Index

Things in this book are listed in the order of the alphabet: ABCDEFGHIJKLMNOPQRSTUVWXYZ

Page numbers in **bold** tell you where to find the main reference in this book. Medicines included in the Green Pages are in the Index of Medicines, p. 341.

A
Abdomen (See Belly)
Abortion, 243, 284, 416–417
(Also see Miscarriage)
Abscess, 421
breast, 278
caused by injecting, 67, 69, 74
liver, 144–145
of the teeth, 230–231
under the skin, 202
Acid Indigestion, 128–129
Acne (pimples), 211, 396, 421
Acquired Immune Deficiency Syndrome (See
HIV and AIDS)
Acupuncture, 74, 403
Acute abdomen, 15, 93–94, 421
(Also see Gut, Swollen belly)
Addiction , 418–419
Afterbirth (placenta), 262–264, 269, 428
AIDS, 401–403 (Also see HIV and AIDS)
Alcoholic drinks
and heat stroke, 81 problems caused by, 119, 148–149, 325, 326,
402, 418
Alcoholics Anonymous, 149, 419, 431
Alcoholism, 148–149, 418–419, 421
Allergic reaction, 23, 54, 166
in the skin, 203, 285, 290
medicines for, 337, 387–388
to medicines, 54, 56, 68, 70–71, 350
Allergic rhinitis (hay fever), 165, 428
Allergic shock, 70 , 105, 350, 387–388, 412
Aloe vera, 13, 129
Amebas, 144–145, 336, 369–370, 421
Amputation, 411, 421
Anabolic steroids, 51
Analgesics (painkillers), 380-382
Anemia, 124, 421
causes of, 113, 124
during pregnancy, 248-249
in children, 307, 321
treatment, 335, 393–395
Anesthetics, 381–382
Angel's Trumpet, 12

Angina pectoris, 325

Antacids, 52, 64, 129, 248, 324, 382-383

Antibiotics, 52, 55-58, 156, 350-363

Anti-diarrhea medicines, 156 Antihistamine, 70, 165, 204, 387-388, 421 Antiretroviral medicines, 398, 400 Antispasmodic, 235, 329, 382 Antitoxins, 389-390, 421 and allergic shock, 70, 105 for tetanus, 390 (Also see Antivenom) Antivenom, 70, 389-390 for scorpion sting, 389 for snakebite, 105, 389-390 Anus, 233, 421 hemorrhoids in it, 175 sores in it, 238, 402, 404, 405 Apoplexy, 37, 78, 288, 327 Appendicitis, 36, 94-95 Appendix, 94 Arms muscles and nerves in, 37 numbness or pain in, 23, 325 Arteriosclerosis, 326 Arthritis (joint pain), 173, 324 medicines for, 51, 380-381 Ascaris (roundworm), 140-141, 422 and asthma, 167 Asthma, 167, 337, 386-387 Athlete's foot, 205 В **Babies** examining, 34 feeding, 120-121 with diarrhea, 159, 358 with skin problems, 215 (Also see Children, Newborns) Back pain, 173-174, 248 Bacteria, 19, 55, 422 Bacterial dysentery, 145 Bacterial infection of the blood, 273-275



postpartum mothers, 8, 276

and hygiene, 133

Bag of waters, 256, 258, **259–260**, 422 **Bandages,** 85, 87, **101–102**, 336

newborns and babies, 7, 215, 263

Bathing

Beaded lizard bite, 106	clots, 288
Bedbugs, 200	coughing up blood, 168
Bed sores, 13, 214, 422	flukes, 146
Beliefs	in stools, 128, 144–146, 157–158, 306, 403
harmful, 4, 5, 10-11	in the urine, 146, 234
healing power of, 2	in vomit (cirrhosis), 328
Bell's Palsy, 327	in vomit (ulcer), 128
Belly	(Also see Bleeding)
actue abdomen, 93-94	Blood pressure, 422
examination of, 35–36	high, 125, 249, 289, 326-327, 412-413
lumps in, 280	how to measure, 412–413
pain in lower belly, 243	low, 77, 413
(Also see Gut, Swollen Belly)	(Also see Shock)
Bewitchment, 2, 6, 422	Blood transfusion, 401, 403
Bilharzia, 146	Blueness of skin, lips, and nails, 30
Biliousness, 329	Body-building foods, 110
Birth (See Childbirth)	Boil (abscess), 202, 422
Birth control (See Family planning)	Bones
Birth control pills, 285, 288–289 , 395–396	calcium for, 246
Birth defects, 6, 247, 272, 289, 318–321, 414	deformities of, 125, 319
Birth kits, 254–255	hit by a bullet, 90
Birth opening (See Vagina)	that have come out of place at a joint, 101
Bites	(Also see Broken bones)
of wild animals (rabies), 181	Bottle feeding, 120, 154, 296
poisonous, 104–106	Bowel movement, 242 , 422
that may cause infection, 89	(Also see Feces, Stools)
treatment, 86	Braces, 315
Bitot's spots, 226	Brain damage, 319–320
Black flies, 227–228	and seizures, 319
Blackheads , 211 , 422	from high fever, 76
Black magic, 5, 24	from tapeworm cysts, 143
Black widow spider bite, 106	Bran, 16, 126, 384
Bladder, 233	Brand-name medicines, 55, 333, 339 , 422
infection, 234, 243	Breakbone fever (See Dengue)
stones, 234, 235	Breast abscess (mastitis), 278, 426
Bleach , 74, 403	Breast cancer, 279
Bleeding	Breast feeding, w 12, 120-122
and anemia, 124	and birth control, 285, 289, 294, 396
during menopause, 246	and good nutrition, 114, 116, 304
during pregnancy, 249, 281	and preventing diarrhea, 154, 156
gums, 107, 231	of newborns, 271, 277, 407
how to control, 13, 82–83	traditional beliefs about, 2, 7
in an unconscious person, 78	(Also see Breasts)
in the whites of the eyes, 225	Breasts
of the newborn, 272, 337, 394	care of, 277, 279
severe, 82, 243, 246, 264, 281, 406, 412, 416	swelling of, 278–279
stopping after birth, 263–266, 337, 392–393	Breathing (respiration), 428
(Also see Blood)	difficulties, 23, 57, 168, 181, 274, 325, 412
Blindness, 221–222, 414	hot water vapors 47, 168
from injuries to the eye, 218 night blindness, 113, 226–227	of a sick person, 32
	rate, 32
protection for babies, 221, 237, 380	stopped, 80
river blindness, 227–228, 379	(Also see Lung diseases, Mouth-to-mouth
from modicines, 256, 250	breathing)
from medicines, 356, 359	Breech delivery, 257, 268
from touching certain plants, etc., 204	Broad-spectrum antibiotics, 56, 58, 352, 355–358
with burns, 96 with chickenpox, 311	Broken bones, 14, 98–99
with eczema, 216	Bronchitis, 170
	Brucellosis (Malta fever), 27, 188
Blood	Bubos, 238, 405, 422



