
CONTENTS

A list of what is discussed in each chapter

INTRODUCTION

NOTE ABOUT THIS NEW EDITION

WORDS TO THE VILLAGE HEALTH WORKER (Brown Pages) w1

Health Needs and Human Needs w2	A Balance Between Prevention and Treatment w17
Many Things Relate to Health Care w7	Sensible and Limited Use of Medicines w18
Take a Good Look at Your Community w8	Finding Out What Progress Has Been Made w20
Using Local Resources to Meet Needs w12	Teaching and Learning Together w21
Deciding What to Do and Where to Begin w13	Tools for Teaching w22
Trying a New Idea w15	Making the Best Use of This Book w28
A Balance Between People and Land w16	

Chapter 1

HOME CURES AND POPULAR BELIEFS 1

Home Cures That Help 1	Ways to Tell Whether a Home Remedy Works or Not 10
Beliefs That Can Make People Well 2	Medicinal Plants 12
Beliefs That Can Make People Sick 4	Homemade Casts—for Broken Bones 14
Witchcraft—Black Magic—and the Evil Eye 5	Enemas, Laxatives, and Purges 15
Questions and Answers 6	
Sunken Fontanel or Soft Spot 9	

Chapter 2

SICKNESSES THAT ARE OFTEN CONFUSED 17

What Causes Sickness? 17	Examples of Local Names for Sicknesses 22
Different Kinds of Sicknesses and Their Causes 18	Misunderstandings Due to Confusion of Names 25
Non-infectious Diseases 18	Confusion between Different Illnesses That Cause Fever 26
Infectious Diseases 19	
Sicknesses That Are Hard to Tell Apart 20	

Chapter 3

HOW TO EXAMINE A SICK PERSON 29

Questions 29	Eyes 33
General Condition of Health 30	Ears 34
Temperature 30	Skin 34
How to Use a Thermometer 31	The Belly (Abdomen) 35
Breathing (Respiration) 32	Muscles and Nerves 37
Pulse (Heartbeat) 32	

Chapter 4

HOW TO TAKE CARE OF A SICK PERSON 39

The Comfort of the Sick Person	39	Watching for Changes	41
Special Care for a Person Who Is Very Ill	40	Signs of Dangerous Illness	42
Liquids	40	When and How to Look for Medical Help	43
Food	41	What to Tell the Health Worker	43
Cleanliness and Changing Position in Bed	41	Patient Report	44

Chapter 5

HEALING WITHOUT MEDICINES 45

Healing with Water	46
When Water Is Better than Medicines	47

Chapter 6

RIGHT AND WRONG USE OF MODERN MEDICINES 49

Guidelines for the Use of Medicine	49	When Should Medicine Not Be Taken?	54
The Most Dangerous Misuse of Medicine	50		

Chapter 7

ANTIBIOTICS: WHAT THEY ARE AND HOW TO USE THEM 55

Guidelines for the Use of Antibiotics	56
What to Do if an Antibiotic Does Not Seem to Help	57
Importance of Limited Use of Antibiotics	58

Chapter 8

HOW TO MEASURE AND GIVE MEDICINE 59

Medicine in Liquid Form	61	Dosage Instructions for Persons Who Cannot Read	63
How to Give Medicines to Small Children	62		
How to Take Medicines	63		

Chapter 9

INSTRUCTIONS AND PRECAUTIONS FOR INJECTIONS 65

When to Inject and When Not To	65	Avoiding Serious Reactions to Penicillin	71
Emergencies When It Is Important to Give Injections	66	How to Prepare a Syringe for Injection	72
Medicines Not to Inject	67	How to Inject	73
Risks and Precautions	68	How Injections Can Disable Children	74
Dangerous Reactions From Injecting Certain Medicines	70	How to Sterilize Equipment	74

