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Practical medical prescriptions : for all diseases and ailments

AUTHOR(S)

Wardmaster

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PRACTICAL MEDICAL PRESCRIPTIONS

(For all Diseases and Ailments)

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for The Disabled Mens' Association of Australia.

This Book Assists Disabled Men.

From the sale of these Books the sum of One Thousand and Fifty-five Pounds was received by Incapacitated and Disabled Men during the year 1925. Every authorised salesman carries a letter of authority

THE DISABLED MENS' ASSOCIATION OF AUSTRALIA.

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PREFACE.

Many of our readers who purchased our previous Recipe Books have requested a book containing Medical Prescriptions for the different diseases and ailments.

In response thereto we confidently place this little book before the public.

While there are more elaborate medical works on the market, we venture to say that there are none more compact and complete—certainly none that can be purchased at the modest price charged.

THE WARDMASTER.

June, 1925.

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(1) INFLUENZA.

1 dr. Quinine Sulph.
1 oz. Bicarbonate of Soda
½ oz. Bicarbonate of Potash
1 oz. Citric Acid
4 oz. Sugar

Dose.—Adults, One Teaspoonful in water three times daily; Ages 16 to 20, half; 8 to 16, quarter.

(2) PNEUMONIA.

1 dr. Iodide of Potassium
½ dr. Creosoti
2 dr. Rectified Spirits of Wine
3 dr. Ext. Glycyrrhizæ Liq.
6 oz. Water
Dissolve and Mix.

Dose.—One tablespoonful to be taken every four hours till temperature becomes normal.

(3) NEURASTHENIA
(Weakness and Nervousness).

1 oz. Compound Syrup of Phosphates
1 oz. Compound Syrup of Hypophosphates
1 dr. Quinine
2 oz. Water

Dose.—Teaspoonful three times daily.

(4) HEADACHE.

60 grains acetylsalicylic acid
36 grains Phenacetin
24 grains Caffeine Citrate
Divide into 24 powders.

Dose.—Adults, 1 powder; ages 16 to 20, half a powder; 5 to 16, quarter of a powder.

(5) HEADACHE.
(Lasting Smelling Salts).

1 oz. Ammonium Chloride
1 oz. Freshly Slacked Lime

Put into glass stoppered bottle and add 8 drops oil of bergamot and 8 drops oil of cloves.

These salts will last for years.

(6) INDIGESTION, DYSPEPSIA, ETC.

1 oz. Tincture of Gentian
½ oz. Sal Volatile
¼ oz. Chloric Ether
7 oz. Peppermint Water

Dose.—One Tablespoonful three times daily after food.

(7) CATARRH.

1 oz. Fine Salt
1 oz. Powdered Borax
1 oz. Bicarbonate of Soda
Mix and dissolve in half-pint water

Add one tablespoonful of this solution to three of warm rain water and snuff up the nostrils.

(8) CATARRH (BRONCHIAL).

When feverish.

1 oz. Liquoris Ammonii Acetatis
½ dr. Ammonii Carbonatis
1 dr. Potassii Nitratis
6 oz. Aqua Camphoræ
Dissolve and mix.

One tablespoonful three times daily.

(9) ASTHMA.

2 dr. Potassii Iodidi
4 dr. Spiritus Ammoniae Aromatici
3 dr. Tincturæ Lobeliæ Ætheræ
4 dr. Spiritus Chloroform
8 oz. Water

Dose.—One tablespoonful every four hours in water after meals.

(10) FLATULENCE.

(Also Invaluable for Indigestion).

½ oz. Epsom Salts
¼ oz. Powdered Rhubarb
½ oz. Carbonate of Magnesia
1 dr. Chloric Ether
½ oz. Sal. Volatile
1 oz. Compound Tincture of Rhubarb
¼ oz. Tincture of Ginger
8 oz. Peppermint Water

Mix. Dose.—One Tablespoonful three times daily before food.

(11) ECZEMA.

20 gr. Salicylic Acid
20 gr. Zinc Oxide
60 gr. Powdered Starch
1 oz. Vaseline

Mix and apply to affected parts.