and AIDS, 75, 82-84, 401, 403

Bullet wound	premature, 262
in arms or legs, 90	preparing for, 254–256
in the belly, 15, 92–93	signs of labor, 258
in the head, 91	tearing of the birth opening, 269
Burns, 13, 96–97	Childbirth fever, 27, 276, 283, 422
and leprosy, 192	Children
of the eye, 219	and diarrhea, 151-153, 159
	foods for, 112, 113, 120-122, 295
С	giving injections to, 73
Oalahum	growth of, 107, 297-304
Calcium	having the number you want, 283-294
and rickets, 125	infectious diseases of, 311-315
danger of injecting, 53, 67	malnourished, 112-114, 154, 303, 305-306
for spider bite, 106	mentally slow, deaf, or deformed, 318
for weak bones, 246	problems they are born with, 316-321
in eggshells, 116	severely ill, 214
Callus, 210	vaccinations for, 147, 296
Cancer, 25, 414, 422	(See also Babies, Newborns)
and oral contraceptives, 288–289	Chlamydia, 221, 234, 236–237, 355, 359, 380
and smoking, 119, 149, 168	Choking, 79, 314
of the breast, 279	Cholera, 158
of the eyes, 33, 217	Cigarettes (See Smoking)
of the skin, 197, 211, 401	Circulation, poor (See Varicose veins)
of the womb, 280	Circumcision, 74, 403, 406
Candida (thrush), 232, 242, 402	Cirrhosis of the liver, 108, 148, 328
Canker sores, 232	Cleanliness, 131–139
Carbohydrates (energy foods), 110, 121, 422	basic guidelines of, 133-139
Carbonated drinks, 115, 150	in childbirth, 260, 263
Cardon cactus, 13, 232	of children, 136, 296
Cascara, 16	of equipment, 74, 403
Cassava, 117, 130, 422	of mouth and teeth, 229-231
for constipation, 16, 126, 384	personal cleanliness, 39, 41, 133-135
Cast, 14, 98, 319, 422	public cleanliness, 137–139
Castor oil, 16	to prevent infection, 74, 84, 403, 416
Cataract, 33, 217, 225, 323, 422	when injecting, 68, 74, 403
Catheter, 239–240, 336, 422	Cleft palate, 318-319, 423
Causes of illness, w6-w7, w10, w27, 17-19	Climacteric (menopause), 246
Cavities in teeth, 229–230, 422	Clitoris, 233
Cellulitis, 212	Clubbed feet, 319
Cereal, 152, 383	Cocaine, 418–419
Cerebral malaria, 30, 178, 186, 369	Coitus interruptus, 285, 294
Cerebral palsy, 320	Cold and hot sicknesses, 119
Cerebro-vascular accident (CVA), 37, 78, 288, 327	Cold compresses, 193-194
Cervix, 286, 291, 422	Colds and the 'flu', 45, 57, 163, 308
Chancre, 237	diet with, 123
Chancroid, 236, 238, 405	Cold sores or fever blisters, 48, 171, 232, 404
Chemical burns of the eye, 219	Cold weather, 410-411
Chest wounds, 91	Colic (gut cramps), 35, 145, 157, 423
Chickenpox, 204, 311	Colostrum, 277, 423
Chiggers, 201, 422	Coma, 78, 423
Chikungunya, 187	Combination medicines, 52, 399
CHILD-to-child program, 322	Combined methods of birth control, 285, 292
Child Health Chart, w20, w24, 297–304 , 422	Comfort of a sick person, 39
Childbirth	Complications from abortion, 243, 416–417
bleeding after, 264–265	Compresses, 193–195, 423
correct use of oxytocics, 265–266	Condom, 239, 285, 287, 397, 403
cutting the cord, 262–263	La Congestión, 23
difficult births, 267–269, 319	Conjunctivitis, 219–221, 308
infection, 260, 276position of the baby, 257,	Constipation, 16, 126
261, 267	as a sign of acute abdomen, 94
position of the mother, 260	during pregnancy, 248