Chapter 10

FIRST AID 75

- Fever 75
- Shock 77
- Loss of Consciousness 78
- When Something Gets Stuck in the Throat 79
- Drowning 79
- When Breathing Stops: Mouth-to-Mouth Breathing 80
- Emergencies Caused by Heat 81
- How to Control Bleeding from a Wound 82
- How to Stop Nosebleeds 83
- Cuts, Scrapes, and Small Wounds 84
- Large Cuts: How to Close Them 85
- Bandages 87
- Infected Wounds 88
- Bullet, Knife, and Other Serious Wounds 90
- Emergency Problems of the Gut (Acute Abdomen) 93
- Appendicitis, Peritonitis 94
- Burns 96
- Broken Bones (Fractures) 98
- How to Move a Badly Injured Person 100
- Dislocations (Bones out of Place at a Joint) 101
- Strains and Sprains 102
- Poisoning 103
- Snakebite 104
- Other Poisonous Bites and Stings 106

Chapter 11

NUTRITION: WHAT TO EAT TO BE HEALTHY 107

- Sicknesses Caused by Not Eating Well 107
- Why It Is Important to Eat Right 109
- Preventing Malnutrition 109
- Main Foods and Helper Foods 110
- Eating Right to Stay Healthy 111
- How to Recognize Malnutrition 112
- Eating Better When You Do Not Have Much Money or Land 115
- Where to Get Vitamins: In Pills or in Foods? 118
- Things to Avoid in Our Diet 119
- The Best Diet for Small Children 120
- Harmful Ideas about Diet 123
- Special Diets for Specific Health Problems 124
- Anemia 124
- Rickets 125
- High Blood Pressure 125
- Fat People 126
- Constipation 126
- Diabetes 127
- Acid Indigestion, Heartburn, and Stomach Ulcers 128
- Goiter (A Swelling or Lump on the Throat) 130

Chapter 12

PREVENTION: HOW TO AVOID MANY SICKNESSES 131

- Cleanliness—and Problems from Lack of Cleanliness 131
- Basic Guidelines of Cleanliness 133
- Sanitation and Latrines 137
- Worms and Other Intestinal Parasites 140
- Roundworm (Ascaris) 140
- Pinworm (Threadworm, Enterobius) 141
- Whipworm (Trichuris) 142
- Hookworm 142
- Tapeworm 143
- Trichinosis 144
- Amebas 144
- Giardia 145
- Blood Flukes (Schistosomiasis, Bilharzia) 146
- Vaccinations (Immunizations)—Simple, Sure Protection 147
- Other Ways to Prevent Sickness and Injury 148
- Habits That Affect Health 148

Chapter 13

SOME VERY COMMON SICKNESSES 151

Dehydration	151	Bronchitis	170
Diarrhea and Dysentery	153	Pneumonia	171
The Care of a Person with Acute Diarrhea	160	Hepatitis	172
Vomiting	161	Arthritis (Painful, Inflamed Joints)	173
Headaches and Migraines	162	Back Pain	173
Colds and the Flu	163	Varicose Veins	175
Stuffy and Runny Noses	164	Piles (Hemorrhoids)	175
Sinus Trouble (Sinusitis)	165	Swelling of the Feet and Other Parts of the Body	176
Hay Fever (Allergic Rhinitis)	165	Hernia (Rupture)	177
Allergic Reactions	166	Fits (Convulsions)	178
Asthma	167		
Cough	168		

Chapter 14

SERIOUS ILLNESSES THAT NEED SPECIAL MEDICAL ATTENTION . . . 179

Tuberculosis (TB, Consumption)	179	Dengue (Breakbone Fever, Dandy Fever)	187
Rabies	181	Brucellosis (Undulant Fever, Malta Fever)	188
Tetanus (Lockjaw)	182	Typhoid Fever	188
Meningitis	185	Typhus	190
Malaria	186	Leprosy (Hansen's Disease)	191