(12) DIARRHOEA.

1 Dessertspoonful of Raw Arrowroot mixed in half a teacupful of milk and sweetened will give relief.

(13) DIARRHOEA
(Acute).

¼ oz. Prepared Chalk
¼ oz. Laudanum
¼ oz. Gum Arabic
1 oz. Sugar
½ Pint Water

Dose.—From quarter to full Tablespoonful according to age three times daily.

(14) COLIC.

During an attack 15 drops of Chlorodine taken on sugar will give relief.

Also Hot applications to the abdomen are useful.

Take one ounce of Castor Oil to clear away any fermenting matter.

(15) COOLING MEDICINE.

1 oz. Cream of Tartar
1 Packet Epsom Salts
4 tablespoonfuls Sugar
2 Lemons sliced fine
1½ pints Boiling Water

Stir until the ingredients are dissolved, cover until cold, strain, bottle and cork.

Dose.—Adults one wineglassful; children half a wineglassful every morning.

(16) BILIOUSNESS.

1 oz. Extract of Cascara Sagrada
1 oz. Extract of Liquorice
½ oz. Powdered Rhubarb
1 Teaspoonful Oil of Peppermint

Mix. Dose—One Teaspoonful. Abstain from foods for 24 hours.

(17) A.B.C. LINIMENT.

1 oz. Aconite
1 oz. Belladona
1 oz. Chloroform

This is the best known liniment for Rheumatism, Sciatica, Lumbago, etc. To be rubbed in and the effected parts gently massaged.

WARNING.—Care must be taken to thoroughly wash the hands after using.

(18) PALPITATION AND NERVOUS DEBILITY.

2 dr. Chloric Ether
2 dr. Tincture of Gentian
2 dr. Sal. Volatile
2 gr. Iodide of Potassium
½ pint Water boiled and added when cold

Dose.—One Tablespoonful three times daily.

(19) WASTING ILLNESS.

A Bone and Body Builder.

8 oz. Cod Liver Oil
8 drops Oil of Almonds
8 drops Oil of Cossia
2 oz. Powdered Gum Acacia
2 grs. Saccharin

Mix into a paste; add 2 oz. of water. Mix again and add 1 oz. Extract of Malt and 6 oz. Water.

Dose.—One to two tablespoonfuls.

(20) APPETITE (LOSS OF)

2 oz. Decotion of Aloes
1 oz. Decotion of Dandelion
2 oz. Infusion of Gentian
20 drops Tincture of Cayenne
10 drops Oil of Sassafras
1 dr. Rectified Spirit
1 dr. Borax
2½ oz. Syrup

Dose.—One Teaspoonful.

(21) ANAEMIA.

(Blood Forming).

½ dr. Citrate of Iron
½ dr. Citrate of Iron and Quinine
½ oz. Spirit of Chloroform
8 oz. Water

Dose.—Adults One Tablespoonful three times daily after food; Children, Tea or Dessertspoonful according to age.

(22) BACKACHE AND KIDNEY TROUBLES.

1 Pint of Boiling Water
I Dessertspoonful Cream of Tartar
1 Dessertspoonful Sugar

Dose.—A wineglassful three times daily two hours after meals.

(23) BLOOD PURIFIER.

2 ozs. Epsom Salts
½ oz. Milk of Sulphur
1½ oz. Powdered Ginger
½ oz. Cream of Tartar
2 Sliced Lemons

Pour 2 Quarts of Boiling Water over all; leave for 12 hours; then strain and bottle.

Dose.—A Wineglassful three times daily after food.

(24) BLOOD PURIFIER.

For all Blood Impurities and Skin Diseases.

1 drachm Iodide of Potassium
2 oz. Compound Decotion of Red Jamaica Sarsaparilla
½ drachm Liquor Potash
2 drachms Spirit of Chloroform
8 ozs. Water

Mix and take One Tablespoonful three times daily after food.

(25) CROUP.

