



Mothers'
Book
ON CARE OF
THE SICK

MOTHER'S BOOK

on care of

THE SICK

*A Brief Handbook
of Sound Counsel*

	CONTENTS	Page
<i>First Aid in Accidents</i>		3
<i>Biliousness</i>		12
<i>Burns</i>		14
<i>Care of the Baby</i>		9
<i>Chicken Pox</i>		6
<i>Chilblains</i>		14
<i>Cholera Morbus</i>		10
<i>Colic</i>		11
<i>Constipation (Its Cause)</i>		12
<i>Coughs</i>		8
<i>Croup</i>		8-9
<i>Diarrhea</i>		10
<i>Diet in Sickness</i>		5
<i>Diseases of Children</i>		6
<i>Indigestion</i>		12
<i>Intestinal Disorders</i>		10
<i>Measles</i>		6
<i>Mumps</i>		7
<i>Muscles and Joint Troubles</i>		13
<i>Rheumatism</i>		13
<i>Rules for the Sick Room</i>		4
<i>Skin Troubles</i>		14
<i>Sprains</i>		13
<i>Summer Complaint</i>		9-10
<i>Whooping Cough</i>		7



FIRST AID IN ACCIDENTS

Don't Get Excited—Make the patient comfortable and encourage him all you can.

Fainting—Loosen clothing. Lay flat on back, raising feet higher than head. Fan freely and put cold water on the face and chest. Camphor, ammonia or smelling salts held near nose, often revive.

Unconsciousness—Don't put anything in the mouth. Water or stimulant may cause choking. Unconscious persons cannot swallow. If conscious, cold water frequently revives and refreshes if given slowly in sips.

Apoplexy—Stroke of Paralysis—Do not give stimulants. Loosen clothing. Elevate the patient's head and apply cold cloths. Keep the body and feet warm.

Foreign Bodies in Eye—Pull the upper lid downward away from the eyeball over lower lid and release.

Burns and Scalds—Cover with cooking soda and lay wet cloth over it.

Lightning—Dash cold water over person struck. Perform artificial respiration.

Shock—If faint and cold, give stimulant such as black coffee in small doses once in fifteen or twenty minutes and secure warmth by external applications and rubbing.

Wounds—The part should be properly cleansed of all foreign matter, the edges brought together and fastened with strips of adhesive plaster, apply Chamberlain's Iodine solution, give stimulant.

Bruises—Apply Chamberlain's Iodine.

Poisoned Wounds—From a bite of animals treatment should be prompt. If possible suck the wound thoroughly two or three minutes; sterilize thoroughly with Chamberlain's Iodine or Ammonia.



Rules for the Sick Room

Equipment—The sick room should have two windows so that it can be easily aired. A narrow, high bed is better than a broad, low one. The sheets should be put on without wrinkles and should be frequently changed. A rubber sheet should be placed under the lower sheet if there is danger of soiling the mattress.

Care of Patient—The patient should be given a sponge bath once a day for cleanliness, and his mouth should be frequently washed with a 4 per cent solution of boric acid (5 teaspoonfuls of boric acid dissolved in a pint of warm water.) Cold baths are sometimes used to lower the patient's temperature. The bedclothes are thrown off and cloths wrung out of cold water are applied to his body, or he may be wrapped in a sheet wrung out of cold water. A fan may be employed to further cool the patient or ice may be rubbed over his skin. When the temperature has been reduced, the bedclothes are again drawn over the patient. A hot footbath is sometimes of service. A foot tub filled with hot water is put beside the bed; add a couple of tablespoonfuls of mustard previously stirred to a uniform cream in a cupful of hot water; place the patient's feet in the bath and keep them there about 20 minutes. Hot-water bottles should never be more than half filled and should always be wrapped in a piece of flannel or blanket and never allowed to come in contact with the patient's skin. Great care should be

taken not to burn the patient; a thing which may easily happen if he is unconscious.

Importance of Pulse—The normal pulse rate is 72 to the minute; in a woman 80 a minute, in a child less than 1 year, from 105 to 120; 6 years old 90; over 10 years 80 per minute. It should be taken by laying the fingers gently on a superficial artery, preferably at the point where the radial artery passes over the wrist.

Importance of Temperature—The normal temperature taken with a Fahrenheit thermometer is 98.6, with a centigrade 37. A temperature from 99 to 101 is called a slight fever, from 101 to 103 a moderate fever, 103 to 105 a high fever, 105 to 106 a very high, extremely dangerous fever.

Diet in Sickness—In all acute diseases, especially those attended with fever, the question of diet is a very important one, and the main reliance may be placed on such food as eggs and milk. Thin soups may be used, but they contain very little nutrition and can not be depended upon to maintain the strength of the sick. (See page 7).

