

Every mother's book, or, The child's best doctor / by Alfred Fennings.

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EVERY MOTHER'S BOOK;

OR

The Child's Best Doctor.

BY

ALFRED FENNINGS,

AUTHOR OF TREATISES "ON THE CAUSE AND CURE OF BRONCHITIS," "CAUSE AND CURE OF TYPHUS FEVER," "VOLCANIC ORIGIN OF CHOLERA," "HOOPING COUGH AND ITS REMEDY," ETC.

CONTAINING THE BEST MEANS TO CURE

Coughs
Colds
Convulsions
Chicken Pox
Eruptions
Fevers
Gripes
Hooping Cough



Looseness
Worms, &c.
Measles
Mumps
Nettle Rash
Red Gum
Rashes
Ringworm

Sores
Sore Eyes
Sore Throats
Sore Nipples

Scarlet Fever
Scarlatina
Scald Head
Teething

Thrush
Wind
Weaning Brash
Watery Brain.

The OMNISCIENT GOD never intended that nearly half of the Babies born in this country should die, as they now do, before they are five years of age. Carelessness, *poisonous white Calomel Powders*, and a general ignorance of simple safe remedies, to cure their peculiar diseases, have been the fatal causes.

ENTERED AT STATIONERS' HALL.

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It is most advisable that the few Medicines mentioned in this book should be kept in every house, ready for immediate use; for if the proper physic were always given at the *beginning* of Diseases, there would not occur half the number of those Deaths over which we have now every year to mourn. And Mothers may rest satisfied by knowing, that no doctors have any means or Remedies superior to those here recommended; and that if *anything* will save a child's life ~~these~~ will do so.—The Medicines can be obtained of any respectable Chemist.

CAUTION.

We have been frequently told that several Chemists, when asked for *our* Children's Powders, have, in their great anxiety to benefit, offered to give "something quite as good;" now, we humbly differ in opinion, and only hope *the substitute*, for which we feel thankful we are not responsible, does not do much injury.

The only sure safeguard is, to ask for a box of *Fennings' Cooling Powders* and receive only *that* for which you ask.

Sold in Stamped Boxes at 1s. 1½d. and 2s. 9d. (great saving), with full directions.

Beware of Injurious Imitations.

Observe the Proprietor's name, ALFRED FENNINGS, printed on the Government Stamp round each Box, without which none is Genuine, and to counterfeit which is Felony.

NOTICE.

FENNINGS'

COOLING



CHILDREN'S

POWDERS.

We have heard that some unprincipled Persons are selling *injurious imitations* of FENNINGS' CHILDREN'S POWDERS, and we should be very thankful for any information that will enable us to prosecute the base offenders.

The law takes notice of INTENT as to fraudulent sale; that is, if a purchaser desires my article, FENNINGS' CHILDREN'S POWDERS, and other Powder is sold to him as such, an action may be brought for heavy damages, or an *Injunction* in Chancery obtained.

Observe, that on each of the genuine Powders is printed FENNINGS' CHILDREN'S COOLING POWDERS, with my Trade Mark, A BABY IN A CRADLE, in the centre. ALFRED FENNINGS is also printed on the Government Stamp placed around each Box. and to imitate which is FELONY.



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PREFACE TO THIS EDITION.

OUR FAIR READER.—

This New Edition presents another opportunity for our saying to you a few more words. The *theme* shall still be the necessity of yourself becoming your Child's only Doctor—and its object, the safety of the little *earth-angel* that nestles in your bosom, and the life-preservation of the small *loved ones* who lisp you Mother.

Once more we would earnestly entreat you not to permit the present Medical *mania* for prescribing *Mineral Poisons* and *Deadly Drugs* to find a victim among *your* little flock, nor allow any Man's hobby of pet poisons to sacrifice the life of your helpless, confiding child, who, until its own reason can act, looks solely to you to protect it from every harm.

Oh! if we were to tell you some sad tales, culled from a five and twenty years' Medical experience—of the many sweet cherub Children we have seen, whose bright, laughing eyes have been permanently filmed, and closed in lasting sleep, from the effects of the *too-strong doses* of ignorance and Professional *mistakes*—or recount to you a few of the numberless instances we have known of *unintentional* slow poisonings by *White Calomel* and *White Antimony Powders*, wherein the first dose taken, has perceptibly been the first downward step towards the poor little innocent's grave; or, could we exhibit to you divers little blanched bodies, mortally drained (calf-like) of their life's blood by *lancet* and *leech*, we undoubtedly think each anxious mother would immediately make three good resolutions:—

FIRST.—To be her Child's *only* Doctor; to trust herself, and believe that the same *reason* which assists her in comprehending difficult *crochet-patterns*, will also enable her to understand a few Medical facts, and to remember them.

SECONDLY.—Never to give her Child *White Calomel* or *Antimony Powders*, nor any preparations of MERCURY—the pernicious mineral which rots the very rats in the mines which yield it, and which quickly paralyses and kills the unfortunate men by whom it is collected.

THIRDLY.—Only to give her Children, simple, harmless physic, and never, under any pretence, to let her Child be blood-stained by lancet or leech—those fatal robbers of the red life-stream, of which there is never more than enough, and whose *proper* quantity alone keeps the heart in motion, and the child in life.

And now, our gentle reader, let us again urge you carefully to read through several times the following pages, and you will then know as much, nay more, about Children's diseases, and how to cure them, than many of the professed Doctors; and being likewise NURSE, will be much better able to save life.

We cannot better conclude than by attesting to the great gratification we feel in knowing, by the flattering letters and testimonials we constantly receive, that our humble efforts to preserve the lives of the “sweet little pledges of affection,” and to prevent Children being poisoned with the *best intentions*, have met with high approbation, and been encouragingly successful; and if life be spared, we trust by our continued exertions to prove a yet greater blessing to Mothers and Babies.

A. F.

* * FENNINGS' CHILDREN'S POWDERS, mentioned in page 17, were expressly prepared as a convenient, simple Medicine, just suited for Mothers to have always ready at hand; and though they are made from the most harmless materials, they are unsurpassed in always curing the complaints for which they are so highly recommended. They can be obtained or ordered at all respectable Chemists; or, if required, they can be immediately sent by letter, post free, direct from the Proprietor. See page 17.

INTRODUCTION TO THE FIRST EDITION.

NEARLY half of the Children born in this country die before they are five years old! What a fearful fact for newly-made Mothers to know. But correct Government reports show us that it is perfectly true. In London alone, almost twenty-five thousand Children die every year, who have not attained ten years of age. But who are to be blamed for this? The Mothers or the Doctors? Certainly not their all-wise Creator.

We will leave this delicate question with a lament, that too many Mothers gorge, and improperly feed their babies; and that too many Doctors imprudently give violent *Mineral* medicines, which if they do sometimes relieve a disease, are also very unsafe, and likely to destroy the tender life of infancy. *Arsenic, Antimony, Calomel, Sugar of Lead, &c.*, were never meant for baby's physic, nor indeed to be taken into any human stomach. They do well enough to kill rats and other vermin, but were never intended to restore health, either to man or child; for their poisonous action always weakens the body, and their continued use will leave it a complete wreck.

But this awful yearly waste of infant life should no longer continue, for with common sense, a little more care, and by the means of a few simple, safe, sure, and ever-ready remedies, *four* of every five of those hitherto fated babies, can easily be saved from such an early, such a premature death.

Our own five-and-twenty years' experience in prescribing for Children, has convinced us that the great God, whose consummate wisdom makes the Mother the NURSE and GUARDIAN of her loved Child, also intended her to be its DOCTOR. And who so well fitted as the never-absent, ever-observing parent? A mother's watchful care, stimulated by love, would soon surpass the efforts of our best physicians.

To understand properly the life-preserving value of a fond Mother's attentions, look at the fatal result when Children are deprived of them. In the Foundling Hospital of Paris there are *seven thousand Infants* yearly admitted; and how many of these Children, think you, live to be ten years old? Only one hundred and eighty! Of Doctors they have plenty—perhaps *too many*—likewise good food and warm clothes. The only want is, a *Mother's* tender care.

But a fond Mother has frequently said to us,—“I am quite aware that my darling Children are liable to many disorders peculiar to their young age, but I neither know, nor can know, anything of these diseases, and am equally ignorant of any innocent remedies to cure them. I am therefore compelled to entrust their lives, so invaluable and dear to me, to those persons who have studied these complaints, and consequently must know how to cure them.”

These are very plausible remarks; but fortunately there is an error or two in the suppositions. First, because every willing Mother *can learn*, in a few hours, everything that is known, or rather worth knowing, and really useful, respecting these diseases (see the following pages); and, secondly, because it is not every person who has professedly studied Children's diseases *can cure* them; else, why do half of the babies die? or why are seen in every churchyard so many little grassy hillocks? No! albeit there exists in this country forty thousand Medical men the death of a baby is, alas! no rare

occurrence, although it is said to be rather an uncommon thing among the unlearned and uncivilized Indians. But then they have no Medical Colleges!