1 teaspoonful Sulphur
1 teaspoonful Vinegar
Beaten together with the white of an egg

Wrap the patient in a blanket, keeping the head up, and give the above.

(26) FEVERISH CHILDREN.

(Teething, etc.)

½ oz. Potassii Bitartratis
2 oz. Syrupi Limonis
12 oz. Water

Give as a drink.

(27) HAY FEVER.

½ oz. Boracic Powder
½ Pint Boiling Water

Dissolve the Powder in the water. When cool spray the nasal passages with the solution.

The symptoms of Hay Fever are sneezing, cold in the head, dryness of the nasal and throat passages.

(28) HEART DISEASE.

(Cardic.

2 oz. Sal Volatile
2 oz. Paregoric

Dose.—One Teaspoonful in a wineglassful of warm water and sugar three times daily. Avoid excitement, crowds, worry and straining.

(29) INSOMNIA.

20 gr. Bromide of Potass
10 gr. Bromide of Soda
20 drops Compound Tincture of Chloroform

Mix and take before retiring.

(30) INVALID TONIC WINE.

(Blood Forming and Body Building).

1 Pint Old Port
1 oz. Extract of Beef
4 oz. Extract of Malt

Mix and Shake the Bottle daily for seven days, then strain.

(31) INTEMPERANCE.

5 grains Sulphate of Iron
10 grains Magnesia
11 dr. Peppermint Water
1 dr. Spirits of Nutmeg

Dose.—Start with 12 drops on a lump of sugar; increase until two teaspoonfuls are taken at one time twice daily. This acts as a tonic and stimulant, and takes the place of the accustomed liquor, and prevents the physical and mental prostration that follows a sudden breaking off from alcohol.

(32) SMOKING (EXCESSIVE).

Those desirous of stopping smoking and have not the requisite will power can use the following:—

36 gr. Silver Nitrate
¾ pint Water

Wash out the mouth after each meal with the mixture, taking care not to swallow any. It removes the desire for smoking. There are at present several mail order firms selling the above cure at prices ranging from one to five guineas.

(33) RHEUMATISM AND GOUT.

There is no better prescription known than the following:—

1 drachm Guaracum
½ oz. Powdered Rhubarb
2 oz. Flower of Brimstone
1 oz. Cream of Tartar
1½ oz. Best Ginger
One Finely Powdered Nutmeg

Mix well in 1 lb. of Clarified Honey. Two teaspoonfuls to be taken night and morning.

(34) INFLAMMATORY RHEUMATISM.

1 oz. Powdered Saltpetre
1 pint Sweet Oil

Bathe the parts affected three times daily with this mixture.

(35) WORMS.

1 oz. Oil of Male Fern
1 oz. Turpentine
½ oz. Sugar
3 oz. Water

Boil the sugar in the water, when cool add the other ingredients.

Dose.—Two Tablespoonfuls, followed by 1 oz. Castor Oil 2 hours afterwards.

Lesser quantities for children according to age.

(36) LIVER DISEASES.

2 dr. Sal Volatile
2 dr. Tincture of Gentian
1 dr. Chloric Ether
6 oz. Water

Dose.—One Tablespoonful three times daily.

(37) LUNG TONIC.

(Coughs, Colds, Bronchitis, etc.)

2 oz. Syrup of Tolu
16 drops Oil of Aniseed
16 drops Oil of Cloves
1 lb. Sugar
¾ pint Water

Boil the water and pour it on the sugar. When cool add the other ingredients.

Dose.—One Teaspoonful to One Tablespoonful according to age.

(38) COLD CURE.

(One Night.)

A Chest or Head Cold can be cured in one night if treated in time. Put on a flannel night dress, and also wrap a blanket well over that, then sit for 15 minutes with the feet and ankles in a mustard and water foot-bath as hot as it can be borne, adding more hot water if necessary. Meanwhile sip a pint of hot, strong home-made Lemonade (or a glass of hot Whisky). Next dry the feet quickly, and get into bed instantly. Keep the blanket still wrapped around you, as the touch of cold sheets would undo all the work. The cold will be gone in the morning.