treatment and prevention, 126, 384	Dengue, 187
Consumption (See Tuberculosis)	Dermatitis, contact, 204, 423
Contact dermatitis, 204, 423	Diabetes, 127, 251, 329, 412
Contraception, 283–294, 395–398	Diaper rash, 215, 424
Contraceptive foam, 290, 397	Diaphragm, 285, 291 , 397
Contractures, 314, 423	Diarrhea , 151–160
Convulsions, (See Seizures, Spasms)	and dysentery, 144–145, 153, 306
Cooperatives, w24	babies with, 159, 271
Cornea, 217, 218, 224, 225, 226, 228	causes of, w7, 17, 107, 132–33, 135, 153, 401,
Corn silk, 12	402
Corns, 210, 423	causing sunken fontanel, 9 home cures for, 11
Cortico-steroids, 51, 129, 372	prevention of, w7, 46–47, 154
Cortisone, 51	severe, 151, 160
Cough, 168–169	treatment of, 58, 152, 155–158, 385
chronic, 168, 324, 402	with blood, 144–145, 157–158, 306, 403
common causes, 168	with vomiting, 151, 157
cough with blood, 140, 171, 174, 179	with worms, 142
medicines for, 52, 385	Diet, 423
smoker's, 149	congestion and, 23
Counting days method, 292	for fever, 8
Cradle cap, 215	for postpartum mothers, 8, 123, 276
Cramps, 423	for sick persons, 40, 123
gut, 12, 35, 106, 145, 147, 243, 382	for small children, 120–122
heat, 81	for specific diseases, 40, 124-130, 154-156
Cretinism (See Hypothyroidism)	harmful ideas about, 123
Crop rotation, w13, 115, 117, 429	things to avoid, 119
Cross eyes, 223, 318	what to eat to stay healthy, 110-111
Crutches, how to make, 315	while taking medicines, 123
Cupping , 22, 423	with oral contraceptives, 286
Cuts, 84–86	(Also see Foods, Nutrition)
CVA (Corobre vecesion escident) 27 70 200 227	
CVA (Cerebro-vascular accident), 37, 78, 288, 327	Diets for specific diseases, 40, 124–130
CVA (Cerebro-vascular accident), 37, 78, 288, 327 Cyst, 143, 243, 280, 423	acid indigestion, heartburn, and ulcers, 128-129
Cyst, 143, 243, 280, 423	acid indigestion, heartburn, and ulcers, 128-129 anemia, 124
Cyst, 143, 243, 280, 423	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384
Cyst, 143, 243, 280, 423 D Dacryocystitis, 223	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127
Cyst, 143, 243, 280, 423 D Dacryocystitis, 223 Dandruff, 215, 423	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159
Cyst, 143, 243, 280, 423 D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue)	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130
Cyst, 143, 243, 280, 423 D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192	acid indigestion, heartburn, and ulcers, 128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50	acid indigestion, heartburn, and ulcers, 128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340
Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227
Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321 with leprosy, 191–192	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 424
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321 with leprosy, 191–192 Dehydration, 151–152, 423 and diarrhea, 46, 155 causing sunken fontanel, 9, 274	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 424 Down syndrome (mongolism), 318, 427
D Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321 with leprosy, 191–192 Dehydration, 151–152, 423 and diarrhea, 46, 155 causing sunken fontanel, 9, 274 danger of laxatives with, 15, 384	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 424 Down syndrome (mongolism), 318, 427 D.P.T. vaccination, 147
Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321 with leprosy, 191–192 Dehydration, 151–152, 423 and diarrhea, 46, 155 causing sunken fontanel, 9, 274 danger of laxatives with, 15, 384 medicine not to take, 52–53, 156	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 424 Down syndrome (mongolism), 318, 427 D.P.T. vaccination, 147 Drinking (alcohol), 148–149, 318, 325, 326, 328
Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321 with leprosy, 191–192 Dehydration, 151–152, 423 and diarrhea, 46, 155 causing sunken fontanel, 9, 274 danger of laxatives with, 15, 384 medicine not to take, 52–53, 156 prevention and treatment, 152, 156, 383	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 424 Down syndrome (mongolism), 318, 427 D.P.T. vaccination, 147 Drinking (alcohol), 148–149, 318, 325, 326, 328 402, 418
Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321 with leprosy, 191–192 Dehydration, 151–152, 423 and diarrhea, 46, 155 causing sunken fontanel, 9, 274 danger of laxatives with, 15, 384 medicine not to take, 52–53, 156 prevention and treatment, 152, 156, 383 Delhi boil (See Leishmaniasis)	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 424 Down syndrome (mongolism), 318, 427 D.P.T. vaccination, 147 Drinking (alcohol), 148–149, 318, 325, 326, 328 402, 418 Drowning, 79, 424
Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321 with leprosy, 191–192 Dehydration, 151–152, 423 and diarrhea, 46, 155 causing sunken fontanel, 9, 274 danger of laxatives with, 15, 384 medicine not to take, 52–53, 156 prevention and treatment, 152, 156, 383 Delhi boil (See Leishmaniasis) Delirium, 24, 423	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 424 Down syndrome (mongolism), 318, 427 D.P.T. vaccination, 147 Drinking (alcohol), 148–149, 318, 325, 326, 328 402, 418 Drowning, 79, 424 Drug abuse, 401, 403, 418 –419
Dacryocystitis, 223 Dandruff, 215, 423 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179–192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 423 Defects, birth, 7, 289, 316–321, 423 Deformities, 423 from birth, 289, 316–321 with leprosy, 191–192 Dehydration, 151–152, 423 and diarrhea, 46, 155 causing sunken fontanel, 9, 274 danger of laxatives with, 15, 384 medicine not to take, 52–53, 156 prevention and treatment, 152, 156, 383 Delhi boil (See Leishmaniasis)	acid indigestion, heartburn, and ulcers,128–129 anemia, 124 constipation, 16, 126, 384 diabetes, 40, 127 diarrhea, 155–156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313–314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318–321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 424 Dizziness, 249, 327 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 424 Down syndrome (mongolism), 318, 427 D.P.T. vaccination, 147 Drinking (alcohol), 148–149, 318, 325, 326, 328 402, 418 Drowning, 79, 424



Dullidulli level (See Leisillialiasis)	F
Dysentery, 144–145, 424 (Also see Diarrhea)	Face
_	dull, 318
E	lumpy skin on, 191
Ears	paralysis of, 37, 327
how to examine a sick person's, 34	Fainting, 78, 79, 81, 325, 327
infections of, 309	Falciparum malaria, 158, 186, 363
nodes behind, 88	False labor, 258
ringing of, 107, 327	Family planning, w16, 246, 283–294 , 395–398
Earwax, 407	and infertility, 244
Eclampsia, 249 , 392, 424	Farming, w13, 414–415
Ectopic pregnancy, 22, 36, 93, 243, 249, 280, 416	Farsightedness, 323, 424
Eczema, 216	Fatigue , 23, 124, 323 , 402
Emergency	Fats, 111, 121
contraception, 288, 396–397	
problems of the gut, 93–95	Feces, 424
supply of medicines, 332	and infections, 84, 96, 131
use of injections, 66	in home remedies, 11
Emergencies caused by cold, 410–411	in newborn's mouth and nose, 268
Emergencies caused by heat, 81	(Also see Stools)
Empacho, 22	Feces-to-mouth, disease spread from, 131–133
Emphysema, 170	140, 188
	Feet
Enema, 15, 76, 92, 424	clubbed, 319
Energy foods, 110–111	loss of feeling in, 127, 162, 173, 191–192
Enterobius (pinworm, threadworm), 141	swelling of, 113, 124, 144, 176, 248 249, 323
Epilepsy, 38, 178, 319, 390–392	Female condom, 287
Epsom salts, 16	Fertile days, 244, 291-292
Erysipelas, 212	Fertility awareness, 291-292
Evaluation, w20, 424	Fetoscope, 252 , 255, 424
Evil eye, 5, 424	Fever
Examining	childbirth, 27, 276, 283
a pregnant woman, 250-253	diet with, 8
a sick person, 29–38	high, 15, 75–76, 335
breasts, 279	how to bring down, 75, 76, 335
eyes, 33, 217	in children, 306
eyesight, 223	in the newborn, 270, 273
for appendicitis, 36, 95	patterns in different diseases, 26–27, 30, 31
for hernia, 94, 317	Fever blisters or cold sores, 48, 171, 232
for knee reflexes, 183	La Fiebre, 26
Excision, 406	Fire wood, 135
Exhaustion, heat, 81	First aid, 75–106 , 424
Expectorants, 52, 385, 424	Fits (See Seizures)
Experimenting, w15	Flannel-boards, w22
Extra finger or toe, 318–319	Fleas, 190
Eyes , 217–228	Flies
cross eyes, 223	and disease, w23, 135, 227-228, 408
danger signs, 33, 217, 227	Flu, 45, 57, 163, 308, 424
dryness of, 107, 113	Flukes, blood, 146, 378, 424
examining the eyes, 33	Fluoride, for teeth, 229
eye problems of older people, 227, 323	Foam, contraceptive, 285, 290, 397
eye problems with leprosy, 192	Folic acid, 118, 321, 394, 424
foreign objects in eyes, 48, 218	Folk beliefs, 3, 6–8, 123
of newborns, 221, 270, 380, 393	(Also see Home remedies)
red and painful, 219, 225	Folk disease, 21–26
spots and "floaters", 227, 323	Follicles inside the eyelids, 220
yellow, 30, 172, 274, 328, 329	Fontanel (soft spot)
Eyesight testing, 223	sunken, 6, 9, 151, 274
	swollen, 274
	(Also see Dehydration)