In order to give, therefore, every anxious Mother the best opportunity to preserve the lives of her young offspring, during the critical years of infancy—to enable her to know, and safely to cure, the common diseases of childhood without any other assistance, to protect her from quackery and from all the poisonous mineral doses of *unlicensed* or *licensed* doctors, and to help her to rear her children to strong, healthy, happy manhood, this little Book has been brought before her notice, as her best *Guide*, containing, as it does, full explanations of Infantine disorders and their symptoms. Also giving valuable *hints* from the twenty-five years' experience of one whose happy lot it has frequently been to bring back sweet hope to the hopeless mother, and healthy life to the dying child, when all others have given it over unto death. And likewise prescribing a few safe remedies, which if timely used, will always cure, will agree with the most delicate constitution, and which do not contain Calomel, Antimony, Mercury, nor anything else injurious to the human system.

These few *Curatives*, so strongly recommended, occupying but a very small space, should always be kept in *every* mother's possession ready at hand, to be given upon any sudden attack of disease—for most *illnesses* are easily cured by *immediate* attention; so that these remedies will be equally available and valuable to emigrant Mothers on ship-board, in the distant colonies, or in the lonely backwoods, as to those living in crowded towns, or country villages.

Bringing forward the valuable REMEDIES, which are herein prescribed, in the form of Patent Medicines, may by some be objected to. It is, however, a practice, now much adopted by our first Physicians and Surgeons; is very convenient, and suits this progressive age. But the best reason for doing so in the present instance, is, because it cannot be avoided, if we wish to do extensive and universal good. Indeed, it is the only sure way of enabling every Mother to become possessed of these safe remedies; and we have yet to learn that placing a Government stamp around the medicines, will take away a particle of their virtue, or lessen their healing power.

Besides, not being ubiquitous, and only capable of being in one place at a time, and not everywhere at once, we feel the difficulty of our position, and our philanthropy is highly delighted to know that by this arrangement all difficulty is removed, that all the *necessary* medicines that any mother will really require, to cure all the disorders of infancy and childhood, can now be carried, by these public means, in her *pocket-book*, ready for immediate use, at all times, in all places, at home or abroad.

In conclusion, to give confidence, satisfy doubts, appease all anxiety, and to prove the life-saving efficacy of the following simple remedies for children's diseases, we will, with thankfulness, conscientiously declare that wherever they have been timely adopted, and used as prescribed, we have not known *one* case fail, among the many thousands who have used them, for they have always quickly restored the sick child to perfect health.

The remedies (see page 17) are sold by all respectable chemists; but if there should be any difficulty experienced in obtaining them, a packet of either sort will be sent, *post free*, by return of post, to any address in any part of the United Kingdom, upon receipt of a letter, enclosing 1s. 3d., or 15 penny postage heads, directed to ALFRED FENNINGS, WEST COWES, ISLE OF WIGHT.



CAUTION AND HINTS.

SLEEP—The more an infant sleeps naturally, when it is first born, the better it will be for it. For the first two or three months, the child, if in perfect health, will sleep almost incessantly, awakening only when it requires food. As it becomes older, the baby will become more wakeful, and if sleepless in the nights, will require management, by keeping it awake in the day-time.

Never lay down an infant to sleep immediately after feeding; doing so will sometimes produce convulsions.

NARCOTICS—Mothers, as you value your Infant's life, we beseech you never to drug it to sleep with *Syrup of Poppies*, *Laudanum*, *Paregoric*, nor any Opiate. Oh! how your hand would tremble if you were aware, that when you give these *brain-congesting doses*, you are slowly poisoning and destroying your Child. Yet such is the fact. Well may they be called *quietings*. Nothing is so quiet as Death. Do not hazard being haunted by the thought that your own hand has hurried your bosom-babe to the grave. Whenever you are tempted to give your Child a *dangerous sleep* by these deadly *sleeping syrups*, remember, *a little more of it*, and your Child may never again awake. The **INFANTICIDE** by *Narcotics* has been, and still is of fearful extent. More Children have been destroyed by *them* and *Mercury*, than ever fell victims to the blood-stained wheels of Juggernaut, or the child-fed alligators of Hindoostan. Yes, and the poor deluded Mothers have welcomed as a blessing the unnatural sleep of their Babes—that *stupefaction*, which is the most sure symptom of *brain congestion*, and they have said, "Those nice drops have made the Baby so easy and quiet." Nice drops, indeed. Call them **DEATH DROPS**!

If your Infant is sleepless, restless, and fretful, most likely *Acidity* from *undigested Milk* is painning its little Stomach—for even Babies do not cry for nothing. Give the Infant every hour or two while restless, a tea-spoonful or two of *Dill Water*, or during the evening give a *Cooling Powder* in a little Water. This will dilute and correct the painning Acid, and promote refreshing sleep better than any *death drops*.

Mothers, when they are suckling, should never, under any circumstances, drink *spirits* of any sort, as it would make the Infant's blood inflammatory and hot, also making the babe liable to fall a victim to teething and many diseases.—It is *duty* to attend to this fact.

If possible, always suckle your child yourself. Fearful diseases imbibed—sufferings from carelessness and neglect—distorted limbs and mis-shapes—and

the deaths of millions of Babies, have been the result of the *hired Breast*. It is a *proved fact*, that nearly *twice* as many more Infants perish when intrusted to a *Wet Nurse*, than when suckled by the Mother herself, or by her carefully brought up by hand.

Always put an infant *early* to the Breast; that is, as soon as the Mother is composed and recovered from the fatigues of *labour*. This *first milk* will cleanse the Babe better than any drug, and be Nature's best purgative. While the Mother, by this early suckling and gradual formation of milk, will be often saved *sore nipples*, much pain, and most likely escape the inflamed and *bad breasts* which are but too commonly attendant upon a first confinement.

As a hint to the Baby how to suck—dip your finger, or the end of a tea-spoon in a little *milk and water*, sweetened with *white sugar*, and place it in the Infant's mouth.

MILK is the only natural food for an Infant; it should therefore have no food but from the breast, until the teeth appear. Nothing else contains so much nourishment; therefore to stuff a baby with paps and slops, is to deprive it of the most strengthening food; for if its stomach be filled with *pap*, there *cannot* be any room for the *milk*. Notwithstanding repeated advice, it is, however, too much the custom to give other diet. The least injurious of these are *baked flour, plain biscuits, and rusks*.

Do not fear that you will starve the Baby by only suckling it. Observe how the young of all animals thrive, and become fat, solely upon *Milk*.

Besides, Milk is the very essence of all that is strengthening and nourishing, and is produced from all kinds of invigorating Food. Providence, always wise, kindly ordains that until the helpless infant has *Teeth* of its own, and can chew or masticate for itself, the Mother shall do so for it. It is in *her Stomach* that Meat and other nutritious Food is digested and dissolved, and it is *her* functions which convert it into a kind of WHITE BLOOD which is sufficient for *every want* of her growing Infant. Thus the Parent eats instead of the Babe.

If the mother have not milk enough, or, from bad health and weakness, cannot suckle the child, the best substitute will then be good cow's milk, *mixed with a third part* of warm water, and sweetened with a little lump sugar. The baby should suck this from a feeding bottle, around the mouth of which a piece of clean parchment or calf's teat has been tied.

All Baby Food should be as fresh as Breast Milk. *Sour Pap* and *stale Food* have much to answer for in the illnesses of Babies.

A baby newly born should at first be put to the breast every two or three hours, and about three times during the night; but after a few weeks only three times a day, and not at all in the night, as it often occasions gripes. A baby *requires* no other feeding but this.

If any Mother doubt the greatness of the injury done to Infants and Children by giving them Food they cannot *digest*, we cannot do better than remind her of the *Screaming Fits* and *Night Terrors* (so called) of Children, wherein the Child, drenched in cold *Perspirations*, wild with affright, and shrieking with alarm, awakes from disturbed slumbers. The poor Mother is also sadly frightened; but she should not have crammed the Child the previous day to indigestion, for it is *that indigestible Food* only, which injuring the *Bowels*, is irritating the Brain, and is the simple cause of those distressing effects.

If an infant be very fretful, look if a pin or anything else is hurting it. If restless and feverish, suspect you have over-fed it, or have given some indigestible food. Do not give the Baby the breast every time it cries: having been fed too often may be the actual cause of its fretfulness; for when over-fed,

the milk turns sour on the Infant's stomach, and sickness, restlessness, and cries, give notice of this injurious fact. Some mothers are so fond of *cramming* their Babies, that they would feed them during sleep if they could. Such too-kind Parents ought to know, that *nearly all the complaints of infants are from Acidity*, the result of over-full Stomachs.