How to Protect the Family—A patient sick of a communicable disease should be isolated and someone detailed for his care and comfort, who, if practicable, should be immune to the disease. Eating and drinking utensils, after being used by the patient, should be washed in boiling water. They should not be used by others until they have been sterilized by boiling. The room from which the patient was removed should be disinfected and thoroughly cleansed.

Diseases of Childhood



CHICKEN POX

Symptoms—The child is restless, has a slight fever and complains of itching of the skin. A papular eruption appears on face, neck or chest within 24 hours from the time the child is taken sick. These have the appearance of small blisters. After a day or two the vesicles rupture, crusts are formed, which drop off in from 5 to 20 days. The temperature falls when the rash fades, and it is usually greatest when the eruption appears. It is often difficult to distinguish between a mild form of smallpox and chicken pox, and a physician should always be called in to see the patient if smallpox is present in the community. The disease is contagious as long as any crusts are present.

Treatment—The child should be put to bed, and to relieve the itching, sponged with warm water to which a small quantity of carbolic acid (half a teaspoonful to the pint) is added. Carbolized vaseline (carbolic acid 3 grains, vaseline 1 ounce) is often efficacious in relieving itching. A warm bath should be given each day until scabs come off. Administer a mild laxative.

MEASLES

Symptoms—It begins like an ordinary cold; the patient's face looks flushed and sometimes slightly swollen about the nose and eyes. The rash often appears first in the throat. Some cough may be present at the onset, with more or less headache. Fever is present with the onset of these symptoms. The eruption of the skin, which

looks like fleabites, develops on the third or fourth day of the fever.

Prevention—The patient should be put to bed and isolated in a room from which children are excluded. Give a mild laxative.

Treatment—It is necessary to prevent the patient from becoming chilled, but fresh air should be admitted to the room. The treatment of an ordinary case of measles requires little or no medication. If there is much irritation of the eyes, the room should be darkened and the eyes washed with a saturated solution of powdered boric acid in warm water. After the eruption has disappeared and the peeling of the skin has begun, the patient should bathe daily in order that the skin may be freed from scales. During the period of the disease the patient may be fed on broths, milk, soft-boiled eggs, etc.

MUMPS

Symptoms—The chief symptoms are pain and swelling under the ear. Chewing and talking will be painful. Swelling may occur on one or both sides, but nearly always both are involved. It is worst about the third day and may gradually disappear after that.

Treatment—Light diet, such as broths, eggs, milk, rice puddings, etc., should be given. Sour food (pickles, lemons) and acid drinks give considerable pain. If the bowels are constipated, a tablespoonful of Chamberlain's Epsom Salts may be administered with benefit. Rest in bed is important.

WHOOPING COUGH

Symptoms—In the beginning the symptoms are like those of a severe cold. There is redness of the lining membrane of the nose and throat, and a hoarse, dry cough. The cough is severe and out of all proportion to the other physical signs. After these symptoms have existed for 10 days or 2 weeks, the cough changes. It occurs in spasms of short, quick coughs, followed

by long-drawn-out inhalation of air accompanied by the noise known as the "whoop."

Prevention—As the patient continues to spread contagion six weeks after recovery, every effort should be made to keep well children from associating with those having the disease; one attack confers immunity.

Treatment—An outdoor life during the course of the disease should be encouraged. The child should gargle his throat several times a day with a solution of hydrogen peroxide (hydrogen peroxide, 1 part; water, 3 parts.) A broad bandage placed tightly around the chest and stomach may make the patient feel more comfortable. The use of Chamberlain's Cough Remedy will give soothing relief.

COUGHS AND COLDS

Treatment—For the soreness over the chest a good rubbing with Chamberlain's Pain-Balm Liniment will help relieve. A teaspoonful of Chamberlain's Cough Remedy given every three hours has broken up many obstinate coughs. It contains no narcotics. Do not use narcotic cough remedies. The bowels should be kept open. As a laxative use Chamberlain's Tablets for the stomach and liver.

CROUP

Symptoms—The attack is preceded by hoarseness and a loud, rough cough; a "croupy cough." The attack comes on, usually about midnight. The child is awakened from a sound sleep by coughing and violent efforts to get his breath. These symptoms usually cease abruptly in an hour or two and the child resumes his slumber.

The soothing effect of Chamberlain's Cough Remedy is of value in giving relief.

Treatment—Give a teaspoonful of tincture of ipecac, followed by a little milk. This causes vomiting and relieves the condition.



Care of the Baby



If a baby cries from temper, ignore it. If from hunger or discomfort, make him comfortable. If it indicates illness, take him to a doctor.