(39) CRAMP.

If in the arms or legs apply A.B.C. Liniment Prescription, No. 17. Stretch and massage the limbs.

If in the Stomach take the Prescription for Colic, No. 14, and apply heat to the abdomen.

(40) LAXATIVE.

(For Constipation, Etc.)

1 oz. Syrup of Senna
4 oz. Syrup of Figs
3 oz. Cinnamon Water

Dose.—One Teaspoonful. This prescription is invaluable for children.

Note.—Constipation can be prevented by taking a glass of warm water last thing at night and first thing in the morning. Eat plenty of stewed fruit and green vegetables.

(41) FRUIT SALTS.

2 oz. Cream of Tartar
2 oz. Tartaric Acid
1 oz. Magnesia
2 oz. Carbonate of Soda
2 oz. Sugar
2 oz. Rochelle Salts

Mix together. Dose.—1 to 2 teaspoonfuls in water.

(42) TOOTHACHE DROPS.

1 oz. Powdered Alum
3½ ozs. Sweet Spirits of Nitre

This will be found to give immediate relief, but for permanent effects a visit should be paid to the dentist.

(43) MUMPS.

1 oz. Glycerini Belladonnae

Spread on lint and cover with protective tissue. Apply to the painful part.

(44) INFLAMED THROAT.

2 oz. Cayenne Powder
1 oz. Salt
½ pint Vinegar

Warm and gargle the throat and mouth every hour. Take the purgative No. 40.

(45) FACE ACHE AND NEURALGIA.

Make a paste of equal parts of Indian Meal and Honey, then mix with ordinary Cayenne Pepper and apply. This will not blister the skin, or the part may be gently rubbed with A.B.C. Liniment. See No. 17.

(46) BOILS (FURUNCULOSIS).

Apply a Soap and Sugar Poultice, which keeps the door open for the exit of the poison, which is the cause of the trouble. Take the Blood Purifier, Prescription No. 24.

(47) ATHLETE EMBROCATION.

1 pint Acetic Acid
1 pint Oil of Turpentine
1 pint Distilled or Rain Water
6 Eggs

Mix well. Bottle and cork tightly. This is invaluable for sprains, stiffness, jaded muscles, joints, etc.

(48) TIRED AND SORE FEET.

Sponge the feet with a little Methylated Spirits. This will be found wonderfully refreshing and heals the inflammation and soreness.

(49) FOOT POWDER.

1½ oz. Boric Acid
4 oz. Powdered Starch

Mix and dust lightly over the feet and in the stockings. This will prevent the soreness and disagreeable results of over perspiration.

(50) CORNS.

The most effective corn cure is made as follows:—

½ oz. Salicylic Acid
1 dr. Cannabis Indica
Mix in 2 oz. of Lanoline

Cover the corn each night for three or four nights, then bathe the feet and the corn can be easily removed.

(51) CHILBLAINS.

1 oz. Flexible Colodin
1 oz. Castor Oil
1 oz. Spirits of Turpentine

Paint three times daily with a camel hair brush.

(52) SEIDLITZ POWDERS.

2 dr. Rochelle Salts
40 gr. Bicarbonate of Soda
(Mixed together for the blue paper)
38 grains Tartaric Acid for the white paper

Empty both into a half-pint of water. Stir and drink.

(53) HAIR CLEANER. (Dandruff, Nits, etc.)

25 gr. Salicylic Acid
1 fluid dr. Glycerine.
2 fluid oz. Dilute Alcohol
3 drops Oil of Wintergreen
1 drop Oil of Neroli
4 oz. Water

Mix the acid and the oils with the alcohol and glycerine; add the water.

(54) HICCOUGH.

Take one Teaspoonful of Brown Sugar moistened with pure Vinegar.

(55) EYES (WEAK OR WATERY).

20 gr. Sulphate of Zinc
1 pint Water

Dissolve the Zinc in the Water and bathe the eyes with it night and morning.

(56) EARACHE.