The bowels of an Infant in health should be opened from two to four times in the twenty-four hours. The stools should be rather liquid, or of a lightish yellow colour; should not have any sour smell, neither any white *curds* nor lumps in them.

WEANING—The proper time for weaning is from *seven to twelve months*, or according to the Child's health. From the first appearance of the **TEETH**, weaning should be gradually begun, giving instead, some plain bread pudding or other light diet, once or twice a day. Bread and milk is the most nourishing food for all Children.

Let **BREAD** and **MILK** be the daily food of your weaned Child. Children fed with it will thrive, be strong and healthy, and become little models of youthful strength and childish beauty, to whom the usual Diseases of Childhood will bring but little danger. It is feeding Children upon stimulating Meats, and Food heating to the Blood, that causes so many young ones to fall victims to Hooping Cough, Measles, and other inflammatory Complaints.

Give your Child *brown Bread*; most of the *white Bread* has *Alum* put into it. This *Alum* *chemically destroys* all the *bone-making* substance which exists naturally in the Wheaten flour. If a child, then, eat only this *Alumed Bread*, how can he have strong bones, good legs, or avoid rickets? Don't have a bandy-legged, bow-knee'd, rickety Child, but give it good wholesome bone-making *brown Bread* to eat.

CLOTHES—Never fasten the Infant's clothes with pins, but use buttons, string, tape, or thread. Let no tight bandage, nor cramping roller, nor stays, rob your Babe of half its breath, but let everything be free, easy, and loose. Do not forget, that the bones of a new-born Infant are at first but little better than gristle, and, jelly-like, can be moulded to any shape. Many a suffering child has borne through life a contracted Chest, and *forced-in* Ribs, from having been early *squeezed* by their swaddling clothes, and numbers have, in various ways, been lastingly injured and deformed.

In clothing a Baby never forget that it is of the greatest consequence that no Cold nor Cough should be caught within the first twelve months of its tender life. *Old and young* should wear *flannel* next to the skin.

WASHING—To keep the infant sweet and wholesome, let it be washed twice daily. Every morning well wash, with a soft sponge, the head, neck, face, and limbs; and every night, the whole Body with every crease of skin. Do not use soap, except to the hands. Let the water used be *blood-warm*, that is, when it feels to the hand neither warm nor cold. After washing, briskly rub the Infant thoroughly dry with flannel or a soft cloth; and then dust the joints, armpits, neck, &c., with Hair Powder or Starch. Chafings, and Sores at the joints, are often great tell-tales of indolence and neglect.

EXERCISE—The only exercise of a newly-born Infant is the dandling of the nurse, and its own lusty cries. It should, however, with the hand be briskly, yet softly, rubbed all over its little Body twice or three times a day. After a few weeks have passed, it may for a short time have a daily roll on a carpeted floor. After some months' rolling, the Babe will gain much strength, become ambitious, and with more or less success attempt to stand. Do not now interfere and do mischief; all its efforts should be its own—they are natural. When it has *proper strength*, it will please you and *toddle*. Burn all *leading-strings*.

NEVER give *Calomel* to your Child, nor *Antimony* (white powders), nor any physic in which they form a part. These *mineral* powders are *irritating poisons*, and always leave the tender bowels injured, sometimes for many after years, sometimes beyond recovery. The effect of CALOMEL is always to make the stools appear unnatural; it actually creates the very green slime which the poor deluded Mother fancies it is merely moving. The green slimy stool is produced by the Calomel corroding, or *eating away* the *mucous coat* of the stomach and entrails.

Never allow a blister of *Spanish Flies* to be put on your Child. The POISONOUS *fly*, of which it is made, becomes almost always absorbed into the blood, and increases fever, besides weakening the Child by drawing away the *watery serum*, and thickening the already too thick blood. To prove this is true, put a blister on a healthy Child, and observe how irritable, feverish, and weak he will become; keep it on long enough, and he shall die from that blister. No; if you wish to use a good counter-irritant to take away internal inflammation, apply for a few minutes a *mustard poultice*, as directed, page 18, for that will always benefit, and never injure by its use.

Never apply a *leech* to suck away your Child's life-blood, nor ever allow a lancet to be used to destroy him.

The quickest and safest *opening* medicine for an Infant or Child, when the bowels require *instant* relaxing, is a tea-spoonful or two (according to the age) of castor oil, given in a little warm water. But for occasional use when the bowels are costive, the best aperient is the *Powder of Turkey Rhubarb* given in doses of *ten or twelve grains*; a grain or two, more or less, is of no consequence. For an infant, give *ten grains*, for a child two or three years old, give *fifteen grains*. Rhubarb is an excellent and safe aperient, and with many virtues, has this great advantage over all other *opening* medicines, its action never inclines the bowels afterwards to *greater* costiveness. Adults would do well to take the hint—abandon *poisonous calomel*, and all other *constitution-destroying* purgatives, and take instead, when requisite, thirty or forty grains of good friendly *Rhubarb*, the safest and best drug to reform the liver, stomach, and bowels.

Before (not after) you give a Child Medicine, always let it suck, for a minute or two, a Peppermint Lozenge, or a piece of Orange peel; the physic, however nauseous, will not then be tasted—first impressions are everything. This is no valueless hint: for the irritation, crying, and general disturbance, which are created by making a reluctant Child take repeated doses of distasteful physic, often causes more harm than the medicine does good.

When you give Medicine, always do so when the stomach is empty.

WARM BATHS—When a *Warm Bath* is ordered, the water should be only as warm as the hand can easily and comfortably bear. Be careful that the Water be not *too hot*.

ALL MEDICINES should be taken when the stomach is empty.

PRECAUTION.—We will finish our hints with a most important one. Keep *always* in the house, *ready for immediate use*, the Medicines recommended in this book, so that Diseases may be cured with their first symptoms. Some foolish Mothers, we are sorry to say, allow diseases to become so bad, that the poor suffering babe or child, with its lungs or stomach partly destroyed, gives almost its last gasp of breath, and last suffering glance, before our Medicines are given, or our advice followed, which then are fully expected to restore the dying child. God alone can perform miracles

TEETHING.

TEETHING is a grievous time of trial for most Infants. But the Child which has not been over-fed, and whose blood has been kept cool, by simply taking its natural food, MILK, will now receive the rewarding benefit, and will, without danger or much inconvenience, *cut its teeth*; while those Babies which have imprudently been stuffed with gravies, pieces of meat, cordials, &c., or have been over-fed, will now greatly suffer, and may, by the indiscretion, perhaps lose their lives.

FEVER and Inflammations are often the result of *Teething*, with overheated blood. The babe becomes fretful and feverish; starts and cries during sleep; sometimes convulsions will occur.

The teeth begin to appear between the fifth and eighth months, usually the seventh—the *front* teeth first, then the *dog* teeth, and lastly the grinders—until the ordinary number (sixteen) of Children's first set are complete.

Teething almost invariably begins in the lower jaw: the two front or middle teeth are those usually first cut, then the two corresponding teeth in the upper jaw, and so on.

HOW TO PROMOTE EASY AND SAFE TEETHING.

Keep the blood cool and the bowels regular, by giving one of *Fennings' Cooling Powders* (see page 17) three or four times a week.

If the skin becomes very hot and dry, put the Child, at bed-time, up to the neck in warm water, for ten minutes, then dry, wrap in flannel, and give a "*Cooling Powder*" (see page 17) in a tea-spoonful of water.

If the gums be very red and swollen, have them cut or lanced; this will save the Child much pain.

If the child be attacked with *Convulsions*, do as advised in page 9.

CAUTIONS.

Never give the smallest piece of meat to a Child until the teeth have come, which will enable him to chew it. This folly has killed many thousands of Babies. MILK is the only suitable food for toothless gums.

Never rub the gums with Syrup of Poppies, nor any sleeping Syrups: gently rubbing your finger on the gums will do equal good, is safe, and will not injure the Baby's brain, as those *narcotics* do.

During teething, a *rash* will sometimes break out on the face or head, sometimes behind the ears. Never apply any astringent lotions to them; it would be dangerous. Wash with a little warm water, dry, and then dust them with a little oatmeal or hair powder, if they be sore.

Do not give the Infant an ivory or bone ring to suck, but a piece of stick liquorice, or a black india-rubber ring, or a crust of bread will prove of great service, and be the best *suckthumb*.

FEVERS.

