

of castor oil, taken either in capsules, or better still, in a little black coffee, should be given with a view of removing any indigestible food from the alimentary canal. A useful prescription for palatable castor oil is:—

℞. Olei Ricini	dr. iv
Liquoris Potassæ	ʒ40
Tinct. Cardamoni Co	dr. i
Mucilaginis Acaciæ	gr. 20
Syrupi Aurantii	dr. iv
Aquæ ad	oz. iv
Misce. One fourth part as a dose.	

The dose of one teaspoonful is small, but a second or even a third dose can be taken, if required, whereas if a larger dose were given at once the effect might be too powerful. Trivial as this detail may seem it is of importance, as aperient medicines should as much as possible be avoided. On no account should strong purgatives be taken, and if the necessity arise, a glycerine injection (one teaspoonful) into the bowel, or a large simple enema of soap and warm water (about two pints) are to be administered with care. Should there be any griping pain, five to ten drops of laudanum, according to the severity of the pain, may be added to the dose of castor oil. Laudanum should not be given to children except by medical advice. As soon as the desired result is obtained fifteen drop doses of aromatic sulphuric acid should be taken in a sherry wine-glassful of water, at intervals of three, four, or six hours. The drinking water should be acidulated by the addition of one teaspoonful to the pint of water.

A reliable medicine for simple diarrhoea is:—

℞. Pulveris Crete Aromatici	gr. 180
Spirit. Ammon. Aromat.	dr. iss
Tincturæ Catechu	dr. iii
Tincturæ Cardamoni Co	dr. iss
Misturæ Crete ad	oz. viii
Misce. One sixth part after each loose motion.	

Cholera Belt.—As an additional precautionary measure a cholera belt should be worn. There are many kinds, from the simple piece of flannel to the elaborate abdominal belt. A roll of flannel answers most purposes, but a belt of my own design is easy of construction, of trifling cost, and possesses certain advantages over the ordinary flannel binder. Cut out a paper or linen pattern to fit accurately the front of the abdomen. Soak a piece of red flannel

in cold water for four-and-twenty hours, so as to remove all source of irritation, dry it thoroughly, and then cut it out according to the pattern, leaving two narrow ends sufficiently long to encircle the body. Cut out a piece of wash leather of the same size and shape as the pattern, and perforate it with a number of holes for ventilation. Between the two place a layer of soft wool, simple or medicated with boracic acid, and bind the edges carefully together. The belt is fastened behind by means of tapes, or what is still better, by two broad pieces of elastic webbing, made to button or lace. The elastic webbing keeps the belt firmly and smoothly in position. The flannel is worn against the skin.

The Onset of Cholera.—Sometimes the onset is sudden, but for the most part premonitory symptoms characterised by malaise, depression, feverishness and loose diarrhoea, give warning of the approaching attack; the occurrence of these symptoms is suspicious, and no time should be lost in seeking advice or adopting appropriate treatment. The invalid should remain indoors in a well-ventilated and warm room, should restrict his food to a slop diet of strong but not over-seasoned freshly-prepared soups, good broth, milk and farinaceous drinks as gruel, arrowroot and barley water; stimulants are unnecessary, but if the invalid has been in the habit of taking them, it is unwise to suddenly stop them. Malt liquors are prohibited, but whisky or brandy in strict moderation, and with the food are permissible. Raw arrowroot, made with equal parts of cold milk and water into a thin consistency is an invaluable remedy for the diarrhoea. A strong quinine tonic with an excess of aromatic sulphuric acid, and flavoured with orange peel, should be given every three hours, or less often if the quinine produce buzzing in the head. The prescription is as follows:—

℞. Quiniæ Sulphatis	gr. 20
Acidi Sulphurici Aromatici	dr. iv
Infusi Aurantii ad	oz. vi
Misce. One measured tablespoonful in a claret wine-glass of water every three hours.	

If there be any restlessness at night a composing draught of half or one teaspoonful of bromidia in a wineglass of water will ensure a good sleep. Under this treatment many of the early cases are cured.

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