A baby should sleep first on the right, then on the left side, to develop shape of head uniformly. Always lay back the ears when tucking baby in.

Baby needs exercise; a chance to move his arms and kick. In a warm room, remove all clothing except belly band and diaper, and let him kick on the bed.

Dress baby loosely. Avoid binding around the armpits and wrists. Do not fasten either bellyband or diaper so snugly that it leaves a mark on the flesh. Such a pressure will make baby cry.

Quick Helps for Sick Babies

For heat rash, use no soap in washing baby, but tie a cupful of bran in a piece of cheesecloth and squeeze into the bath water until it turns milky. Bathe baby in this, pat dry, powder with Chamberlain's Talcum.

Summer Complaint

Should Summer Complaint develop, send at once for your family physician and stop all food. Give at once a teaspoonful of Chamberlain's Aromatic Castor Oil. The result will be almost immediately favorable.

Baby Croup

Croup is always serious and a doctor should be called in at once. Keep a bottle of Chamberlain's Cough Remedy on the medicine shelf as a precaution. A dose or two relieves. It will add comfort to give a hot foot bath at the same time.



Intestinal Disorders

Their cause and relief

DIARRHEA

Symptoms—In simple diarrhea there may or may not be griping and colicky pains. Thirst is marked in proportion to the size and frequency of the thin or watery discharges. Diarrhea may last from a few hours to as many days, or longer. Diarrhea is sometimes an indication of some more serious trouble. Call a doctor if the following treatment does not stop the trouble in a day.

Treatment—In all cases, rest and light diet. In the more severe forms it is a good plan to begin with a dose of 1 or 2 tablespoonsfuls of Chamberlain's Aromatic Castor Oil. Also in a glass of sweetened water, give some Chamberlain's Colic and Diarrhea Remedy. After the bowels have been freely moved, if the diarrhea or pain continues, give another dose of Chamberlain's Colic and Diarrhea Remedy.

CHOLERA MORBUS (Summer Complaint)

Symptoms—Cholera morbus or "summer complaint" is an affection of the stomach and intestines, attended by vomiting, purging, and cramps. It comes on suddenly. It is frequently caused by eating unripe and indigestible fruits and vegetables, decomposed or improperly cooked fish, shellfish, or salad mixtures, drinking large quantities of ice water and sudden checking of the perspiration. The disease usually begins suddenly, often at night, with vomiting. The thirst is unquenchable. Cramps may occur in the feet and in the calves of the legs. The attack seldom lasts more

than 12 hours, but treatment should be promptly applied.

Treatment—Apply a large mustard plaster to the abdomen. Give Chamberlain's Colic and Diarrhea Remedy in sweetened water. If the dose is rejected (immediately vomited), try it again. The nausea and thirst may be controlled by cracked ice placed in the mouth.

COLIC

Symptoms—Intestinal or spasmodic colic are terms applied to abdominal pain occurring in paroxysms of different degrees of severity. The pain is usually referred to the region of the navel or middle of the belly. It may be due to indigestible food, cold or acid drinks, poisons, gases, or any irritating substance. It is often preceded by obstinate constipation. Vomiting frequently occurs. Colicky pains are present in many different diseases. Appendicitis frequently begins with pain not unlike that of intestinal colic.

Treatment—If the colic is due to indigestible food, make the patient vomit by giving a drink of mustard and water. To cleanse the bowels, give tablespoonful of Chamberlain's Aromatic Castor Oil. After the bowels are emptied give Chamberlain's Colic and Diarrhea Remedy in sweetened water. Apply a large mustard plaster or a hot poultice or cloths wrung out of hot water, or heat of any kind to the abdomen. If the colicky pains persist, repeat the dose of Chamberlain's Colic and Diarrhea Remedy.

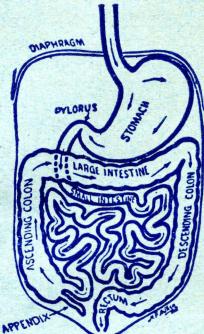
IMPORTANT

The use of paregoric, laudanum and other opiates should be avoided. Chamberlain's Colic and Diarrhea Remedy does not contain any opiates or habit forming drugs. To obtain safe, sure relief follow the Chamberlain directions carefully. This remedy is used by many doctors.

Constipation

Usually caused
by a weak
stomach

IF your Stomach and Liver are weak, your food is not digested. This causes food to be held up in your body. Sour, undigested food stays in your body, and causes bad breath, gas pains, and constipation.



The Liver supplies its bile, the pancreas its digestive fluid, but what effect can they have upon this unprepared, fermenting mass. They only aggravate its state. Nutrition for the body cannot be extracted from it, and it is pushed forward into the Colon. Here it is apt to lodge, still spreading trouble, until some corrective medicine is taken to move it on through the lower bowel, and so out of the system.