The fevers of infancy are various; the natural irritability and excitability of a child's system predisposes it to *feverish* symptoms. These mostly accompany the derangement of health which is occasioned by unfavourable teething, imprudences in diet, catching cold, Bowel Complaints, Worms, &c. Nothing will so soon take away this feverish state as putting the child up to the neck in warm water, for ten minutes every other night—giving a "*Cooling Powder*" (see page 17) every day, and if necessary, a tea-spoonful of Castor Oil once a week.

Typhus fever must be cured like Scarlet fever. (See page 14.)

CAUTIONS.

Mothers, we earnestly urge you not to give your Babies any meat, nor broths, nor cordials, nor indeed anything which increases the heat and Circulation of the Blood, for you will by so doing most likely produce Fever, and always endanger your Baby's life. We will tell you why:—

An Infant's pulse beats about 120 to 130 times a minute, yours from 70 to 80, and an old person's only from 50 to 60 times; so that an Infant's Pulse is three times as quick as an Aged Person's, and therefore the blood is three times as *irritable* and three times more predisposed for fever.

Any Food, therefore, which increases the Child's Pulse, increases irritability of the Blood, and is the *cause* of fever—Meat increases the Pulse.

CONVULSIONS.

These frightful and alarming symptoms arise from many causes, sometimes from the irritation of difficult teething, sometimes from an overloaded state of the stomach, which causes indigestion, and green slimy stools to fret the bowels, and sometimes from worms.

They mostly proceed, however, from the Child being over-fed, and too much suckled during teething, or from the Infant being laid down to sleep *immediately* after feeding—therefore do neither.

HOW TO CURE.

During the fit, put the Child up to the neck in a pail or tub of warm water, for a quarter of an hour; at the same time apply, every two or three minutes, to the head and temples, a piece of flannel, moistened with cold water; after rubbing dry, wrap the Infant (which is generally brought round by the warm-water bath) in flannel, place in bed, give a tea-spoonful of *Castor Oil* in a little warm water, and after an hour let it have a "*Cooling Powder*." (See page 17.) Repeat the "*Cooling Powder*" every day for a week.

If the warm water bath does not speedily recover the convulsed Child, a little dry mustard, rubbed for a few minutes on the nape or back of the neck, and behind the ears, will greatly assist.

If a Child is subject to fits, a little dry mustard, rubbed once or twice a week behind both ears or back of the neck, for five minutes, or until the skin looks very red, will often prevent them.

If the fits proceed from *teething*, the baby's gums will be red and swollen. Have them lanced.

If worms be the cause, do as recommended in page 15.

To prevent babies having *Convulsions* give one of "*Fennings' Cooling Powders*" (see page 17) every other day during teething.

CAUTIONS.

Giving little bits of meat, cordials, and other messes never intended for Infants, and which, when taken, only inflame and heat their blood and irritate their bowels, is a frequent cause of fits.

If a Child show symptoms of a coming fit, and you suspect it to arise from an over-loaded stomach, tickle the inside of its throat with a feather or your little finger, or give an emetic to make it sick; and thus at once take away the cause.

HOOPING COUGH.

Nobody can mistake this complaint, with its peculiar whooping sound—half-coughing, half-retching. The child has generally a hoarseness and common hard dry cough a fortnight before the whooping begins.

It is in *Hooping Cough* as in *Measles*, of the greatest consequence that the first symptoms should be made the last—should be quickly cured—because if allowed to proceed, inflammation of the lungs, water on the brain, or consumption will result from its being neglected, or improperly treated. With common care and proper remedies, it is soon and easily cured.

HOW TO CURE.

Give one of "*Fennings' Hooping Cough Powders*" (see page 17) in a little sugar or jam, three times a day, and give half an hour afterwards, two tea-spoonfuls of pure lemon juice.

If a dose of "*Fennings' Fever Curer*"—which is more efficacious than lemon juice—be given every other night at bedtime, the lemon juice need not be given (see Cover outside).

Also let the Child inhale camphor vapour every morning and evening (see page 18). This camphor vapour is absolutely necessary if the Hooping Cough has been neglected or unchecked, to prevent consumption. Out-door exercise allowed, but avoid damp air. Diet:—milk and bread, eggs, puddings; no meat.

COUGH, COLDS, AND INFLAMMATION OF THE LUNGS.

As the slightest cold or cough may quickly turn to *Inflammation of the Lungs*, always attend to it, however slight the symptoms.

More children die in their infancy from *Inflammation of the Lungs* than from any other complaint. Great care should therefore be taken not to expose an infant suddenly, from a warm room to the cold air, nor to cold winds, to draughts, or any extremes of heat and cold.

The *causes of Coughs and Colds* are—the perspiration being checked, by something damp or cold being applied to the body; from cold air taken into the lungs; from sudden exposure to north or east winds. Frequently they arise from infants being taken to the fire to warm them, immediately after they have been brought indoors, from the cold air—mischievous kindness.

INFLAMMATION OF THE LUNGS usually begins with chills, and fits of shivering, followed by dry heats and thirst; the breathing is short, quick, and drawn with difficulty; pain, mostly in the side, and a hard, dry, *hacking cough*.

HOW TO CURE A COUGH OR COLD.

If an Infant or Child have any cough, or show symptoms of a cold, keep the bowels regular, and the blood cool, by giving a "*Cooling Powder*" every night. For the Cough: Let the Child take one of "*Fennings' Lung Healers*" (see page 17) three times a day. At bed-time put the Child's feet and legs, for a few minutes, in warm water every night. Follow these directions, and a Child will soon lose cough and cold.

If, however, from a COLD being neglected, or from the attack being suddenly severe, the breathing is short, quickly drawn, and difficult, with much cough, indicating that the lungs are greatly affected, first put the Child, for ten minutes, up to the neck in warm water; dry, wrap in flannel, and place in bed. This bath can be repeated every evening if requisite. Then apply a *mustard poultice* (see page 18) for a quarter of an hour to the Child's chest, and repeat the poultice next day, if necessary.

Give one of the "*Lung Healers*" every four hours. The child may become sick: if so, all the better; *feeling sick* will do it much good in this disorder; it will moderate the too quick pulse, and lessen Fever.

Keep the bowels moderately open with a daily "*Cooling Powder*" (see page 17). If very costive give a tea-spoonful or two of Castor Oil.

In all complaints of the chest a Child will be most easy when lying on its back, with its head, chest, and shoulders slightly raised; lessened restlessness, and the fewer cries of the babe, will prove that this is the best position.

FOOD.—Arrowroot, gruel, milk-and-water, barley-water, &c.

Let the Child drink a pint and a half of thick Linseed Tea every day.—This is excellent in all Coughs and Colds.

RINGWORM.

This skin disease begins with a small red pimple, which gradually spreads and arranges itself into a ring-like form. It itches very much, and when scratched becomes worse. It is very catching amongst Children. One Child gets it from another by using the same comb, brush, or towel. It is often very difficult to cure.

HOW TO CURE.

A good remedy is two drachms of the Muriated Tincture of Steel, commonly called "*Steel Drops*," mixed with four table-spoonfuls of soft water; bathe the Ringworm with it night and morning. Let a little of the lotion dry on.

Give one of "*Fennings' Cooling Powders*" twice a week, and a tea-spoonful of *Brimstone and Treacle* every other day.

THRUSH (APTHÆ).

Infants injudiciously fed are very likely to have little white sores, or small ulcers, break out inside the mouth and throat, on the tongue, gums, and sometimes in the stomach and bowels. These ulcers are called the *Thrush*.

It is commonly produced by improper food of a heating nature, by over-feeding, and giving cordials to Babies. This wrong, this heating food, creates of course *acetous fermentation*, acidity, and inflammation. Hence the Thrush.

HOW TO CURE.

Five or six times a day mop the Child's mouth with a bit of rag, tied on the end of a pencil or stick, having previously dipped the rag in the following mixture: Honey, one ounce; Roche Alum, finely powdered, one drachm, mixed together.

Also give one of "*Fennings' Cooling Powders*" (see page 17) three times a week, which will soon cure by cooling the stomach, and correcting all acidities.

Give *half a tea-spoonful* of mixed Rhubarb and Magnesia once or twice a week.

CROUP.

CROUP we have discovered to be a *malarial* disease of the *mucous lining* of the windpipe, and air-tubes of the lungs.

The peculiar crowing, whistling sound of its cough, once heard, can never afterwards be mistaken.

If not quickly cured, this is certainly a highly fatal disorder; but yet more children die from it than ought to be allowed to do so; for with prompt and proper remedies, it can most always be cured. The greatest danger consists in time being lost by trifling and wrong treatment.

The complaint begins with a dry hard cough, quick breathing, and hoarseness. If uncured now, the breath becomes wheezing, and very difficult to draw; then is first heard the strange croaking sound of Croup.

HOW TO CURE.

