

## The Best Thing to Do.

### FIRST AID IN SIMPLE AILMENTS & ACCIDENTS.

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AUTHOR OF "PRACTICAL DISPENSING," &c., &c.

#### CHAPTER 6.—INDIGESTION, CONSTIPATION, SPASM, OR CRAMP IN THE STOMACH, DIARRHŒA, SICKNESS OR VOMITING.

**I**NDIGESTION, or dyspepsia, may arise from various causes, and if persistent, or of long standing, a proper course of medical treatment is necessary. A temporary attack is usually caused through taking an excessive quantity of food, or defective secretion of the gastric juice, which gives rise to uneasiness and flatulence after meals, accompanied in some cases by pain. For those troubled with dyspepsia in any form care in diet is very necessary. All indigestible food such as pork, veal, salt meat, and rich made dishes, &c., should be avoided, and vegetables and fruit should be eaten very sparingly. Water should be the habitual drink, and cocoa free from fat is preferable to tea or coffee. A bismuth lozenge, or as much bicarbonate of soda as will stand on a sixpence in a little water, taken after meals, will relieve the feeling of fullness. A pepsine or soda mint tablet taken immediately after a meal, will also be found beneficial. Should the attacks become frequent, consult a Medical man.

*Constipation.*—Many people who travel are often troubled with constipation which causes them a great deal of uneasiness and discomfort. Change of air and diet will often give rise to this trouble, or the disturbance from the customary regularity of living and the want of usual exercise has the same effect.

As a rule, a simple and mild aperient taken every night for a week will remedy this. A glass of hot water at bed-time, or the first thing on waking in the morning, will often act as an excellent laxative. Strong purgative medicines should not be taken unless absolutely necessary, and aperients should not be depended on. A dessertspoonful of compound liquorice powder taken in water or milk forms a safe aperient, or one or two tablets of cascara sagrada at bed-time will be found of use. If saline is preferred, a wineglassful of Hunyadi Janos Water taken before breakfast may be relied upon.

*Spasm or Cramp in the Stomach.*—This acute pain is generally caused by some indiscretion in

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diet, or by drinking iced liquids to excess after meals, and is often while it lasts, severe and alarming. An excellent remedy is to apply hot flannels to the part, and give a tablespoonful of brandy, with an equal quantity of hot water. If this fails, half a teaspoonful of strong essence of ginger usually gives relief, or ten or twelve drops of chlorodyne in water will be found invaluable, if the pain is severe. Chlorodyne must not be given to children.

*Diarrhœa.*—During the latter part of the summer, and in the early autumn, should the weather be warm and close, a mild type of diarrhœa, usually called summer diarrhœa, is often prevalent. It may arise from eating over-ripe or stone fruit, and is sometimes accompanied with pains and sickness. The treatment entirely depends on the cause. A slight attack may often be checked by taking a tablespoonful of arrowroot mixed into a paste with brandy several times a day. Food taken should be light and unirritating, hot liquids and fruit especially being avoided. Astringents and foods of a starchy nature are helpful. If the pain is severe, or if the diarrhœa continues, medical assistance should be promptly obtained.

*Sickness and Vomiting.*—Vomiting may arise from several causes, and accompanies various diseases. The sickness which we refer to is that caused by the stomach being irritable and deranged, and is preceded by what is called a sick headache, and the feeling of nausea. In most cases relief is obtained after vomiting, and rest and quietness followed by a dose of mild aperient medicine will complete the cure. Small quantities of soda-water taken at frequent intervals will allay the feeling of soreness and irritation that is left behind. The soda-water may be mixed with milk with advantage. If the vomiting is persistent, one or two drops of ipecacuanha wine taken in the soda-water every hour will often check it.

#### CHAPTER 7.—SUNSTROKE, FAINTING, HYSTERICAL FITS, HICCUGHS, HEARTBURN.

*Sunstroke.*—Sunstroke usually occurs only in tropical climates, but slight cases are occasionally met with in Europe when the weather is excessively hot. It is caused by prolonged exposure to the sun's rays, and is accelerated by severe exertion and wearing heavy clothing. It may begin with giddiness, severe pains in the head, accompanied by drowsiness, and followed by insensibility, with heavy breathing and snoring, or

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