Help Nature Remedy Constipation

Chamberlain's Tablets provide just that gentle, persuasive stimulant that a weak stomach and impaired digestion needs to put it in tune again, and enable it to take care of whatever we may eat without indigestion, or other stomach troubles resulting; to get up in the morning with an appetite for breakfast, and to go about the day's duties with a relish for them, and a love of life and activity.

You can yourself keep your system free from periodic bilious attacks, sick headache and constipation by the simple means of using Chamberlain's Tablets either regularly or only occasionally as your case requires.

Muscles and Joint Troubles



Rheumatism—Wear flannel underclothes and guard against exposure. Keep the feet dry and warm. Avoid damp and cold rooms. The living and sleeping rooms should be dry and comfortably warm. Bathe the affected parts with Chamberlain's Pain-Balm Liniment.

Neuralgia and Sciatica—Bathe the affected parts with Chamberlain's Pain-Balm Liniment, also dampen a piece of flannel with Pain-Balm and apply it to the seat of pain. Should the pain return at regular intervals each day or alternate day, get twelve five grain Chamberlain's Aspirin Tablets and take six tablets each day, one at a time, two hours apart.

Lame Back and Lumbago—Bathe freely with Chamberlain's Pain-Balm Liniment four times a day and have the parts well rubbed each time. Also dampen a piece of flannel with Pain-Balm and bind it on over the affected parts.

Sprains—If possible to treat the sprain within an hour after it is received, or before inflammation has set in, bandage the parts and keep the bandage saturated with Pain-Balm, but after the parts have become inflamed and swollen, no bandage should be used, or only a loose dry bandage of cotton cloth and the parts bathed with Pain-Balm, with rubbing.

Lameness—Bathe the affected parts freely with Pain-Balm three times daily and rub thoroughly.

Skin Troubles and their relief

Chronic Dry Eczema—Should be treated by the frequent use of any good, neutral soap with warm water, and we would suggest at least two such washings daily, after which Chamberlain's Salve should be applied.

Ringworm—In the treatment of Ringworm we would suggest, first, cutting the hair of the entire head as short as possible, after which the scalp should be thoroughly washed with Chamberlain's Shampoo Mixture and dried. Chamberlain's Salve should then be well rubbed in and the entire scalp covered with a tightly fitting bandage, which bandage should be carefully washed and boiled when it is removed, before being reapplied.

Itch (Scabies)—The treatment is entirely external and we would suggest a soap and water bath twice daily for three days, after which Chamberlain's Salve should be applied. In cases of Itch, all wearing apparel should be thoroughly disinfected, by either boiling or disinfection by means of a Sulphur-Formaldehyde fumigator, which can be readily obtained from your family druggist.

As an adjunct to the local treatment of all the above mentioned skin afflictions, we would recommend the internal use of a laxative, such as Chamberlain's Tablets, during the entire period that the local treatment is being pursued.



CHAMBERLAIN'S COUGH REMEDY

Chamberlain's Cough Remedy as described on page 8 gives immediate relief; made in three sizes, small size 25c, regular size 50c, family size \$1.00.

CHAMBERLAIN'S COLIC REMEDY

For the last fifty years Chamberlain's Colic and Diarrhea Remedy has given sure relief for intestinal disorders; made in two sizes, small size 35c, regular size 65c.

CHAMBERLAIN'S TABLETS

"To help Nature stop constipation" On page 12 you will find a discussion of the digestive system. Chamberlain's Tablets for the Stomach and Liver are made in one size, 25c.

CHAMBERLAIN'S Pain-Balm LINIMENT

Chamberlain's Pain-Balm Liniment has many uses as you will notice on page 13. It is made in two sizes, small size 35c, regular size 60c.

CHAMBERLAIN'S SALVE

The various afflictions of the skin, described on page 14, are quickly relieved with Chamberlain's Salve. Sold in the convenient 25c size.

Get them at the store—have them ready!

Trial sizes of these remedies are free.

Write Chamberlain Medicine Co.,
6th Ave., Des Moines, Iowa.



Bad Breath

Caused by sour, undigested food

Undigested food stays in the intestinal tract and becomes sour. Gas pains and belching occur, and the breath has a disagreeable odor. Avoid all this by improving your digestive system. **First**, drink more water and eat simpler foods in order to give your digestive system a chance to gain strength. **Second**, assist nature by taking Chamberlain's Tablets for one week. They will stimulate better digestion and arouse regular bowel movement.



*The
Sensible
Treatment*

**CHAMBERLAIN'S
TABLETS** "Help You
Stay Well"