1 dr. Camphor
1 dr. Chloral
2 oz. Glycerine
10 dr. Oil of Almonds

Mix. To be applied on cotton wool to the ear. May also be rubbed daily behind the ear.

(57) HÆMORRHOIDS (PILES)

For external application.

3 oz. Lard
1 oz. Sulphur

Mix and apply morning and night, also after each stool. Wash the parts with warm water at night before applying ointment.

(58) HÆMORRHOIDS (PILES)

For internal use.

2 oz. Confectionis Sulphuris
1 oz. Extracti Taraxaci

Dose.—One Teaspoonful each morning.

(59) IODOFORM OINTMENT.

For Superficial Wounds and to avoid frequent dressing.

1 dr. Iodoform 1 oz. Vaseline

This ointment is very antiseptic and is used in nearly every public hospital.

(60) HEALING OINTMENT.

(Burns, Cuts, etc.)

1 oz. White Wax ¼ oz. Boracic Acid
¼ oz. Oil of Eucalyptus ½ oz. Green Oil of Elder
¼ oz. Camphor

Melt the solids in a pot like glue. Plunge the pot into a basin of cold water; add the oils and stir well until it sets.

(61) RINGWORM.

¼ oz. Carbolic Acid 1 oz. Glycerine

Mix well together and apply to affected part.

(62) SCABIES (THE ITCH).

This distressing infection can be speedily cured if the following instructions are carried out:—

An ointment is made of 1 oz. Sulphur; 1 oz. Boracic Acid; 1 oz. Vaseline.

(1) The patient has a hot bath.
(2) Dry and rub the skin vigorously with a rough towel.
(3) Rub in the Ointment all over the body, including hair.
(4) Dress in fresh clothing.

The person who has been treating the patient must clean out the bath with some strong disinfectant, afterwards rubbing some of the ointment over the hands.

The patient's clothes should be fumigated to prevent a fresh infection. This can be done by hanging the clothes around the room, closing the windows and plugging the keyhole, etc., and burning sulphur in a pail in the centre of room.

(63) INSECT STINGS.

1 oz. Ammonia 1 oz. Bicarbonate of Soda

Make into a paste with equal parts of water and vinegar and apply.

In case of wasp and bee stings remove the sting from the flesh.

(64) DOG BITES.

Apply a ligature above the wound. Destroy the surface of the wound either with a white hot iron (the hotter the iron the less the pain), or by rapidly applying a stick of Silver Nitrate over the wound.

(65) SNAKE BITES.

1. Ligature.—Apply a Ligature, which can be made of a pocket handkerchief, twig or piece of wood being used for tightening it by screwing.

2.—Incision.—Cut the bitten part well into the flesh.

3. Suction.—The wound should be sucked out by someone with unbroken lips, the poison being expectorated and the mouth washed out. If no antiseptic is available chew gum leaves (Eucalyptus).

4. Cauterise.—Place well into the wound Potassium permanganate.

5.—Stimulants.—As much Brandy as can be swallowed.

6. Act quickly, and secure medical attention at the earliest possible moment.

(66) BORACIC SOLUTION.

(For Cuts, Wounds, Sores).

1 oz. Boracic Acid 1 pint Boiling Water

Dissolve the Powder in the water and bottle for use. It is very handy for cuts, wounds and sores, and an excellent lotion for weak eyes.

(67) CARRON OIL.

(For Burns, Scalds, etc.)

½ pint Lime Water ½ pint Linseed Oil

See Prescription No. 68.

Cover the parts with a good application of the oil and bandage with lint.

(68) LIME WATER.

¼ lb. Unslacked Lime 1 quart Boiling Water

Pour the water over the lime. When settled bottle the clear water for use, throwing off the scum.

(69) BONE IN THROAT.

A raw Egg taken immediately will carry a fish bone down.

(70) TO REMOVE A SPLINTER.

Nearly fill a wide mouthed bottle with hot water. Hold the injured part over this and press down tightly. The suction will draw the flesh down, when the splinter will come out easily.

(71) MOUTH ULCERS.

Wash out the mouth several times daily with Alum Water.