Food poisoning, 23, 103, 135, 153, 161	Intection, 47, 131, 144–145, 153, 189
Foods	obstructed, 22, 94
at low cost, 116–118	out of anus (prolapse), 142
for a person with diarrhea, 155–156	outside a wound, 92
for sick persons, 41	wounds in, 92
for small children, 120-122	(Also see Abdomen, Swollen belly)
nutritious, 110-111, 295	
plant, 116	н
producing, w11	Hair
spoiled, 103, 135	changes with malnutrition, 107
(Also see Diet, Nutrition)	examination for lice, 200
Fractions, 59–60, 340	loss of, 107
Fractures (See Broken bones)	Hansen's disease (See Leprosy)
Fright, 24 , 424	Hare lip, 318, 425
Frostbite, 411	Hay fever, 34, 165 , 429
Frozen skin, 411	Head
Fungus infection, 19, 58	fungus infections of, 205
ringworm, tinea, 205–206, 373–374	injury, 37, 78, 91
thrush, 232	swollen lymph nodes on, 88
vaginal yeast, 242, 371	Headaches, 162, 249, 412
vagillal yeast, 242, 37 l	Health, w7, w11
G	
	Health worker, w1 w7, w29, 43, 246, 340
Gallbladder, 424	Heart
home cure for, 12	attacks, 23, 325
pain in, 36	confusion with heartburn, 128
problems, 329	trouble, 33, 310, 325, 412
Gangrene, 213	Heartbeat, 32–33, 77
Garlic, 12, 241, 242	Heartburn, 425
Gastritis, 128–129	diet for, 128–129
Gelusil, 173	during pregnancy, 248
Generic medicines, 333, 339 , 425	medicines for, 382–383
Genital herpes, 404–405	medicines to avoid, 54, 64
Genital warts, 375, 404	Heat
Genitals, 205, 232, 233-244, 425	cramps, 81
sores on, 237, 404–405	exhaustion, 81
German measles (Rubella), 247, 312, 320	stroke, 78, 81
Germs, 19, 425	Hemorrhage (See Bleeding)
Giardia, 145, 336, 369–371, 425	Hemorrhoids (See Piles)
and diarrhea, 153, 158	Hepatitis, 26, 172, 418
Gila monster bite, 106	Herbal teas, 1, 8
Glaucoma, 33, 222 , 323	Herbs, curative, 12-13, 425
Gloves, rubber or plastic, 255, 262, 264, 403	Hereditary problems, 18, 318–319, 321, 425
	Hernia, 177, 425
Glue sniffing, 418	during pregnancy, 256
Goiter, 10, 130 , 425	in groin of newborn, 317
Gonorrhea, 221, 236–237, 359	obstructing the gut, 94
(Also see Sexually transmitted infections)	Heroin, 418–419
Grams, measuring in, 59–60, 425	Herpes simplex or labialis (See Cold sores)
Groin, lymph nodes in, 88, 238, 425	Herpes zoster, 204, 375, 402
(Also see Hernia)	Hexing, 2
Group discussions, w24 w27	High blood pressure, 125, 249, 325–326, 413
Growth, children's, 107, 297–304	History, taking, 20, 25, 29, 44, 250–253, 425
Guaco, 3	HIV and AIDS, 20, 75, 153, 171, 236, 245, 286
Guinea worm, 408–409	290, 398, 401–403 , 418
Gums , 229–232	and medicines, 398–400
bleeding of, 107, 231	and pregnancy, 249, 400
pale, 124	and shingles, 204
swelling caused by medicine, 231	and thrush, 232
Gut	and tilidsii, 232 and tuberculosis, 179
cramps, 12, 106, 145, 157, 243, 382	and vaccinations, 147
emergency problems of, 35, 93–94	caring for someone with, 403
	carring for correction with, 400



1117 1651, 402	Inflation for a three 407, 000
preventing, 403	Inhalers, for asthma, 167, 386
Hives, 68, 166, 203 , 425	Injections, 65–73
Home remedies, 1–3	dangerous reactions from injections, 54, 70–7
enemas and purges, 15	emergencies needing, 66
for infertility, 244	faith in, w19, 4, 50
how to tell if they work, 10–11 questions and answers about, 6–8	family planning, 289–290 medicines not to inject, 51, 56, 67
sensible use of, w2, 24	of vitamins, 118
Home visits, w24	risks and precautions, 68-69 supplies for, 336
Hookworm (Uncinaria), 133, 142 , 296, 307	that can disable children, 74, 314
Hordeolum (sty), 224	to prevent pregnancy, 285, 293, 397
Hormones, 224, 287, 395, 425	when to inject, 65, 67
Hot and cold sicknesses, 119	Injury
Hot compresses, 193–195, 408	
Housing, w10	moving an injured person, 99–100
Human immunodeficiency virus (See HIV	of an unconscious person, 78
and AIDS)	severe, 33
Hydrocele, 317	to the eye, 218
Hygiene (See Cleanliness)	Insecticides, 19, 103, 187, 372, 414–415 , 425
Hypertension (See High blood pressure)	Insomnia (loss of sleep), 328, 425
Hyperventilation, 24, 425	Intestinal worms, 13, 140–145 , 425
Hyphema, 225	Intestines (See Gut)
Hypochondria, 329	Intrauterine device (IUD), 281, 285, 290 , 397–39
Hypopyon, 225	Intravenous solution (I.V.), 40, 53 , 67, 152
Hypothermia, 410	Intussusception, 94, 425
Hypothyroidism, 318, 425	lodized salt, 130, 318
Hysteria, 2, 24, 425	Iritis, 33, 219, 221
	Iron
1	cooking pots, 117
W (0 0'-l)	foods rich in, 124
Illnesses (See Sicknesses)	from nails in lemon juice, 118
Imferon, 51, 67	pills, 51, 118, 124, 307, 335, 394, 407
Immunizations (vaccinations), 19, 147, 296, 337	Itching
Impetigo, 25, 202	caused by fungus, 205, 242
Implants (birth control), 285, 289–290 , 398	caused by medicines, 68, 70–71, 166
Indigestion	caused by plants, 204
diet for, 128–129	medicines for, 335, 387
during pregnancy, 248	of hands with syphilis, 238
medicines for, 382–383	of the anus (pinworm), 141
medicines to avoid, 54, 64	rashes, allergies, 68, 166, 203, 236, 238
Infantile paralysis (See Polio)	with chickenpox, 311
Infants (See Babies, Newborns)	with scables, 199
Infection, 425	with worm infections, 140–142, 228
after giving birth, 276	IUD (See Intrauterine device)
and diarrhea, 154, 157	
in newborns, 182–183, 275	J
in wounds, 88–89, 96, 213	Jaundice, 30, 172, 274, 318, 321, 328–329, 394,
medicines for, 55-58, 335-336	426
minor, 58	Jock itch, 205
of the appendix, 94-95	Joints, painful, 101–102, 173, 310, 324
of the eyes, 217, 219, 220, 221	56, paa., 16.1 162, 176, 616, 62.1
of the genitals, 236-239, 241-242	К
of the gut, 94–95, 135, 140–146, 243	
of the tear sac, 223	Kala azar (See Leishmaniasis)
of the urinary tract, 234-235	Kangarooing, 407, 410
resisting, 108, 120, 271	Kidneys, 233–234, 426
signs of a serious, 88, 194, 272-275	Kidney stones, 235, 426
Infectious diseases, 18–19 , 135, 425	Kilograms, measuring in, 62, 426
Infertility 244	Kwashiorkor (wet malnutrition), 30, 113, 426



