial in the Mall, and the Kaiser and Kaiserin will be present at the ceremony. The imperial coronation will open on May 23. The coronation will take place June 22. The royal progress through London will be made June 23. On June 29 a third royal procession will go from Buckingham palace to the Guildhall and back. Eight days will be devoted to the coronation festivities.

The coronation season promises to be one of brilliant colors. Cloth sellers in London and Paris are prophesying that bright reds and blues will be very popular with the women of both cities, while old gold is to be taken into favor after years of neglect. Rose in various shades will be a reigning favorite. One vivid edition of it is to be known as Baecus, while another distinguished for its delicacy is the exact hue of the English cabbage rose, and the girls who are coming out are to make it their own for evening wear.

Chronic dyspepsia, incurred during the discharge of his official duties, is the ground upon which a councillor of the Paris prefecture has applied for his pension before the age at which it becomes due. Attendance at state banquets, he declares, has played such havoc with his digestive organs that his health will not permit him to remain in office any longer. His application was rejected.

It is believed in England that there is a deeper reason behind Japan's recent purchase of 100,000 tons of rice from China that has been given out by that government. It has been stated that the purchase was made necessary by Japan's selling her own rice abroad at a better price, the reason for the buying from China being enforced this year by the necessity of feeding the thousands of sufferers from the devastating floods of last year. This sounds fairly plausible, but there are those who say that Japan is preparing to send her entire fleet, as soon as possible, to the most unprotected spot on the Pacific coast of the United States.

SATURDAY SIFTINGS.

Mrs. C. Shannon of Lamro was here. Julius Wichert went to Madison on business.

Mrs. Fred Gettinger left for an extended visit with relatives in Illinois. Mrs. Gettinger will be away for several months.

V. G. Beach of Creighton was here on business.

County Attorney Nichols was in town from Madison.

Adam Pilger of Stanton was in the city transacting business.

A. E. Stubbs was a business visitor in the city from Tilden.

Henry Rusa returned from a business visit at Creighton.

Miss Ruth Shaw went to Neligh to spend a few days with friends.

Dr. C. Bozell and R. C. Minton of Okadale were visitors in the city.

Norton Howe returned from Pilger, where he spent a day with friends, Mr. and Mrs. E. H. Crook of Mead-

ow Grove, who were in the city visiting with friends, leave in a few days for Los Angeles, Calif., where their brother and his family expect to settle.

Born, to Mr. and Mrs. E. E. Ford, a son.

The foundation for the new garage on East Norfolk avenue was commenced by masons yesterday.

Lorin Brueggeman, who has been laid up with an attack of tonsillitis, is again able to be at his office.

Mrs. A. C. Taylor, wife of A. C. Taylor, proprietor of the Taylor building in this city, died at her home at Cedar Rapids, Ia., Friday. Her sister, Mrs. Frank Auringer of Neligh, and C. S. Hayes of this city have gone to Cedar Rapids to attend the funeral.

E. R. Fairbanks left for Parks, Neb., Saturday noon, where he was called to the deathbed of his father, A. J. Fairbanks.

Miss Ruth Shaw was hostess Tuesday evening to the Queen Esther society. Miss Shaw served a dainty chafing dish lunch.

A son of W. L. Lehman of this city is reported seriously ill with an attack of pneumonia on a farm near Hadar, where he is employed.

The W. C. T. U. meeting will be postponed for a week on account of the Sunday School association at Madison. The next meeting will be with Mrs. O. R. Meredith.

J. C. Adams has purchased a residence on South Fourth street formerly owned by C. E. Rouse. Mr. Adams will make some improvements on the place before moving his family there.

C. J. Haviland, who some months ago resigned his position as operator at the Northwestern Junction office, has gone to Minneapolis, Minn., where he has accepted a position with the Western Union Telegraph office.

Burt Mapes and W. P. Logan have each shipped in a large number of Wyandotte eggs for hatching purposes. If the hatch is successful the birds are to be used as exhibition stock at next season's poultry show.

Further reports from the bedside of Alfred Bohlander, who underwent an operation for gallstones at Rochester, Minn., show that Mr. Bohlander is slowly improving. Mrs. Bohlander writes that the operation was more serious than she had anticipated.

To show the value of Norfolk farm property one real estate man reports that a farmer living three miles from the city and who owns over 200 acres of land had refused \$125 per acre for it Friday and declared \$175 was the lowest price he would consider.

Henry Huss of Osceola, Neb., who has been in the city for several months, has rented the house now occupied by L. H. Hinds on South Thirtieth street and will move his family here from Osceola on April 1. Mr. Hinds leaves for Canada next month.

Frank Hamilton of Lexington, Neb., brother of Little Lyle Hamilton, and Mr. and Mrs. Edward Watson of Plainville accompanied the remains of the little boy, who died Thursday morning from diphtheria. The funeral services and interment took place at Plain