Give *three* of "*Fennings' Lung Healers*" (see page 17), with a tea-spoonful of pure vinegar or lemon juice—lemon juice is best—every half-hour until the Child is very sick. Afterwards only give *one* of the "*Lung Healers*," with the vinegar or lemon juice, three times a day, until well. When the child is seized with Croup, immediately place it up to the neck in warm water, for a quarter of an hour, dry, then wrap in flannel. Also apply directly a mustard poultice to the throat, and keep it on a quarter of an hour; repeat this in twenty-four hours, if necessary.

Also let the Child inhale *Camphor Vapour* every evening (see page 18); keep the bowels regular with a *Cooling Powder*, twice or three times a week.

CAUTION.

Food must be given very sparingly—water-gruel and arrowroot, orange juice, and toast-and-water.

A Child attacked with *Croup* should be kept nearly upright in bed, to guard against suffocation.

If there appear any danger of suffocation from the accumulated phlegm, make the Child *sneeze* well, by putting strong snuff up its nose with a small feather or camel's hair pencil.

Never be persuaded to put on a leech; the croup is sufficiently dangerous without it. Let *neither* leech nor lancet take away your Child's life—its blood

WEANING BRASH.

Giving too much spoon victuals, improper food, or weaning too soon, will often produce the disease call Weaning Brash.

The baby is much griped, purged, and sometimes sick; the stools are loose, slimy, and green-coloured.

This purging complaint must never be neglected, for although at first it is easy of cure, if allowed to go on unattended to, it becomes highly dangerous, difficult to subdue, and the child will probably waste away. Always beware of *watery gripes*.

HOW TO CURE.

Give one of "*Fennings' Cooling Powders*" (see page 17) every day until the bowels are comfortable, and the stools are of a natural colour. Also give, in a table-spoonful of water, three or four drops of sal volatile, three times a day. A tea-spoonful of castor oil should likewise be given once a week.

Put the child up to the neck in warm water, for ten minutes, dry, and wrap in flannel; do this twice a week.

If the purging becomes very *watery*, give twice a day a tea-spoonful of *pure vinegar*.

CAUTION.

Keep the Child wholly to the breast food, or to milk and rice boiled in water. See *GRIPES*, page 13.

WATERY BRAIN.

This disease is very fatal when once established, and after the first stage, difficult to cure. Mothers should therefore carefully avoid everything that is likely to produce it.

And what will produce it?—Blows on the head, accidental or otherwise; also constant irritation of the bowels from indigestible food; the straining coughs of long-continued *Whooping Cough*, and improper treatment of *Measles* will invite it.

But the most frequent cause of a Watery Brain originates from the unconscious Mother herself. Wishing to exhibit her little darling as a prodigy, as something uncommonly clever, the little weak brain of the poor forward Child is too early and unduly excited to learning *show-pieces*, reading and spelling, until the tender vessels of the head become inflamed from over-exertion and excitement.

The first symptoms are, the Child's eyes begin to have a heavy leaden look, and to dislike the light; then the Child can scarcely keep its little pained head from the pillow; it starts and screams in its restless sleep; the head also enlarges, the forehead particularly bulges out, then come convulsions, stupor—and the end.

HOW TO CURE.

Keep the bowels gently open, and the body cool, by giving, four times a week, one of "*Fennings' Cooling Powders*," when going to bed.

About twice a week, put the child up to the neck in warm water, for a quarter of an hour, dry, then wrap in flannel, and place in bed. Also apply, twice a week, a *mustard poultice*, for ten minutes, to the nape or back part of the neck.

CAUTION.

If your Child show any symptom of this dangerous disorder, instantly put away every book, all lessons, all schooling, if you wish to save its life. Send it to the fields, or playground, and let it play about all day. This will be the best means to save it from the coffin. Doctor's stuff alone will never do it.

Also remember, it is the dull Child that usually becomes a bright man; the bright child too often becomes a fool.

GRIPES, LOOSENESS, AND WIND.

Many children suffer from distressing griping pains of the stomach and bowels, the stools being loose, curdled, green-coloured, and slimy.

It is surprising how fretful and restless a little wind in the bowels will make an infant; indeed so much so, that it often steals away a good night's sleep from the Mother, in her vain attempts to soothe the irritated and crying Babe.

Several causes may produce Gripes, Looseness, and wind: indigestible food, cold applied to the surface of the body; sometimes *worms* create great pain and bring looseness, but gripes and disordered bowels are usually the result of *over-feeding*.

Over-feeding! If a Baby cries, most Mothers will immediately give it the breast or food, as if stuffing the Infant can take away the griping pain, which is, perhaps, the real cause of its crying. Take away? nay, it increases the pain and mischief. Again the Babe cries; again it is fed. This crying and feeding are repeated over and over again, until the over-gorged stomach becomes so weakened, and the bowels so irritated with the acidities of fermenting milk and pap, that it often occasions serious disorders, sometimes destroying the child with *convulsions*.

It is *windy bowels* which give rise to what are called *Inward Fits*, as seen, when during sleep the Infant's mouth is slightly drawn on either side, and the half-closed and twitching eyelids only exhibit the *whites* of the eye-balls.

HOW TO CURE.

If over-feeding be the cause of Looseness, Gripes, and Wind, give one of "*Fenning's Cooling Powders*" every evening, and five grains of Rhubarb, mixed with ten grains of chalk, every morning, until well. For a day or two, let the only food given be plain boiled rice, eaten nearly cold.

Also give, two or three times a day, to correct *acidity*, two or three drops of sal volatile, in a table-spoonful of cold water. If from worms, see page 15.

If dampness, or cold applied to the skin be the reason, put the Child up to the neck, for ten minutes, in warm water, then wrap up in flannel, after drying, and give a "*Cooling Powder*."

In bad cases of Gripes, inject, as a clyster, up the fundament, two tea-spoonfuls of sweet oil, mixed in a tea-cupful of thin lukewarm gruel.

CAUTION.

If a Child be subject to wind on its stomach, boil a few carraway seeds, or a small piece of ginger, with its food; or give it occasionally a drop or two of strong peppermint water, on a little moist sugar.

Do not feed an Infant every time it cries; rather consider whether you have not already over-fed it; or look if a pin is scratching the child; discover, if you can, the *reason* of its cries.

In all looseness, let the food be rice, boiled in water, and eaten when almost cold: everything taken hot increases the bowel complaint. No warm liquid should be given.

During teething, a looseness of the bowels sometimes appears; this should not be checked; all that is necessary is to give one of "*Fennings' Cooling Powders*" every morning, or, if excessive, two or three drops of sal volatile in a table-spoonful of water, likewise can be given.

In all purgings let the Child lie down and keep quiet, as *motion* will again bring the excited Intestines into action and produce more Stools.

In CHOLERA and *severe Watery Purgings* take a quarter of a Pint of Vinegar to a Chemist, and tell him to put into it *ten drops* of Laudanum. When mixed give the Infant a *tea-spoonful* of the Vinegar (without any Water), and repeat the dose every four hours until better. Also apply to the Stomach for ten minutes a Mustard Poultice (see page 18). If the Child be above two years of age, have twenty drops of Laudanum mixed with the quarter of a Pint of Vinegar, of which give a tea-spoonful. The dose for a full-grown Person, is a wine-glassful, taken pure, every four hours until better.

SORE EYES.

Some Children are very liable to weak, watery, sore, and inflamed eyes. Bathe the eyes two or three times a day with a lotion made of six grains of *white vitriol* dissolved in two ounces of rose-water. If very much inflamed, apply for ten minutes, a small mustard poultice to the nape of the neck; also give a *Cooling Powder* three times a week.

SCARLET FEVER AND SCARLATINA.

This is one of the most infectious of diseases, and is very *catching* when it has once entered a house. Children and grown-up persons are equally likely to have it, if proper means be not used to prevent it. Whole families are sometimes swept off by Scarlet Fever; but this is the result of ignorance, for with care and proper remedies it can always be cured.

The Scarlet Fever begins with the usual feverish symptoms of chills, dry heats, sick feelings, sore throat, thirst, pain in the head, back, and loins.

On the second day a *red rash* is seen on the face, arms, and breast, which, however, soon spreads over the whole body. This rash continues until the fifth or sixth day, when it turns to a brownish appearance. The skin then feels rough and branny, and gradually peels off. After this, if the proper means have been punctually used, the patient soon regains appetite, health, and strength.

SCARLATINA, as it is called, is when the attack of fever has been so mild, the infection so slight, that there exists no sore throat, no sickness, no severe symptoms.

HOW TO CURE SCARLET FEVER AND TYPHUS FEVER.

The bowels should be kept gently open, by giving a tea-spoonful of castor oil once or twice a week.

One of "*Fennings' Cooling Powders*" should be given every night at bedtime. Also give a dose of "*Fennings' Fever Curer*" every night and morning for four days; afterwards only give one dose every day until recovered (see Cover outside).