Chapter 15

SKIN PROBLEMS 193

General Rules for Treating Skin Problems	193	Warts (Verrucae)	210
Instructions for Using Hot Compresses	195	Corns	210
Identifying Skin Problems	196	Pimples and Blackheads (Acne)	211
Scabies	199	Cancer of the Skin	211
Lice	200	Tuberculosis of the Skin or Lymph Nodes	212
Bedbugs	200	Erysipelas and Cellulitis	212
Ticks and Chiggers	201	Gangrene (Gas Gangrene)	213
Small Sores with Pus	201	Ulcers of the Skin Caused by Poor Circulation	213
Impetigo	202	Bed Sores	214
Boils and Abscesses	202	Skin Problems of Babies	215
Itching Rash, Welts, or Hives	203	Eczema (Red Patches with Little Blisters)	216
Things That Cause Itching or Burning of the Skin	204	Psoriasis	216
Shingles (Herpes Zoster)	204		
Ringworm, Tinea (Fungus Infections)	205		
White Spots on the Face and Body	206		
Mask of Pregnancy	207		
Pellagra and Other Skin Problems Due to Malnutrition	208		

Chapter 16

THE EYES 217

- Danger Signs 217
- Injuries to the Eye 218
- How to Remove a Speck of Dirt from the Eye 218
- Chemical Burns of the Eye 219
- Red, Painful Eyes—Different Causes 219
- 'Pink Eye' (Conjunctivitis) 219
- Trachoma 220
- Infected Eyes in Newborn Babies (Neonatal Conjunctivitis) 221
- Iritis (Inflammation of the Iris) 221
- Glaucoma 222
- Infection of the Tear Sac (Dacryocystitis) 223
- Trouble Seeing Clearly 223
- Cross-Eyes and Wandering Eyes 223
- Sty (Hordeolum) 224
- Pterygium 224
- A Scrape, Ulcer, or Scar on the Cornea 224
- Bleeding in the White of the Eye 225
- Bleeding behind the Cornea (Hyphema) 225
- Pus behind the Cornea (Hypopyon) 225
- Cataract 225
- Night Blindness and Xerophthalmia 226
- Spots or 'Flies' before the Eyes 227
- Double Vision 227
- River Blindness (Onchocerciasis) 227

Chapter 17

THE TEETH, GUMS, AND MOUTH 229

- Care of Teeth and Gums 229
- If You Do Not Have A Toothbrush 230
- Toothaches and Abscesses 231
- Pyorrhoea, a Disease of the Gums 231
- Sores or Cracks at the Corners of the Mouth 232
- White Patches or Spots in the Mouth 232
- Cold Sores and Fever Blisters 232

Chapter 18

THE URINARY SYSTEM AND THE GENITALS 233

- Urinary Tract Infections 234
- Kidney or Bladder Stones 235
- Enlarged Prostate Gland 235
- Diseases Spread by Sexual Contact (Sexually Transmitted Diseases) 236
- Gonorrhoea (Clap, VD, the Drip) and Chlamydia 236
- Syphilis 237
- Bubos: Bursting Lymph Nodes in the Groin 238
- Use of a Catheter to Drain Urine 239
- Problems of Women 241
- Vaginal Discharge 241
- How a Woman Can Avoid Many Infections 242
- Pain or Discomfort in a Woman's Belly 243
- Men and Women Who Cannot Have Children (Infertility) 244

Chapter 19

INFORMATION FOR MOTHERS AND MIDWIVES 245

- The Menstrual Period (Monthly Bleeding in Women) 245
- The Menopause (When Women Stop Having Periods) 246
- Pregnancy 247
- How to Stay Healthy during Pregnancy 247
- Minor Problems during Pregnancy 248
- Danger Signs in Pregnancy 249
- Check-ups during Pregnancy (Prenatal Care) 250

Record of Prenatal Care 253
 Things to Have Ready before the Birth 254
 Preparing for Birth 256
 Signs That Show Labor Is Near 258
 The Stages of Labor 259
 Care of the Baby at Birth 262
 Care of the Cut Cord (Navel) 263
 The Delivery of the Placenta (Afterbirth) 264
 Hemorrhaging (Heavy Bleeding) 264
 The Correct Use of Oxytocics:
 Ergonovine, Oxytocin, Pitocin, etc. 266
 Difficult Births 267

