

**TONSILS AND ADENOIDS.**

By the courtesy of Dr. W. Allen Daley, Medical Officer of Health for Blackburn, we are able to publish the following illustrated article issued by the Publicity Committee on Health of the County Borough of Blackburn.

**ENLARGED TONSILS AND ADENOIDS.**

These two ailments very often go together, although

the throat. The explanation of all the symptoms is that there is a blockage of the passages along which breathing takes place, and there is also inflammation.

A child which cannot breathe easily cannot expand and exercise the chest properly ; as a result the chest in its turn becomes weak and falls a prey more easily to bronchitis and other chest diseases.

Other diseases not yet mentioned which follow enlarged tonsils and adenoids are :—Anæmia, breathlessness, and even consumption and heart-disease. Further, children with adenoids are often listless and dull ; they become normal and bright when the adenoids have been removed.

If you suspect that your child is suffering from enlarged tonsils or adenoids consult your own doctor or the school doctor at once. He will be pleased to advise you what to do.

An operation is often the only cure for these ailments and you would be wise to face this rather than the certainty of some of the serious illnesses which have been mentioned.

The publication of this leaflet is an instance of the very useful work which can be done by an alert, and informed, publicity committee on health. We congratulate the Committee on Health of the County Borough of Blackburn on its public spirit.

**Note in connection with Diagram 2.**

1. Adenoids blocking up the airway at back of nose.
2. Nose has become small as it is not used for breathing.
3. Blocking of tube to ear with consequent deafness.
4. Mouth open for breathing.

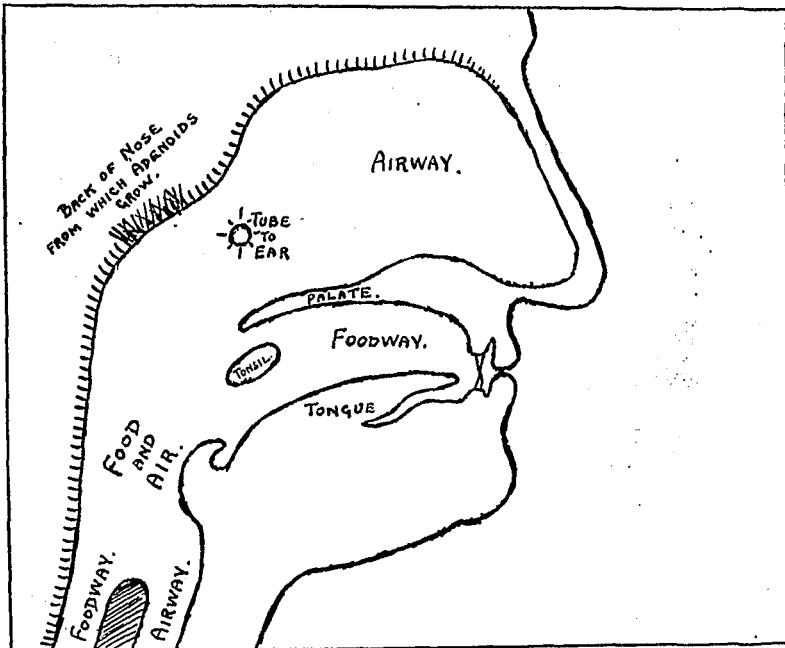


DIAGRAM 1.—SHOWING THE NORMAL STRUCTURE OF NOSE AND THROAT.

some have enlarged tonsils only ; others adenoids only.

**SYMPTOMS OF ENLARGED TONSILS.**

Frequent sore throats ; liability to catch cold easily ; and sometimes enlarged glands in the neck.

**SYMPTOMS OF ADENOIDS.**

Running at the nose ; inability to breathe through the nose, so that the child becomes a "mouth breather" ; snoring at night, with sometimes night-terrors, so that the child wakes up in alarm ; and frequently deafness, which comes and goes. Not uncommonly the child has a running from one or both ears. These symptoms disappear when the adenoids are removed.

If enlarged tonsils and adenoids occur together, you will find some of both these sets of symptoms.

**AFTER-EFFECTS OF UNTREATED ENLARGED TONSILS AND ADENOIDS.**

The two diagrams show how these conditions affect the nasal passages and

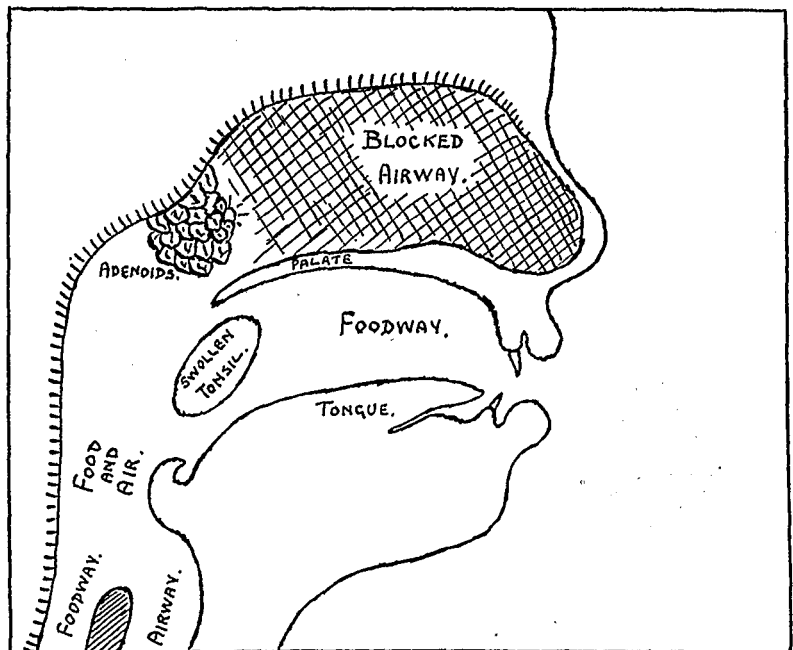


DIAGRAM 2.—SHOWING ADENOIDS AND ENLARGED TONSILS.

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