L	signs of infection, 194
Labor, 258–262, 264, 426	TB of, 212
false labor, 258	with AIDS, 402
problems with labor, 267	with breast cancer, 279
·	with brucellosis, 188 or typhus, 190
signs that show labor is near, 258	with German measles, 312
stages of, 259–262	with scabies or lice, 199, 200
(Also see Childbirth)	Lymphogranuloma venereum, 238, 422
Land	, ,
distribution of, w7, w11, 415	M
use of, w11, w13–w16, 115	Molecie 196 197
Latido, 23	Malaria, 186–187
Latrines, 137–139, 153	falciparum, 158, 363
Laxatives, 15–16, 384	fever pattern, 26
misuse of, 126	medicines for, 337, 363–369
Lazy eye, 223	with seizures, 307
Leadership, w5	with sickle cell disease, 321
Learning, w4, w21–w28, 322	Malnutrition
Legs	and diarrhea, 153-155
crossed like scissors, 320	causes of, 115, 283, 414
examination of legs, 37	checking for, 109, 112-113, 297-304
pain in, 288, 321	during pregnancy, 248
Leishmaniasis, 408	in children, 107, 114, 305–306
Lepra reaction, 191, 362	kinds of, 112–114
Leprosy, 10, 38, 191–192, 206, 337, 362–363	prevention and treatment of, 108, 109,
or <i>lepra</i> , 25	112–113, 155–156, 393–395
Lice, 134, 190, 200 , 374	problems caused by, 107, 306
Limits, knowing, w4	signs of, 30, 37, 108, 112, 113, 208–209, 305
Liquids, 39–40, 151	Malta fever (brucellosis), 27, 188
Liters, measuring in, 61, 426	Marasmus (dry malnutrition), 112
Liver, 36, 426	Marijuana, 418
abscesses, 144–145	Mask of pregnancy, 207
	Massaging
diseases, 172, 288, 328	sprains or fractures, 99, 102
infection of, 172	the birth opening, 269
Liver extract, 65, 67	the womb, 264-265
Lockjaw (See Tetanus)	Mastitis (breast abscess), 278, 426
Loss of blood (See Blood, Bleeding)	Measles (Rubeola), 30, 108, 226, 311, 393
Loss of consciousness (See Unconscious	vaccination, 147, 312, 321
person)	Measuring
Loss of feeling, 38 , 127, 162, 173, 191, 192, 279	blood pressure, 412–413
Loss of sight, 225, 414	in pounds and kilos, 62
Loss of sleep (insomnia), 328	medicine, 59-61, 340
Loss of weight (See Weight loss)	Medical attention
Low body temperature, 411	illnesses that always need, 179-192
Low back pain, 173, 248	when to seek, 43, 159
Low blood pressure, 413	Medicinal plants, 12-13
Lumps	Medicine kit, 331–337
in the abdomen, 35, 243, 280	Medicines
in the breast, 279	brand name, 55, 333, 339
on face and body, 191, 228	care in giving to the newborn, 54, 272
that keep growing, 196, 280	dangerous misuse of medicine, 50-53
(Also see Lymph nodes)	during or after birth, 266
Lung diseases	during pregnancy, 54, 247, 400
and smoking, 149	for small children, 62
asthma, 167	generic, 333, 339
bronchitis, 170	guidelines for use, w18-w19, 49-73, 339-400
pneumonia. 171	healing without medicines, 45–48
tuberculosis, 179	how to measure and give, 59-64, 340
Lymph nodes, swollen, 88, 317, 426	how to write instructions for, 63-64
caused by an abscess, 202	limited use of medicines, w18-w19, 49
in the groin, 238, 405	medicines not to inject, 56



reactions to, 68, 70–71, 350	Neck
uses, dosage, and precautions, 339-400	broken, 99
when not to take them, 54-64	stiff, 38, 182-185, 274
Ménière's disease, 327	Needs, felt and long-term, w8-w12
Meningitis, 185, 275, 307	Needles, 74, 401, 403
Menopause, 246 , 426	Neonatal conjunctivitis, 221
	· · · · · · · · · · · · · · · · · · ·
Menstrual period, 245–246 , 281, 291–292, 395–398	(Also see Newborns)
Mental problems, 18, 318	Nerves, 427
Mental slowness, 114, 306, 318, 320–321, 428	muscles and, 37-38
Microscope, 19, 144	Newborns
Midwives	and tetanus, 182-183
danger signs in pregnancy, 249	bacterial infection of the blood, 275
information for, 245–282	bathing, 7, 263, 270
prenatal care, 250	eyes, 221, 237, 270
special risk at birth, 256	feeding, 120, 263, 271
things not to do, 260	hernia, 317
things to have ready before birth, 254–255	illnesses of, 272–275
	medicines for, 54, 272, 337
Migraine, 162, 426	problems with delivery, 268
Milk	small, early, and underweight, 407
and brucellosis, 188	the cord, 262–263, 270
and diarrhea, 156	twins, 269
and ulcers, 129	
powdered, 393	(Also see Dehydration)
(Also see Breastfeeding)	Night blindness, 113, 226–227 , 337
Milk of magnesia, 16, 384	Nodes (See Lymph nodes)
Mineral oil, 16, 384	Non-infectious diseases, 18
Minerals, 111, 116–118, 427	Nose, stuffy or runny, 164–165, 385
Minipill, 285, 288, 396	Nosebleed, 11, 83
Miscarriage (spontaneous abortion), 246, 249,	Numbness (See Loss of feeling)
266, 281 , 416	Nutrition, w11, w13–w16, 107–130, 295
Models for teaching, w22	(Also see Malnutrition)
e de la companya de	
Mongolism (See Down syndrome)	0
Morning sickness, 248, 287	
Mosquitos, 186–187	Obstructed gut, 22, 94
Mothers	(Also see Gut)
health after childbirth, 276, 280	Older persons, 83, 214, 235, 323–330
health and sicknesses of children, 295-321	Onchocerciasis, 227–228 , 379
information for, 245–282	Opium, 418
prenatal care, 250–253	Oral contraceptives, 285-289, 395-396
(Also see Family planning)	Outhouses, 137–139
Mouth, 107, 229–232	Ovarian cyst, 280
Mouth-to-mouth breathing, 78–80, 415	Ovaries, 36, 280, 427
with newborns, 262	Oxytocics, 50, 265–266 , 319, 392
Moving an injured person, 99-100	Oxyuris (pinworm, threadworm), 141
Mucus, how to drain, 169, 427	Oxyuno (pinnomi, uncuamorni), 141
Mucus method, 285, 292	Р
Mumps, 312	
Muscles	Pain
examining, 37–38	asking about, 29
lack of control of, 320	back, 173-174, 248
lack of control of, 320	chest, 179, 325
N	in the belly, 12, 35–36, 94–95, 128, 146, 243
N N	in the eye, 217, 219, 221, 222
Narrow-spectrum antibiotics, 56, 427	in the joints, 101-102, 173, 310, 324
Natural balance, 58	in the leg, 288
Nausea (See Vomiting)	in the teeth, 165, 231
Navel (umbilicus), 427	in urination, 146, 235-236, 239, 242-243
· · · · · · · · · · · · · · · · · · ·	medicines for, 19, 52, 75–76, 162, 335,
cutting the cord, 262–263	380–382
hernia of navel, 317, 318	(Also see Cramps, Headaches)
infection of navel, 182, 272	Pannus, 220