(72) TO REMOVE WARTS.

Wash the wart in a strong solution of Soda; afterwards paint it with Vinegar.

(73) TO TAKE NAUSEOUS MEDICINE.

If a tiny bit of Alum is first put into the mouth it will prevent any unpleasant taste.

Free Prescription Coupon.

Should the Purchaser of this Book require any other Prescription of any description, fill in this Coupon, cut out and post with stamped, addressed envelope to The Ward-master, Box 4526, G.P.O., Melbourne, when same will be forwarded free of charge.

Description of Prescription required:—

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ATTRACTIVE WOMEN

The pleasure of an evening's entertainment is often marred by disagreeable body and perspiration odours.

A careful and attractive woman guards against this by using the perfect cream-deodorant, Sicilina (Sis-il-ina).

THE FINISHING TOUCH.

Sicilina Cream is an instantaneous neutraliser of all body odours. A touch of the cream at the morning toilet, or after the bath and the toilet is complete. No disagreeable body odour can come to mar the personal daintiness that means so much to feminine charm.

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Sicilina Cream does not interfere with natural functions or stop perspiration. Its use at all times gives that air of comfortable self-assurance, so natural to a woman of refinement, and is indispensable.

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Sicilina Cream gently massaged on the face, neck, hands and arms before retiring brings beauty during sleep. Keeps the skin healthy and youthful looking. Replaces the natural oils that worry, work, and climate may have removed.

THE WORLD'S BEAUTY PARLORS.

The ingredients of Sicilina Cream are the best skin foods known in the beauty parlors of Paris, London and New York. No expense has been spared in making Sicilina the super cream par excellence.

FROM THE ISLAND OF SICILY.

The exquisite and delicate fragrance with which Sicilina Cream is permeated, is specially manufactured for, and used exclusively in Sicilina Cream. The flowers are obtained from the Sicily Island, and distilled by one of the most famous perfumery distillers on the continent of Europe.

CLIMATIC CONDITIONS.

The jars of Sicilina Cream sold in Australia are specially adapted for Australian climatic conditions.

Obtainable from all Chemists and beauty parlors, or 4/9 post free from the Manufacturers Distributing Centre for Australia.

THE REMO CO.

10 ST. JAMES BUILDINGS, LITTLE COLLINS ST., MELBOURNE.

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Description of Medals won prior to 1914:
Benin Medal (2 bars); Egyptian Medal; Soudan and Nile Medal (3 bars); Queen's South African Medal (6 bars); China Medal (2 bars); King's South African Medal; Albert Medal and Gold Cross.

The

Disabled Mens' Association of Australia

OBJECTS.

(1) To discourage the indiscriminate applications for charity, by and on behalf of disabled men, by unauthorised collectors.

(2) To find suitable employment for permanently disabled men, irrespective of the origin or cause of disablement.

(3) Where it is impossible to obtain suitable employment for any member of the Association, owing to his disablement, the Association will endeavour, by the aid of its members and voluntary workers, to obtain a round of customers who will purchase household articles from him periodically, and so make him self-supporting.

THE ASSOCIATION HAS NO PAID OFFICIALS.

Patrons of the Association include:—

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Sir John Monash, G.C.M.G., K.C.B., etc.
Hon. Sir A. J. Peacock, K.C.M.G.
Brig.-General T. A. Blamey, C.B., C.M.G., D.S.O.
M. Charlton, Esq., M.H.R.
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Dr. W. Malony, M.H.R.
Geo. A. Maxwell, Esq., M.H.R.
Etc., etc.

Are you interested? Can you find a job for an incapacitated or disabled man? Can you give a few hours' work to the Association? If so write:—

The Hon. Secretary,
DISABLED MENS' ASSOCIATION,
10 St. James' Buildings,
Little Collins Street,
Melbourne.

Alliance Printing Co., 43-47 Lonsdale St., Melb.

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Bowling Green, Tennis, Croquet Lawns and Putting Greens closed on Sundays.

SPECIAL NOTICE.

On no condition are Dogs allowed on the Premises.

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