Tearing of the Birth Opening 269
 Care of the Newborn Baby 270
 Illnesses of the Newborn 272
 The Mother's Health after Childbirth 276
 Childbirth Fever
 (Infection after Giving Birth) 276
 Care of the Breasts 277
 Lumps or Growths in the Lower Part of the
 Belly 280
 Miscarriage (Spontaneous Abortion) 281
 High Risk Mothers and Babies 282

Chapter 20

FAMILY PLANNING— HAVING THE NUMBER OF CHILDREN YOU WANT 283

Choosing a method of Family Planning 284
 Oral Contraceptives
 (Birth Control Pills) 286
 Other Methods of Family Planning 290
 Combined Methods 292
 Methods for Those Who Never Want to Have
 More Children 293
 Home Methods for Preventing
 Pregnancy 294

Chapter 21

HEALTH AND SICKNESSES OF CHILDREN 295

What to Do to Protect Children's
 Health 295
 Children's Growth—
 and the 'Road to Health' 297
 Child Health Chart 298
 Review of Children's Health Problems
 Discussed in Other Chapters 305
 Health Problems of Children Not
 Discussed in Other Chapters 309
 Earache and Ear Infections 309
 Sore Throat and Inflamed Tonsils 309
 Rheumatic Fever 310
 Infectious Diseases of Childhood 311
 Chickenpox 311
 Measles (Rubeola) 311
 German Measles (Rubella) 312
 Mumps 312
 Whooping Cough 313
 Diphtheria 313
 Infantile Paralysis (Polio) 314
 How to Make Simple Crutches 315
 Problems Children Are Born With 316
 Dislocated Hip 316
 Umbilical Hernia
 (Belly Button That Sticks Out) 317
 A 'Swollen Testicle'
 (Hydrocele or Hernia) 317
 Mentally Slow, Deaf, or Deformed
 Children 318
 The Spastic Child (Cerebral Palsy) 320
 Retardation in the First Months of Life 321
 Sickle Cell Disease 321
 Helping Children Learn 322

Chapter 22

HEALTH AND SICKNESSES OF OLDER PEOPLE 323

Summary of Health Problems Discussed in Other Chapters 323	Deafness 327
Other Important Illnesses of Old Age 325	Loss of Sleep (Insomnia) 328
Heart Trouble 325	Diseases Found More Often in People over Forty 328
Words to Younger Persons Who Want to Stay Healthy When Older 326	Cirrhosis of the Liver 328
Stroke (Apoplexy, Cerebro-Vascular Accident, CVA) 327	Gallbladder Problems 329
	Accepting Death 330

Chapter 23

THE MEDICINE KIT 331

How to Care for Your Medicine Kit 332	The Village Medicine Kit 336
Buying Supplies for the Medicine Kit 333	Words to the Village Storekeeper (or Pharmacist) 338
The Home Medicine Kit 334	

THE GREEN PAGES—The Uses, Dosage, and Precautions for Medicines . 339

List of Medicines in the Green Pages	341
Index of Medicines in the Green Pages	345
Information on Medicines	351

THE BLUE PAGES—New Information 399

AIDS 399	Guinea Worm 406
Sores on the Genitals 402	Emergencies Caused by Cold 408
Circumcision and Excision 404	How to Measure Blood Pressure 410
Special Care for Small, Early, and Underweight Babies 405	Poisoning from Pesticides 412
Ear Wax 405	Complications from Abortion 414
Leishmaniasis 406	Drug Abuse and Addiction 416

VOCABULARY—Explaining Difficult Words 419

ADDRESSES FOR TEACHING MATERIALS 429

INDEX (Yellow Pages) 433

Dosage Instructions for Persons Who Cannot Read
Making Medical Reports
Information About Vital Signs