Pap smear, 280	Power of belief or suggestion, 2–5, 24, 428
Papaya, 13	Pre-eclampsia, 176, 249, 251, 424
Paralysis	Pregnancy, 247–255, 286
examining for, 37	anemia during, 124, 248-249, 393-395
from pesticides, 414	bleeding during, 249, 264, 281
from ticks, 201	check ups during, w24, 250-253, 412
in a spastic child, 320	danger signs in, 249-251
in leprosy, 191	difficulty becoming pregnant, 244
in polio, 314–315	ectopic, 22, 36, 93, 243, 249, 280, 416
in stroke, 37, 327	German measles during, 247, 312
in TB of backbone, 180	growth and position of baby, 251-252, 257
of face, 37, 327	how to prevent, 283–295
Parasites, 19, 427	how to stay healthy during, 247
intestinal, 19, 140-145, 308	how to tell the baby's birth date, 252
on skin, 19, 199–201	medicines during, 6, 54, 247, 400
Patient report, 44	minor problems of, 174, 248, 251
Pellagra, 114, 208–209	nutrition during, 118, 250
Pelvic inflammatory disease, 237, 243, 244, 397	record of prenatal care, 253
Penis, 199, 232, 233, 235–240, 286, 404–405	signs of, 247
Peritonitis, 94–95, 129, 189, 427	supplies to have ready before birth, 254–255
Pertussis (See Whooping cough)	(Also see Family planning)
Pesticides	Pregnancy mask, 207
burns in eyes, 219	Prenatal care, 250–253
causing birth defects, 247	Presentation of an arm, 268, 428
misuse of, 414–415	Pressure points, 82
Pharmacist, words to, 338	Pressure sores (See Bed sores)
Phlebitis, 288	Preventive medicine, w17, 17, 131–150
PID (See Pelvic inflammatory disease)	cleanliness, 131–136
Piles (hemorrhoids), 16, 175 , 425	how to avoid many sicknesses, 108, 148–150,
during pregnancy, 248	242, 326
medicine for, 393	sanitation, 137–139 sexually transmitted infection, 239, 403–405
the Pill (for birth control), 285, 288–289 , 395–396	vaccinations (immunizations), 147
Pimples, 211, 421	worms and other intestinal parasites, 140–146
(Also see Chickenpox)	Prolapse of the rectum, 142, 428
Pink eye, 219–221, 308	Prophylactic (condom), 239, 285, 290 , 397,
Pinta, 207	403–405
Pinworm (threadworm, Enterobius), 12, 141	Prostate gland, 233, 235–236, 428
Placenta (afterbirth), 262–264, 269, 428	Protective foods, 110, 428
Placenta previa, 249, 428	Proteins, 110, 111, 112, 113, 116–118, 121
Plantar warts, 210	Psoriasis, 216
Plants	Pterygium, 224, 428
medicinal, 12–13	Pulling out (to prevent pregnancy), 285, 293
that cause itching, 204	Pulse, 32-33, 41, 412-413, 428, inside back cove
Play acting, w23	Pulsing or throbbing of stomach, 23
Pneumonia, 27, 41, 171 , 401, 402 Poisoning, 103	Pupils, examining, 217
	Purges, 15–16
food, 23, 135, 153, 161	misuse of, 92, 126
urine, 239–240 Poisonous	Pyorrhea, 231
bites, 104–106	
plants, 204	Q
Poliomyelitis (infantile paralysis), 314	Questions to ask a sick person, 29, 44
signs of, 37	
vaccination, 147, 296, 314	R
Population, w10, 115	Rabies, 181
Posters, w22	Rash on the skin, 216, 236, 402
Postpartum, 428	diaper rash, 215, 423
diet, 123	like tiny bruises (typhus), 190
hemorrhage, 266, 392	of allergic reaction, 68, 166, 203–204, 356
Postural drainage, 169	of chickenpox, 311
-	



