

SORE THROAT, CLERGYMAN'S

This is a slightly inflamed condition of the mucous membrane of the fauces (*the arched opening at the back of the mouth leading to the pharynx*), glottis, and vocal cords.

Symptoms.—An uneasy sensation in the upper part of the throat, with a continued inclination to swallow, as if there were some obstacle in the way which could be removed by swallowing it. Frequent attempts are made to clear the throat by coughing, hawking, and spitting. There is also more or less pain in the larynx. The voice changes, there is hoarseness, and sometimes toward evening a complete loss of the voice.

After the difficulty has become chronic, the fauces present a slightly raw or granulated surface, and a viscid or sticky mucus mixed with pus adheres to the palate at times.

Causes.— Straining the voice in vociferous preaching, lecturing, and singing, or speaking on a high key, rich, unwholesome food, with inattention to the temper-

ature of the feet, and insufficient ventilation of the sleeping room.

Treatment Preventive.— Public speakers and singers may avoid this difficulty by a strict attention to the laws of life. Eat proper food, keep the feet warm, never strain the vocal organs nor speak in a hurried or excited manner, but with moderation. Bathe the throat frequently with cold water, and sleep in a well-ventilated room, and take from four to six hours' exercise daily in the open air.

Treatment Curative.— An abstemious diet of plain, wholesome food, with a tepid sitz and foot bath for five or eight minutes, followed immediately by a cool bath for three minutes, twice a week, with a dripping-sheet twice a week, also a hot fomentation alternated with cold every five minutes for thirty minutes applied to the throat daily for a few weeks, and a cold compress applied to it nights, with proper care of the general health, will generally effect a cure. The vocal organs must be used properly. Always speak in the natural tone.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 315-17 by M. G. Kellogg