

"The Best Thing to do."

BY C. J. S. THOMPSON,

Author of "Practical Dispensing."

PART II.—MINOR ACCIDENTS.

CHAPTER VIII.

MEDICAL REQUISITES AND MEDICINE CHESTS FOR TRAVELLERS.

(Continued from page 693.)

Compound Rhubarb Pills	-	2	for a dose
Pure Glycerine	-	1 or 2	teaspoonfuls.
Tincture of Arnica	-	-	For external use.
Goulard Water	-	-	" "
Carbolised Oil, strength 1 in 20	-	-	" "
Boracic Ointment	-	-	" "
Spermaceti	-	-	" "
Lint. Strapping Plaster. Bandage. Clinical Thermometer.	-	-	" "

Selection for travelling abroad (with quantities)—

Sal Volatile, 1oz.	Quinine, 1 drachm.	Brandy, 4oz.
Essence of Ginger, ½oz.	Sweet Spirit of Nitre, 1oz.	
Chlorodyne, 1 fl. drachm.	Friar's Balsam, 1oz.	
Granular Citrate of Caffeine, 1oz.	Compound Liquorice Powder, 2oz.	
Chlorate Potass Tablets, 1oz.	Bicarbonate Soda Tablets, 1oz.	
Lint and Plaster.	Scissors. Tape. Bandage.	
	Clinical Thermometer. Menthol Cone.	

FAMILY CHEST.

Sal Volatile, 2oz.	Sweet Spirit of Nitre, 1oz.
Brandy, 6oz.	Friar's Balsam, 2oz.
Ipecacuanha Wine, 2oz.	Essence of Ginger, 1oz.
Compound Liquorice Powder, 2oz.	Citrate of Magnesia, 4oz.
Ipecacuanha Lozenges, 2oz.	Chlorate of Potash Lozenges, 2oz.
Pure Glycerine, 4oz.	Essence of Senna, 2oz.
Compound Rhubarb Pills, 4 dozen.	Oil of Cloves, 1 drachm.
Carbonate of Magnesia, 1oz.	Tincture of Arnica, 1oz.
Carbolised Oil (1 in 20), 4oz.	Spermaceti Ointment, 1oz.
	Menthol Cone.
Plaster. Lint. Tape. Bandage. Clinical Thermometer and Cotton Wool.	

FOR YACHTING.

Quinine, ½oz.	Sweet Spirit of Nitre, 2oz.
Sal Volatile, 4oz.	Essence of Ginger, 2oz.
Chlorodyne, ½oz.	Laudanum, 1oz.
Bicarbonate of Soda, 2oz.	Chlorate of Potass Lozenges, 2oz.
Bismuth Lozenges, 2oz.	Cascara Tablets, 3 dozen.

Developing Children should be fed on Loefflund's Alpine Milk Rusks, to avoid the dangers of Rickets, Scurvy, &c., and ensure healthy formation of muscle and bone and easy teething at this most critical period. Sold by Chemists, or apply—Loefflund, 14, St. Mary Axe, E.C.

Granular Citrate of Magnesia, 8oz.	Compound Rhubarb Pills, 6 dozen.
Friar's Balsam, 2oz.	Salicylate of Soda Tablets, 2 dozen.
Cocaine Lozenges, 1-12th gr. in each—36	Goulard Water, 10oz.
Carbolised Oil (1 in 20), 8oz.	Tincture of Arnica, 2oz.
Plaster. Lint. Tape. Bandage. Clinical Thermometer and Cotton Wool.	

FOR CYCLING TOUR.

Brandy. Chlorate of Potass Tablets. Chlorodyne. Fuller's-earth Powder.	Rhubarb Pills. Bandage. Carbolised Oil. Lint.
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FOR PEDESTRIAN TOUR.

Brandy. Chlorate of Potass Tablets. Chlorodyne. Fuller's-earth Powder.	Quinine. Cascara Tablets.
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APPENDIX.

THE PRINCIPAL SPAS OF GREAT BRITAIN AND EUROPE, WITH THE MEDICINAL PROPERTIES OF THEIR WATERS.

Bath, Somersetshire.—Saline, chiefly sulphate of lime. Swimming bath eighty-eight degrees, King's, one hundred and ten degrees, Queen's, one hundred and twelve degrees, Hot, one hundred and eighteen degrees. Baths for Chronic Rheumatism.

Boscombe, Bournemouth.—Chalybeate, contains half a grain of iron in 20 ozs. with carbonic acid.

Buxton, Derbyshire.—Altitude 900 feet, bracing air. Baths for Chronic Gout and Rheumatism.

Cheltenham.—The Montpellier Spas. 1. Saline aperient. 2. Ioduretted and Sulphuretted Chalybeate. 3. Pure Saline. 4. Strongly Ioduretted Saline. 5. Ioduretted Magnesian Saline. The Royal Old Wells. 6. Chalybeate, and the rest Saline Aperient. Season from July to October.

Dinsdale, Northamptonshire.—Water 52 degrees Frht. Strongly sulphurous, contains 19½ grs. in 20 ozs. chiefly sulphate of lime acting on the skin and kidneys, and useful in dyspepsia.

Droitwich, Worcestershire.—Brine Baths for Rheumatism.

Filey, Yorkshire.—Saline aperient, contains chiefly chloride of sodium, magnesium and calcium, and sulphate of magnesia.

Gilstand, Cumberland.—Air bracing and healthy. One spring strongly Chalybeate. One strongly sulphurous. For Skin Diseases and Dyspepsia.

Harrogate.—The Old Sulphur Spring. Two Chalybeate springs. The new spring chiefly saline.

Leamington.—The Old Well 48 degrees Frht. Saline. The Saline Chalybeate and other springs useful in Stomach and Liver Complaints.

Malvern, Worcestershire.—Air mild. Holy Well, St. Anne, cold and pure, useful in Affections of the Kidneys, &c.

Mallock, Derbyshire.—Climate mild and humid. Calcareous, slightly Chalybeate with carbonic acid.

The "Purity" of Cocoa may be over-rated. Cocoa is much the same as flour, wine, or grapes, which, although absolutely pure, vary in value from 2d. to 9d., 4s. to 20s., and 6d. to 5s. respectively, according to quality. De Jong's Cocoa is prepared from the finest selected beans only—Apply 14, St. Mary Axe, London, E.C.

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