of German measles, 312	Seborrhea, 215
of measles, 30, 311	Seizures, 23, 178, 424
of syphilis, 238	caused by high fever, 76
of typhoid, 189	from birth defects, 273, 319
preventing, 133	in cerebral malaria, 186, 369
with itching, 199-200, 203	in children, 307, 319
Reactions (See Allergic reactions)	in meningitis, 185
Rebound pain, 35, 95, 428	in pregnant women, 249, 392
Rectum	medicines for, 336, 390–392
prolapse of, 142, 428	(Also see Spasms)
Reflexes, testing, 183, 428	Senna leaf, 16
Rehydration Drink, 152, 311, 381, 400, 428	Septicemia, 275, 429
and vomiting, 161	Serious illnesses, w28, 42, 179–192
as an enema, 15	Seven year itch, 199–200, 335, 374
for acute abdomen, 95	Sexually transmitted infections (STI), 236–239,
for dehydration, 9, 46, 158, 306	285–286, 290, 401–405, 429, 430
for newborns, 273	Sheath (See Condom)
for very sick persons, 40, 53	Shigella, 145, 158, 353, 358
Remedies (See Home remedies)	Shingles, 204, 375, 402
Resistance, 428	Shock , 30, 77 , 325, 429
	allergic, 70, 105, 166, 350
to antibiotics, w19, 57–58, 237, 350	from serious burns, 97
to infection, 108, 120, 271	heartbeat during, 33, 412-413
Resources , w8, w12, 115, 283, 428	in postpartum mother, 265
Respiration (See Breathing)	Shoulder, dislocated, 101
Retardation, mental (See Mental slowness)	Sickle cell disease, 30, 321, 394
Rheumatic fever, 27, 310	Sicknesses
Rheumatoid arthritis, 324	causes of, 17–20, 107
Rhinitis, allergic (hay fever), 165, 428	common, 151–178
Rhythm method, (See Counting days method)	dangerous, w28, 42, 179–192
Ribs, broken, 99	"home," 21
Rickets, 125	"hot" and "cold," 119
Ringing of the ears, deafness, and dizziness,	infectious, 18–19
107, 327, 358, 361, 380	non infectious, 18
Ringworm, 11, 205–206 , 373	of children, 215, 272–275, 311–314
River blindness, 227–228, 379	of older people, 323–330 of women, 241
Road to health chart (See Child Health Chart)	prevention of, 131–150
Rotating crops, w13, 115, 117, 429	spread of, 131–137, 140, 188–189, 237–239,
Roundworm (ascaris), 140–141	401
Rubber (condom), 239, 285, 290, 397, 403–404	telling apart, 20–21, 26–27
Rubella (See German measles)	Side pains, 22
Rubeola (See Measles)	Signs, 20, 29 , 429
Rupture (See Hernia)	Sinus trouble (sinusitis), 165, 429
S	Skin
3	cancer of, 211, 401
Salt	chart of different diseases, 196-198
iodized, 130, 247, 318	diseases, 193-216, 408, 423
purges, 16	dryness of, 107, 208
using little, 120, 125, 176, 249, 325, 326	how to examine, 34
Sanitation , w10, 137–139 , 153, 429	in children, 215, 308
Scabies, 34, 199–200 , 335, 374	medicines for, 334–335, 372–375
Scales (to weigh babies), 297	painless sores, 191, 237, 279
Scars	TB of, 179, 212
on the cornea, 224, 226, 228	ulcers, 212–213
on the eyelids, 220	Slipped disc, 173
preventing burn scars, 97	Slowness (See Defects, Mental problems)
Schistosomiasis, 146, 337, 378	Smallpox, 147
Scorpion sting, 11, 70, 106, 337, 389 Scrofula, 212	Small sores with pus, 201, 211
	Smoking
Scrotum, 233, 429	during pregnancy, 318, 418
small sores on, 199	problems caused by, 119, 129, 149–150, 289
swollen, 317	325, 326, 402, 418



Silalis, 140	310013
Snakebite, 104–105	in acute abdomen (obstruction), 94
antitoxin, 70, 105, 337, 389	in diarrhea (dysentery), 144–145
home cure for, 3	like rice water, 158
Soaks , 102	white or pale, 172
Social conditions, 283, 403, 417, 419	with blood, 128, 146, 189
	with schistosomiasis, 146, 378
Soft drinks, 155, 161, 229	with typhoid, 189–190
Soft spot (See Fontanel)	with ulcer (black, tarry stools), 128
Solda con solda, 14	(Also see Constipation, Feces)
Sores	Story telling, w23
bed sores, 41, 214	Strabismus, 223
chronic, 20, 127, 212, 213, 236, 324, 408	Strains, 102
large, open, 127, 213–214	Strep throat, 310
mouth, 232	
of the feet, 324	Stretcher, 100
on penis or genitals, 199, 205, 232, 237, 238,	Stroke, 37, 78, 288, 327, 412
242, 402, 404–405	(Also see Heat stroke)
sugar or honey treatment for, 213, 214	Sty (hordeolum), 224, 429
that keep growing, 127, 191, 211, 213, 214	Suction bulb, 84, 255, 262, 268
without feeling, 191, 237, 279	Sugars, 110, 111 , 429
with pus, 199, 201, 408	Sulfonamides, 55, 356
(Also see Skin)	Sunken fontanel (See Fontanel)
Sore throat, 163, 309–310	Sunlight
Spasms , 183 , 429	and acne, 211
in spider bite, 106	and rickets, 125
in tetanus, 182–184	and skin problems, 195
(Also see Seizures)	Supplies
Spastic, 38, 319–320	for childbirth, 254–255
Sperm , 233, 244	for the medicine kit, 334, 336
Spermicide, 285, 290, 397	Suppressants, 429
Sphygmomanometer, 412	cough, 52, 385
Spider bite, 106	Surgery
Spleen, large, 158, 186, 394, 429	immediate need for, 91–95, 177, 222, 267
	possible need for, 102, 175, 177, 211, 222,
Sponge method, 294 Spontaneous abortion (See Miscarriage)	225, 235, 243, 279, 280, 293, 317, 319, 32
Spots before the eyes, 227	Susto, 24
Sprains, 102, 429	Suture (See Stitches)
Spread of disease, 131–137, 140, 190, 237–239,	Sweets, 115, 119, 122, 229, 410
401–405	Swelling
Squint, 223	breast swelling and lumps, 278–279
Starches, 110, 203, 410, 429	caused by medicine, 68, 70–71, 231
Starvation (See Malnutrition)	home cure for, 12
Sterile, 429	in old age, 323
bandages, 87	of broken arms or legs, 14
men and women, 236, 244, 414	of hands and face, 108, 239, 249
Sterilization, 429	of strains and sprains, 102
of equipment, 74, 403	of the eyes, 144, 221, 313
of syringes, 69, 72, 74	of the feet, 113, 124, 144, 176, 248–249, 32
to prevent pregnancy, 285, 293	of the scrotum or testicles, 312, 317
Steroids, 51	with infection, 194
Stethoscope, 412	(Also see Lymph nodes, Swollen belly,
Sting	Varicose veins)
bee, 70	Swollen belly
scorpion, 106	different causes of, 20
Stitches (sutures), 86, 255, 269, 425	in children, 107, 112, 114, 321
anesthetics for, 381	in giardia infection, 145
Stomach ache , 12, 93 , 429	in gut obstruction, 94
(Also see Belly, Cramps)	in malnutrition, 112, 114
	in pregnancy, 248, 249
Stomach ulcers, 128–129, 149, 382–383	(Also see Gut)