Gargle the throat frequently (see page 18). If the throat be very sore, apply a mustard poultice (see page 18), and repeat it in twenty-four hours if necessary. If the Child be too young to gargle the throat, mix together in a hot teacup, equal parts of *honey and olive oil*. Of this, let the child slowly suck down a tea-spoonful three times a day.

Let the Child or person inhale camphor vapour every night (see page 18). If at night the Fever *makes the mind wander*, which is often the case, keep the head and forehead well sponged and wetted with vinegar and water—one part of vinegar to two parts of water.

FOOD.—Boiled rice, plain bread pudding, arrowroot, oatmeal gruel. No meat should be given until the patient is quite recovered: it is dangerous.

DRINK.—Linseed tea, toast and barley water, with a lemon sliced into it, orange juice, &c.

CAUTIONS.

Keep the Child in a cool room. Beware of exposure to draughts of cold air. If the rash suddenly disappear, immediately put the Child up to the neck in warm water for ten minutes: dry, wrap in flannel, and place in bed.

Upon recovery, the best strengthening medicines are—plenty of good milk for food, and change of air.

Wherever *Scarlet Fever* or *Typhus* exists, every Person in the house, to prevent catching it, should daily inhale Camphor Vapour (see page 18), and take a dose of "*Fennings' Fever Curer*" three times a week (see Cover outside).

In every room there should also be constantly kept exposed a plate, containing vinegar, in which floats a small piece of Camphor. With the above precautions and medicines, *Scarlet Fever* loses all its danger; and if every one attacked with it pursued this quick, safe, and sure plan of cure, we should not so often hear of deaths from it, or the fatal *dropsical* effusions which too frequently follow this destructive complaint.

SCALDED HEAD.

This disease commences with small watery eruptions, which come at the roots of the hair, and drying, form nasty dry crusts on the head. It principally arises from uncleanness or a bad state of the blood. One child can easily catch it from another by wearing its cap, or using the same pillow, comb, or brush.

HOW TO CURE.

Wash the head every morning with soft soap and warm water, and then use the lotion as recommended for Ringworm (see page 10). Tar water is a very good remedy. Tar water is soon made by pouring boiling water on a pennyworth of Stockholm tar; when cold it is fit for use. Drink a pint and a half a day. Give a *Cooling Powder* two or three times a week.

WORMS.

Several kinds of worms infest the human body—three sorts in particular; namely, the Thread Worm (*Ascarides*), the round Red Worms (*Lumbricoides*), which look like earth worms, and the formidable Tape Worm (*Tænia*). Children are mostly troubled with the *Thread* and the round *Red Worm*.

Many Children become emaciated and die from the effects of Worms, without the cause having been suspected, the Worms fattening, whilst the child starves.

Worms are generally caused by unwholesome food, and its imperfect digestion. Mark this fact as a guide: Children who live wholly on milk *never* have Worms! not any have ever been discovered in them.

Children may be suspected of having Worms when they have some of the following symptoms—a pale face, with hollow sunken eyes; itching of the nose and fundament; nasty breath; changeable appetite; startings and grindings of the teeth during sleep; and slow fever, with frequent pains in the stomach, &c.

HOW TO CURE.

Give one of *Fennings' Worm Powders* in a tea-spoonful of honey or treacle every morning an hour before breakfast—They will kill them and bring them away with the stools.—Give for breakfast cold boiled Milk with a table-spoonful of brown sugar in it—Also give a dose of Castor Oil, or a tea-spoonful of Flower of Brimstone once a week.

Also inject occasionally, with a squirt or syringe, a little sweet oil up the fundament, for there the *Thread Worms* principally reside.

Fennings' Worm Powders will safely destroy all Worms—The Tape Worm, Round Red Worm, and Thread Worm. Price 1s. 1½d. and 2s. 9d. a Box (sent post free for 15 stamps, or large Box, great saving, 35 stamps).

RED GUM ERUPTIONS AND SORES.

Red Gum is a very small rash, which frequently comes out on the neck and body of an Infant. There is seldom much heat or fever, and it soon goes away with a little cooling medicine.

The simple *eruptions* of Children are not often dangerous. They should never be dried up, nor forced back into the blood by *astringent lotions*, for that would be very hazardous and foolish.

ERUPTIONS are called by many distinctive names, as *Chicken Pox*, *Nettle Rash*, *Shingles*, *White Gum*, *Yellow Gum*, &c., but they all come from the undue heat and impurities of the blood, caused by colds, suppressed perspiration, acidities, a bad system of feeding, or from want of cleanliness.

HOW TO CURE.

Purify the blood, and keep it cool, by giving, three or four times a week, one of "*Fennings' Cooling Powders*" (see page 17). Wash sores with a little warm water and soap, and dust them occasionally with a little oatmeal or hair powder.

For *Chicken Pox*, *Nettle Rash*, and *Shingles*, give three or four drops of *Sal Volatile* in a table-spoonful of water twice a day, and a *Cooling Powder* three times a week.

If the bowels are very much confined, give a tea-spoonful of castor oil in a little milk or water. NEVER apply MILK to Eruptions or Sores; it inflames.

MUMPS.

These are movable lumps on either side of the throat. They lessen about the fifth day. The swellings should be rubbed twice a day with a mixture of hartshorn and oil, the face being afterwards tied up with unwashed flannel.

One of "*Fennings' Cooling Powders*" should be given every other day.

MEASLES.

As every nurse well knows, this disorder begins with all the appearances of a severe cold in the head. The child sneezes, has swollen eyelids, water runs from the nose and from the red-looking eyes; the Child feels chilly, cold, and shivery, and soon after is hot, dry, and feverish; coughs, and complains of headache.

About the third day from the Child first feeling thus, an eruption of small red spots, like flea-bites, appears on the chin, eyelids, and forehead; on the fourth day, similar spots are seen on the arms, hands, and other parts of the body.

The eruptions are slightly elevated above the skin; can be felt to be so by the *touch*, but do not appear to be so by the sight.

This rash continues of a bright red colour for a day or two; then from the sixth day of their first appearance they turn of a brownish-red tint; and in a day or two more *turn* away altogether, leaving the skin, which has been destroyed by them, of a mealy roughness. This scales off like bran, and a new skin is formed.

The *feverish* symptoms of Measles do not lessen on the appearance of the eruption, as it does in Small Pox, &c. But this should create no alarm: for if the remedies ordered below are regularly taken, the Measles will soon be cured, and leave no bad cough, no chest complaint, nor any of those *dropsical* diseases which are too frequently the unhappy result of improper treatment.

There is *always* a hard, dry cough for several days (mostly a fortnight) before the red spots of Measles break out on the skin. This is owing to the Measle poison being already in the lungs. If cured *there* before the poison of the Measles is absorbed into the blood, all consequent eruptions and bad symptoms would be prevented coming. This could be done by inhaling *Camphor Vapour* (page 18), and taking the *Lung Healers* as directed (see page 17).

HOW TO CURE THE MEASLES.

Let the Child inhale *Camphor Vapour* every morning and evening (see page 18).

Give one of "*Fennings' Lung Healers*" every four hours during the time the cough remains; these will bring away the *poisonous phlegm* of the Measles.

Give a dose of *Fennings' Fever Curer* at bed-time, and repeat the dose of *Fever Curer* for five following nights *only*.

Keep the fever down and the blood cool, by giving a *Cooling Powder* every day (see page 17).

If there be much cough or difficulty of breathing, apply to the Child's chest a mustard poultice for ten minutes (see page 18), and repeat in twenty-four hours if necessary.

FOOD.—Grit gruel, arrowroot, boiled rice, plain bread pudding. No meat nor animal broth should be given for ten days, at least, after the eruption is gone. It would be highly injurious.

DRINK.—Barley-water, toast-and-water, with a slice or two of Lemon in it; milk-and-water, apple tea, orange juice, &c.

Caution.—Confine the Child to one room. Take the greatest care to avoid chills, draughts of cold air, &c.

If the eruption, by a careless exposure to cold air, should suddenly disappear, *immediately* put the child up to the neck in warm water for ten minutes; dry, wrap

up in a blanket, and give a tea-spoonful of castor-oil, in a table-spoonful of hot water. In this complaint, as in Hooping Cough, it is of the greatest consequence that the early symptoms should not be neglected; for if they are, blindness, dropsy, or inflammation of the lungs or stomach, may possibly ensue, and destroy the afflicted Child.

The three following Remedies—remedies that will purify and cool the fevered BLOOD, heal the injured LUNGS, and cleanse the foul, disordered STOMACH—are, with those simples directed in this book, the only Medicines that are absolutely necessary to cure all the diseases to which children are subject. The use of these safe remedies, with the directions given, if promptly attended to, will, with God's blessing, be all-sufficient means, and the best for any mother to adopt, to restore her sick Child speedily to health; and Mothers may rest satisfied with knowing, that no doctor has any remedies or means surpassing these here recommended; and that if anything can save a Child's life, these will do so.

