

## SORE THROAT

(Written for "The Listener" by DR. H. B. TURBOTT,  
Director of the Division of School Hygiene, Health  
Department)



**D**ON'T take any chances with a sore throat. This sort of infection is painful enough at any time, but if it is not very, very carefully watched it may develop into any one of a number of unpleasant complications. For instance, you may be left with a weak heart, or maybe a touch of rheumatism. To the layman the connection may look fairly slim. But it is there.

Possibly the most serious sequel to a sore throat is an attack of diphtheria in children. It is a very real danger, and if there is the slightest doubt in the parent's mind, a doctor should be consulted without delay. A bacteriological swab will tell him all he wants to know.

A sore throat is usually inflammation of the tonsils, and, as such, bears the medical name of tonsillitis. If this inflammation leads to an abscess round the tonsil, quinsy is the result, and the patient knows all about it then.

Most of us have had what we colloquially call a "touch of sore throat," an irritation that is usually more annoying than painful, and is only temporary. Frequently it clears up in a few days, and we are inclined to go round bragging just a little about how easy it was to throw off.

### It May Get Worse

But it may not clear up. It may get worse—may reach the serious septic stage. The dividing line is very narrow.

An acute sore throat comes on quickly. There is a rapid, and sometimes alarming, rise in temperature, a headache develops, and the pain is not only in the throat, but perhaps in the back and limbs also. The tonsils are swollen and inflamed; they may have turned septic. Swallowing is difficult and painful, the tongue is coated, and the breath unpleasant. In short, you are in a pretty sorry condition.

It is at this point that anything might happen if medical attention is not forthcoming. Recently there has been discovered a new series of drugs with remarkable curative properties. Some of their pharmaceutical names would almost give you a temperature trying to pronounce them, but for the sake of simplicity, they are known as sulphonamide derivatives.

Some of these derivatives are sudden death on certain types of germs, known as streptococci, which often cause sore throats. These drugs can be obtained only on a doctor's prescription, and if your doctor feels that your sore throat will respond to them, you will be saved days of suffering.

### Rules to Follow

But, of course, you may not think a doctor is necessary. In that event, there are certain rules you must follow.

## JOHNSON'S RADIO COLLEGE

(Now under management of McKenzie's Engineering Academy)

Quality for your Radio Serviceman's Exam. or Commercial Radio Operator's Exam. by Johnson's up to date Correspondence Course. Success guaranteed. Pay as you learn. Write or call for full particulars.

23 Aitken Street :: Wellington

At the first sign of temperature arising from an infected throat, make for bed immediately. Warmth is very comforting on the outside of the neck, and a hot compress applied to the neck, and covered by a

large pad of cotton wool, gives relief. A warm olive oil compress is very suitable, or antiphlogistine, applied comfortably hot.

Now for the throat itself. Gargles are not really satisfactory, and with a bad throat they can be very painful. A good throat paint is advised. Get some from the chemist, and use it frequently. Also take some aspirin—say, ten grains (an adult dose) three times during the day. Not only does aspirin relieve the pain, but it contains a drug that helps to ward off any rheumatic fever that may result from a sore throat. Try, also, a

few soothing lozenges. Get the patient to drink as much fluid as possible. Difficulty in swallowing, of course, will require a diet of soft foods—junkets, baked custards, ice cream, soups, meat jellies, and so on.

A recurrence of sore throats is a sign that the cause is fairly deep-rooted. It may be decayed teeth, which should receive immediate attention, or diseased tonsils. If the tonsils are chronically diseased, they will need removing, because they are a never-failing source of infection.—(Next week: "Food Deficiencies," by Dr. Muriel Bell.)

# BRIMAR VALVES

**• CAN TAKE IT**

Bump! BANG! B-r-r-r! Bump! Bump! Jarring, crashing over incredible obstacles . . . and still Brimar Valves go through with flying colours—British colours, too! Ten times tested—ten times more efficient, Brimar have that extra margin of safety demanded for the vital part they play.

Because Brimar Valves are built to 'take' it, they are the logical choice for all valve replacements. Fit Brimar in your Radio and be sure of long life and trouble-free service at all times.

Obtainable from all Radio Dealers  
STANDARD TELEPHONES AND CABLES PTY. LTD. (Inc. in N.S.W.)  
P.O. Box 638, WELLINGTON.

**10 TIMES TESTED • 10 TIMES MORE EFFICIENT**