



# **TONSILS & ADENOIDS**

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## Tonsils and Adenoids



### WHAT THE NOSE DOES

The nose is given us for a far more important purpose than merely smelling. It is an air filter, and upon the condition of this "air filter" depends to a large extent the standard of our bodily health.

This is what the nose does:—It takes in the air and by means of the small hairs and thick fluid with which its winding passages are lined, it cleans that air of dust specks and germs. The air is also warmed up to nearly blood heat, and moistened, so that when it passes into the throat and lungs it is as nearly perfect as it can be.

But when air is taken direct to the lungs by way of the mouth, it is germ and dust laden; is dry, and is cold; and the lungs cannot make the best use of it.

So you see that air taken through the mouth is very bad.

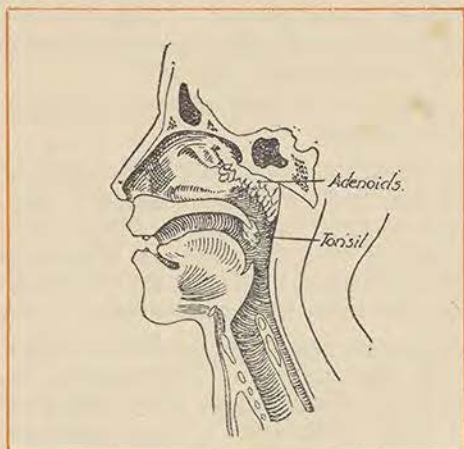
In the case of little children, who **MUST** have the best of life-giving materials to build them up into strong and healthy men and women, it is more than bad—it is **dangerous**, and that is why Adenoids and Enlarged Tonsils cause so much ill health in children.

### WHAT ARE ADENOIDS?

Adenoids are growths upon the back wall of the nose and form where shown in the sketch; they look something like cauliflower head or a bunch of grapes, and are red in color.

They grow and grow, until the air-way to the lungs is completely blocked. When this

occurs, the sufferer is compelled to breathe through the mouth, and, as has been shown such a habit brings untold trouble in its train.



Adenoids, by forcing the child to breathe through the mouth, give rise to many bodily troubles.

The chest becomes deformed, taking the shape known as "pigeon breast," and this alone, by cramping the lungs and thus stopping them from working properly, makes the child feeble.

Deafness is often caused because the Adenoids stop up the air tube leading to the ear. Sooner or later the child becomes anaemic, that is to say the blood becomes poor. It has a dull, stupid expression. It is backward; not quick mentally; restlessness at night is common. Taste and smell become poor, and headaches are not uncommon.

Another serious thing about Adenoids is that children afflicted with them are liable to catch diphtheria, scarlet fever, measles and whooping cough, much more easily than children who are not so afflicted. Diphtheria especially is easily caught.

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**TROUBLES  
CAUSED BY  
ADENOIDS**

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**SYMPTOMS  
OF  
ADENOIDS**

*If your child has a constantly running nose ; if it seems dull ; if it snores and is restless at night ; if it takes cold easily ; if it is deaf or has running ears or puts its hand to its head as if it had ear-ache, there is good ground to suspect that it has Adenoids, and you should at once see a good doctor, and ask him to examine the child.*

Adenoids can be seen only by a doctor with a special mirror.

The operation for removal of Adenoids is a simple one, and can be performed at any time. There is no need for fear, the operation taking only three or four minutes. It should preferably be performed by a nose and throat specialist, or a specialist in the diseases of children.

**WHAT ARE  
TONSILS?**

The Tonsils are found on either side of the back of the mouth. They often become enlarged, in which case, they are generally found with Adenoids. The symptoms are similar to those of Adenoids.

Sometimes the Tonsils are not enlarged, but become diseased, and contain little cups of infection, and the poisonous germs are often carried to other parts of the body, causing various sicknesses. The breath also becomes very offensive, or the person has frequent attacks of sore throat.

**OTHER  
TROUBLES  
CAUSED BY  
ADENOIDS  
AND  
DISEASED  
TONSILS**

The glands of the neck in their efforts to carry away the poisons produced by Adenoids and diseased Tonsils often become over worked, and this over work causes them to enlarge, and often lumps form. Stomach, Lung, Heart and Bowel diseases may often be traced to Adenoids and Diseased Tonsils. There is also a danger of the child getting a "running ear."

*There is only one way to cure Adenoids and Diseased Tonsils, and that is—Get rid of them. Don't put it off thinking they will get better. It is dangerous.*

**Don't Handicap Your Child!**

Watch for the danger signals—  
**MOUTH BREATHING AND EARACHE.**

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