FENNINGS' COOLING POWDERS.

FOR INFANTS AND CHILDREN.

These celebrated Powders wonderfully assist TEETHING, cool and purify the feverish blood, and will soon cure *Sickness, Fevers, Gripes, Wind, Worms, Convulsions, Thrush*, and other common complaints of Infancy and Childhood.

During the troublesome and dangerous time of Teething, one of "*Fennings' Cooling Powders*" should frequently be given to the Infant, to keep its blood cool and comfortable; especially so, if the Baby be fretful, restless, or has a feverish, hot, or dry skin.—Sold in stamped boxes, 1s. 1½d. and 2s. 9d., with full directions, by all respectable Chemists. The large-size boxes, 2s. 9d. (35 stamps, post free), contain three times the quantity of the small boxes.

FENNINGS' LUNG HEALERS.

A certain remedy to cure *Colds, Coughs, Asthmas, Bronchitis, Influenzas, Incipient Consumption*, and other disorders of the LUNGS.

"Fennings' Lung Healers" will quickly cure the most obstinate Coughs, and, if taken with a basin of gruel at bed-time, will frequently remove a slight cold in a single night. They cleanse away all impurities and *inflammatory infections* from the lungs, arising either from BRONCHITIS, INFLUENZA, the COUGH OF MEASLES, INCIPIENT CONSUMPTION, or any other severe complaint irritating the pulmonary surface.

Sold by all respectable Chemists, in stamped boxes, at 1s. 1½d. and 2s. 9d., with full directions. The large-size boxes, 2s. 9d. (35 stamps, post free), contain three times the quantity of the small boxes.

FENNINGS' HOOPING-COUGH POWDERS.

These Powders will always cure Hooping-Cough in a few days.

The great number of Children that every year die from Hooping-Cough, sadly proves that hitherto no sure remedy has been known to Doctors, where-with to cure this destructive complaint of Childhood. The young Mother has often looked in vain for effectual help to save her afflicted Child.

"Fennings' Hooping-Cough Powders" can always be recommended as a safe and certain antidote to this injurious disease—a disease which should always be stopped before it has produced other fatal complaints.

Sold in stamped boxes, 1s. 1½d. and 2s. 9d., with full directions.

* * * If there should be any difficulty or trouble in procuring any of these valuable medicines, a box of any specified sort will be immediately sent, *post free*, by return of post, to any address, in any part of the United Kingdom, upon the receipt of a letter containing 1s. 3d., or fifteen penny postage heads, directed to ALFRED FENNINGS, West Cowes, Isle of Wight.

SORE THROATS.

Mothers, always beware of a sore throat, when either yourself or your Child has one, for a *sore throat* is the usual *starting point* of many dangerous diseases.

Diseased air, or air full of impurities and infection, when breathed, goes first down the *upper part* of your throat, before it enters the windpipe, and in passing leaves much of its poison there. Scarlet Fever, Typhus Fever, Hooping-Cough, Small Pox, and many other contagious diseases, usually commence in the throat. If, therefore, these disorders were immediately attended to while in the throat which they have made sore, they could easily be cured; and thus, not being allowed to proceed, the severe and dangerous symptoms of the above complaints would be avoided, and never appear.

HOW TO CURE.

From whatever cause a sore throat proceeds, whether from cold or contagion, the cure can be effected in the same manner.

Give a dose of *Fennings' Fever Curer* at bed-time, and repeat the dose next night if necessary.

Inhale *Camphor Vapour* (see below) every night and morning until well. Keep the blood and body cool, by taking one of the "*Cooling Powders*" (see page 17) every morning.

MUSTARD POULTICES.

Mix two or three teaspoonsful of *flour of mustard* with half the *white of an egg*, or sufficient mustard to make it into a stiff paste, then spread it on a piece of calico or brown paper, and apply it over the part affected, keeping it there from twenty minutes to half an hour or more. Then clean the part with a little warm water, and cover it with soft linen. This poultice can, if necessary, be repeated in twenty-four hours.

The object of this useful *counter-irritant* is not to raise a blister, but only to draw *inflammatory action* from any *internal organ* to the external skin, whose ailments are not so serious. This end is attained when the skin becomes very red, irritated, and painful.

TO INHALE CAMPHOR VAPOUR.

If persons would but believe facts, how many valuable lives would for many years be spared! Camphor, inhaled according to directions, would save many a life in Scarlet Fever, Typhus, Malarial Bronchitis, and all infectious diseases.

Place a piece of camphor, about the size of a small walnut, in the palm of the hand, and then bend the fingers, and hold the hollowed hand with the camphor in it closely over the Child's mouth and nose, but yet so lightly as not to prevent its easy breathing.

For an infant under two years of age, the *camphor* can be thus held during three minutes, over the child's mouth and nose, at each time ordered.

If the child be over two years, and under six years, five minutes.

If over six years, and under ten years, eight minutes.

In a grown Person, twelve minutes at each time of inhalation ordered.

The same piece of camphor can be used whenever required.

THE GARGLE.

For sore throats, arising from colds and fevers of all kinds,

Take Burnt Alum 1 dram. | Water half a pint.

Mix together, and gargle the throat frequently with it. For Infants too young to gargle see page 14.

SORE NIPPLES.

Greasy ointments are of very little use. The best thing for Sore Nipples is to bathe them frequently with a weak solution of *burnt alum* in water. The nipples should always be kept dry and clean.

DIRECTIONS FOR GIVING FENNINGS' CHILDREN'S COOLING POWDERS.

THE BEST MEDICINE FOR INFANTS CUTTING THEIR TEETH,
PREVENTING CONVULSIONS, THRUSH, DISORDERED BOWELS,
AND FOR ALL THE FEVERISH DISEASES OF INFANTS
AND CHILDREN. (DO NOT CONTAIN CALOMEL, OPIUM, MORPHIA,
NOR ANYTHING INJURIOUS TO A TENDER BABE.)

For an infant under *three* years of age, give *one* of Fennings' Cooling Powders mixed with a little water, or it could be thrown dry as it is into the opened mouth of the Baby, and gently holding back the head for half a minute, it would be swallowed.

Whenever an Infant is restless, or feverishly hot from **TEETHING**; when it is griped or sick from improper food, or over-feeding; has Acidity, or a disordered stomach, *one* of these Powders should be immediately given, and, if necessary, repeated every day.

For a Child over *three* years of age and under six years, give *one* Powder and a half of another for a dose.

For a Child over six years, and under ten years of age, mix *two* of the Powders for a dose.

If ten years old, and under fourteen years, give *two* Powders and the *half* of another for a dose.

When a Child is attacked with **THRUSH**, **MEASLES**, Hooping Cough, or Fever of any sort, always keep the feverish blood cool by giving a dose of *Fennings' Cooling Powders* every, or every other day.

CAUTION.

We have heard that some unprincipled Persons are selling *injurious imitations* of FENNINGS' CHILDREN'S POWDERS, and we should be very thankful for any information that will enable us to prosecute the base offenders.

The law takes notice of **INTENT** as to fraudulent sale; that is, if a purchaser desires my article, FENNINGS' CHILDREN'S POWDERS, and other Powder is sold to him as such, an action may be brought for heavy damages, or an *Injunction* in Chancery obtained.

Observe, that on each of the genuine Powders is printed FENNINGS' CHILDREN'S COOLING POWDERS, with my Trade Mark, A BABY IN A CRADLE, in the centre. ALFRED FENNINGS is also printed on the Government Stamp placed around each Box, and to imitate which is FELONY.

FENNINGS' EVERYBODY'S DOCTOR,

OR, WHEN ILL, HOW TO GET WELL.

Every person should obtain this invaluable Book, which teaches how to cure quickly, safely, and surely, the following complaints:—

Ague	Coughs	Dropsy	Fever	Liver Complaints
Asthma	Cholera	Dysentery	Gout	Lumbago
Biliousness	Costiveness	Erysipelas	Gravel	Piles
Bronchitis	Diphtheria	Epilepsy	Influenza	Rheumatism
Colds	Diarrhoea	Eruptions	Indigestion	Scarlet Fever
	Tic-Doloreux	Typhus Fever	Worms, &c.	

. Sent, **POST FREE**, to any part of the United Kingdom, upon the receipt of Thirteen Postage Stamps, directed to

ALFRED FENNINGS, West Cowes, ISLE OF WIGHT.



West Cowes, Dec. 31st, 1857.