• • • • • • • • • • • • • • • • • • • •	- (0, 0,)
Symptoms, 29	Tumors (See Cancer)
Syphilis, 10, 237–238, 405	Twins, 251, 256, 269 , 289
Syringe, 72, 74, 336, 339, 403, 407	Twisted joint (sprain), 102
т	Typhoid fever, 188–190
' '	fever pattern, 26 medicines for, 356
Taboo, 23, 430	pulse with, 33
Tapeworm, 143, 377	·
TB (See Tuberculosis)	resistance to medicines, 58
Teaching, w2, w4-w5, w21-w28, 321	Typhus, 26, 190
materials, addresses for, 431-434	U
Tear sac, infection of, 217, 223	ŭ
Teaspoons, for measuring, 61	Ulcer, 430
Teeth, 133, 229–232	on the cornea (eye), 224–225
Temperature, 30-31, 272, 411, inside back cover	skin, 20, 212, 213, 324
(Also see Fever)	stomach, 13, 36, 53, 128-129, 149, 383
Tepeguaje, 14	Umbilical cord, 430
Testicles, 233, 286	and tetanus, 182
swellings of testicles, 312, 317	how to cut, 262–263
Tetanus (lockjaw), 182–184	infection of, 270, 272
from a wound, 84, 89, 105-106, 390, 409	wrapped around the baby's neck, 268
in the newborn, 182–183, 273	Umbilical hernia, 317, 318, 430
medicine for, 184, 336-337, 390	Umbilicus (See Navel)
vaccination, 147, 184, 296	Unclnaria (hookworm), 133, 142
Thalassemia, 394, 430	Unconscious person, 78, 426
Thermometer, 31, 334	breathing of, 32
Threadworm (pinworm, Enterobius), 141	difference in pupil size, 33
Throat	in shock, 77
lump on the throat, 10, 130, 425	Under-Fives Program, w20, w24, 297, 430
object stuck in, 79	Undulant fever (brucellosis), 27, 188
sore throat, 163, 309-310	Units, measuring in, 60
Throwing up (See Vomiting)	Uremia, 239–240
Thrush (Candida), 232, 402	Ureters, 233
Ticks, 190, 201 , 430	Urethra, 233, 235, 286, 430
Tinea, 205–206	Urination, difficulties with, 234–236, 239–240,
Tinea versicolor, 206	324, 405, 412
Tobacco , 129, 418–419	Urinary tract, 36, 233–234, 430
Tongue, 232	Urine
Tonsillitls (Inflamed tonsils), 309	blood in, 146, 234, 378
Toothache, 231	brown, 172
Toothbrush, homemade, 230	dark yellow, 151
Toothpaste, 230	less than normal, 151, 236
Toxemia of pregnancy (See Pre-eclampsia)	too much or often, 127, 234
Trachoma, 220	pus in, 236
Traditions, w3, w11, 1, 2, 21	Using this book, inside front cover, w28
Trichinosis, 144	Uta (See Leishmaniasis)
Trichocephalus (whipworm, Trichuris), 142	V
Trichomonas, 241	v
Trichuris (whipworm, Trichocephalus), 142	Vaccinations, 19, 147, 180, 250, 296, 321, 337,
Tropical sore (See Leishmaniasis)	407
Tubal ligation, 294	Vagina, 233, 286, 430
Tuberculosis, 108, 179–180 , 337	infections of, 241-242, 371
and AIDS, 398, 402	placenta blocking, 249
and children, 136	tearing during birth, 269
and measles, 311 medicines for, 359–361	Vaginal discharge, 241–242, 371
of the lymph nodes, 212	Vapors, breathing hot water vapors, 47, 168
of the skin, 212	Varicose veins, 175, 213, 288, 412, 430
of the spine, 173	and chronic sores, 20, 212, 213, 324
signs of, 30, 37	during pregnancy, 248
vaccination, 147	Vasectomy, 294



how to lose weight, 126 in the newborn, 273

venereal diseases (VD) (See Sexually transmitted	sudden (denydration), 151
infection)	(Also see Malnutrition)
Venereal lymphogranuloma, 238, 422	Welts (hives), 68, 203 , 238
Ventilated improved pit latrine, 139	Wet malnutrition (kwashiorkor), 113
Verrucase (warts), 210	Whipworm (Trichuris, Trichocephalus), 142
Village health committee, w24	White spots and patches on the skin, 206-207
Village health worker, w1-w7, w29, 43, 340	232
Village medicine kit, 336–337	Whooping cough (pertussis), 168, 313
VIP latrine, 139	medicines for, 313
Virus, 19, 401–403	vaccination, 147, 296
	Witchcraft, 5, 24
Vision (See Eyes)	
Vital signs, 41, inside back cover	Withdrawal
Vitamins, 110, 111, 116–118, 393–395, 407	from drug addiction, 419
injections of, 65, 67, 118	to prevent pregnancy, 285, 294
the best way to get, 52, 118	Womb, 286, 430
vitamin A, 226, 393	cancer of, 280
vitamin B, 208	contractions of, 258, 266
vitamin C, 248, 335,	infection (See Childbirth fever)
vitamin B ₆ , 360, 395	massaging, 264–265
vitamin B ₁₂ , 51, 65, 394	position of the baby in, 251, 257
vitamin K, 265, 272, 337, 394	Women's health care, 241
(Also see Iron, Zinc)	Working together, w5, w24
Vitiligo, 207	Worms, 140–146, 227–228, 408–409
Vomiting, 161	causing obstructed gut, 94
· · · · · · · · · · · · · · · · · · ·	in children, 308
during pregnancy, 248, 249	medicines for 335, 375–377
enemas and laxatives with, 15	prevention of, 47, 131–134
how to cause vomiting, 103, 390	·
in the newborn, 273	Wounds
medicines for, 161, 335, 387–388	abdomen, 92
violent vomiting, 151	bullet, 90–93
with blood, 128, 328	chest, 91
with diarrhea, 151, 157	controlling bleeding of, 82
with urine poisoning (uremia), 239	deep, 89–92
	from a broken bone, 99
W	how to close them, 85–86
Wandering eyes, 223	infected, 88–89, 213, 403
Warm compresses, 193–195	knife and bullet, 89–93
	medicines for, 93, 334
Warts, 210, 212, 402, 404	small, 84
Water, healing with, 45–48	that may cause tetanus, 89, 182
and cleanliness, 46, 131, 135, 137–139, 144,	to the eye, 217–218
146	.,
and spread of disease, 146, 188	X
for fever, 75	Xerophthalmia, 113, 226, 306, 337, 393, 430
to ease pain of burns, 96	Xerosis (See Xerophthalmia)
vapors, 47, 168, 385	X ray, 102
Weakness, fatigue, 23, 124, 323, 402	,,
Weight	Υ
and diet, 110-111, 127	
deciding dosage by, 340	Yaws, 198, 202 , 238
homemade scales, 250	Yeast infection, 19, 58, 232, 242, 371–372, 374
importance of losing, 125–127, 325–326	Yellow Fever, 187
in pounds and kilos, 62	Yesca, 11
measuring medicines, 59-61	Yogurt, 57, 155, 232, 242
weight gain, in children, 297-304	
weight gain in pregnancy, 247, 250	Z
Weight loss	Zika , 187
chronic, 179, 180, 402	Zinc, 155, 159, 395
different causes, 20	, 100, 100, 000