We have always been averse to bringing kind and grateful Testimonials before the Public eye; but in the present instance our reluctance is lessened by the consideration that the few Extracts we have here inserted are well adapted to give encouragement to others to obtain the same advantages by using the same means.

We trust that those generous spirits who never receive a benefit without gratefully acknowledging it will not now fear publicity, nor hesitate to address us as heretofore; for while assuring them that we will not publish their communications without full permission, and then only with initials, we will candidly confess, that the many pleasing letters we receive, full of kind wishes, too-flattering encomiums, and gratifying accounts of *speedy cures*, not only please and lighten our labour and toils, but also give to us much encouragement to persevere in our humble efforts, with God's blessing, to subdue Disease, to stand between the *loved little one* and the Grave, and to save both Mother and Child from much suffering and woe. We have only sufficient space remaining, briefly to thank our numerous Friends for their warm-hearted communications and kind recommendations.

ALFRED FENNINGS.

TESTIMONIALS.

Dear Sir,—I enclose 15 postage stamps for another box of *Fennings' Cooling Powders*, as my little boy has not done cutting his teeth. I believe I owe his life to your Powders and Book. When I first wrote for them, he had strong *Convulsion Fits*, but has never had one since he took the first *Cooling Powder*. I am, yours truly,

Braintree, Nov. 14, 1858.

S. W.

Dear Sir,—Will you be kind enough to send a 2s. 9d. box of *Cooling Powders*. I have been much pleased with the last small box. The Lung Healers very soon healed my child's chest. I would as soon be without Food, as to be without either in the House. You say every Mother ought to have the Book and the Powders ready for use. I readily confirm that assertion. Yours respectfully,

Salford, July 15, 1857.

J. H.

Dear Sir,—I would thank you to send me another box of your *Cooling Powders* for my Baby; she has cut 6 teeth, and she is only 7 months 2 weeks, and I think it must be through the efficacy of your Powders. I cannot possibly be without them. Yours respectfully,

Sheerness, March 28, 1857.

C. S.

Sir,—Will you send another box of Lung Healers. My little Boy is quite well, and under God your valuable Medicines have been the means.

Manchester, July 30, 1857.

J. H.

Dear Sir,—I am thankful to say your Powders have had the desired effect on my Child, which induces me to apply for something for myself. * * * * * Yours respectfully,

Rugby, Sept. 11, 1857.

R. U.

My dear Sir,—Please send me a box of Lung Healers and a box of *Cooling Powders*. I have found them very useful with my own little ones, and my neighbours have emptied my supply. Two of your Powders and two Lung Healers, with change of air, I believe saved the life of a little child at Aberaman, Glamorganshire. With very kind regards, I am, dear Sir, yours most truly,

Newport, Sept. 1, 1857.

W. F.

Dear Sir,—After having tried your *Cooling Powders*, and found them very useful, I have enclosed 15 stamps for a packet of your Lung Healers.

Boxted, August 7, 1857.

W. C.

My dear Sir,—Your Powders and little Pills I have found most successful in my own Child, and in two Children of poor neighbours, who were very ill.

July 13, 1857.

W. F.

Dear Sir,—At the time I received your *Cooling Powders* a Cousin of mine was ill in bed, her appetite was bad, she was sick, and vomited everything we gave her, either food or Medicine. She ceased vomiting when she had taken one dose of your Powders, and slept many hours. After taking a few doses more, she was quite well, and has followed her employment ever since.

Highercompton, August 27, 1857.

I believe that your Powders, with God's blessing upon them, have prevented my brother from having a bad Fever, and I consider a preventative is better than a cure. Your *Cooling Powders* have been very beneficial to several Children here. I remain, yours truly,

M. W.

Dear Sir,—Please to send me another box of your invaluable *Cooling Powders*: what a pity it is they are not more known; they have been of wonderful use to our dear child. Yours respectfully,

Sheerness, Jan., 1857.

J. S.

Please to let me have another box of your valuable *Cooling Powders*, 2s. 9d. My little boy is enjoying excellent health at present, which I attribute to your Powders and Lung Healers, as the instruments in the hand of Almighty God, and I send you my very best thanks, and hope they may spread their influence far and wide, in the desire of

Liverpool Street, Dec. 19, 1857.

J. H.

SAFE TEETHING.

QUICK TEETHING.

EASY TEETHING.



FENNINGS' CHILDREN'S POWDER'S.

FOR BABIES CUTTING THEIR TEETH,

To prevent Convulsions, and quickly to cure Fevers, Fits, Sicknesses, Windy Gripes, Thrush, and other Diseases of Childhood.

Do not contain Calomel, Opium, Morphia, nor anything injurious to a tender Babe.

These pleasant-tasting Powders, if occasionally given to an **INFANT** or **CHILD**, will prevent its having half the Feverish Ailments Children usually have, and will keep the blood pure, and free from Feverish heats and Inflammations. During the critical time of **TEETHING**, one of these Powders should be frequently given.

FENNINGS' COOLING POWDERS

Will produce **EASY TEETHING**, and prevent **CONVULSIONS** and **THRUSH**.

FENNINGS' COOLING POWDERS

Will soon soothe and quiet the crying Child, when Indigestion, hot Gums, or any other complaint is making it feverish and fretful.

FENNINGS' COOLING POWDERS

Will quickly cool and make comfortable, the hot, dry Skin and feverish Blood of an Infant, when it has caught cold, or is suffering from bad Teething.

FENNINGS' COOLING POWDERS

Are decidedly the **SAFEST** and **BEST** Medicine that can be given to all Infants and Children, as they do not contain **DEADLY CALOMEL**, nor anything else that would injure the most tender Babe.

Sold in Stamped Boxes at 1s. 1½d. and 2s. 9d. (great saving), with full directions.

Beware of Injurious Imitations.

Observe the Proprietor's name, ALFRED FENNINGS, printed on the Government Stamp round each Box, without which none is Genuine, and to counterfeit which is Felony.

FENNINGS' LUNG HEALERS

THE BEST MEDICINE

FOR BRONCHITIS, COUGHS, COLDS, INCIPIENT CONSUMPTION, AND ALL COMPLAINTS OF THE LUNGS.

Both Medicines are sold in Stamped Boxes, at 1s. 1½d. and 2s. 9d. each, with full directions. The large Boxes, 2s. 9d. (or 35 Stamps, Postage Free,) contain three times the quantity of the small Boxes:—by all Chemists.

If there should be any difficulty in procuring them, a Box of **FENNINGS' LUNG HEALERS** or of **COOLING POWDERS** will be immediately sent, **POST FREE**, to any part of the United Kingdom, upon the receipt of a letter, enclosing Fifteen Penny Postage Stamps, directed to

ALFRED FENNINGS,
WEST COWES ISLE OF WIGHT

CHOLERA,
SCARLET AND TYPHUS FEVER, PREVENTED OR CURED.



TRADE MARK

SORE THROATS cured with ONE DOSE.
INFLUENZA, CHOLERA, SCARLET & TYPHUS FEVER
PREVENTED OR CURED.

FENNINGS' FEVER CURER,

OR

FENNINGS' STOMACHIC MIXTURE.

BOWEL COMPLAINTS, cured with ONE DOSE.
TYPHUS or LOW FEVER, cured with TWO DOSES.
DIPHThERIA, cured with THREE DOSES.
SCARLET FEVER, cured with FOUR DOSES.
CHOLERA cured with FIVE DOSES.
INFLUENZA cured with SIX DOSES.

In some Diseases, an hour's
delay is a life lost.
Have a Remedy always
ready at hand.

A Bottle should be kept in
every House,
To be ready for use, day
or night.

TO CURE

Bowel Complaints, Typhus or Low Fever, and Ship Fevers, Dysentery, Cholera, Diphtheria, Scarlet and Yellow Fevers, Hooping Cough, Influenza, Small-Pox, Malarial Bronchitis, Fluxes, Black Vomit, Plague, Measles, and other infectious Animalcular Diseases.

Mix. A wineglassful, to be taken fasting, is a dose for an Adult. No water is to be mixed with it, and nothing should be taken for an hour before or after it.

For Children under 15 years of age, and above 10 years	{	Half a wineglassful to be taken for a dose.
Under 10 years and above four years of age		The fourth part of a wineglassful to be given.
Under four years old and above one year		60 drops of the Mixture, without any water, can be given.

For Infants, 20 drops, unmixed.

A Bottle of the Mixture, well corked and put in a dark place, will keep good in any climate and for any time.

This valuable, pleasant-tasted Mixture, to which thousands owe their lives, should be kept as a FAMILY MEDICINE ready for immediate use in every house.

Sold in Stamped Bottles, with full directions, 1s. 1½d. each, by all respectable Chemists.

Observe the Proprietor's name, ALFRED FENNINGS, printed on the Government Stamp round each Bottle, without which none is Genuine.