

Every mother's book / [Alfred Fennings].

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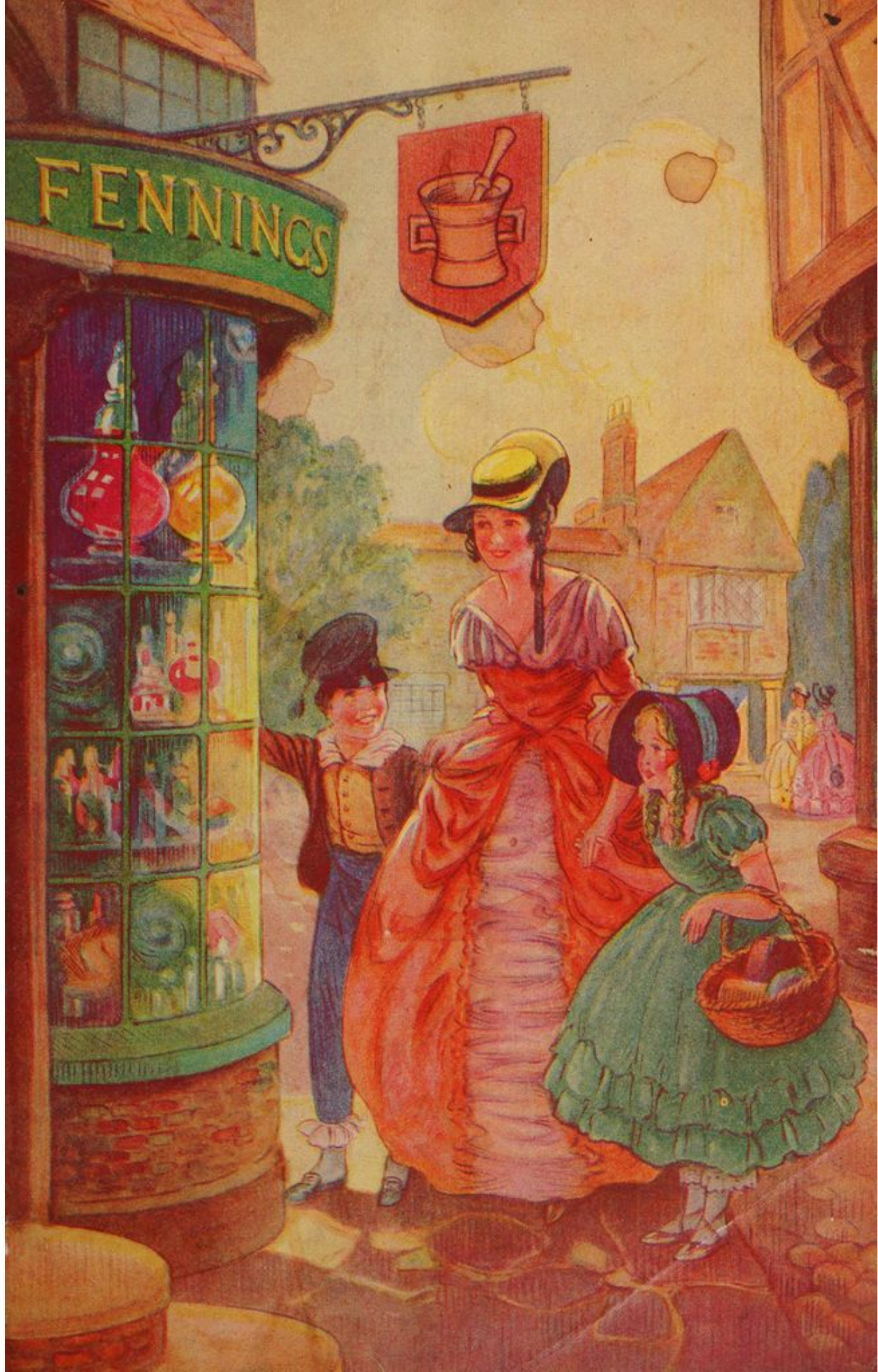
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CONTENTS.

	<i>Page</i>		<i>Page</i>
CAMPBOR VAPOUR - - -	19	RINGWORM - - -	11
CHICKEN POX - - -	19	SHINGLES - - -	19
COLDS - - - - -	9	SORE EYES - - -	14
CONVULSIONS - - -	8	SORE NIPPLES - - -	17
COUGHS - - - - -	9	SORE THROATS - - -	16
CROUP - - - - -	12	SCALDED HEAD - - -	17
FEVERS - - - - -	7	SCARLATINA - - -	15
GARGLE - - - - -	19	SCARLET FEVER - - -	14
GRIPES AND LOOSENESS -	13	TEETHING - - - - -	6
MEASLES - - - - -	15	THRUSH - - - - -	11
MEDICINE (CONSTIPATION)	5	WEANING BRASH - - -	17
MUMPS - - - - -	19	WEIGHT CHART - - -	16
MUSTARD POULTICES -	20	WHOOPING COUGH - - -	8
NETTLE RASH - - - -	19	WIND - - - - -	13
POWDERS - - - - -	21	WORMS - - - - -	18
RED GUM - - - - -	18		

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.

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EVERY MOTHER'S BOOK.

Revised 1935.



Foreword

EVERY BABY TO-DAY is born into a world of opportunities undreamed of a generation ago. But it is an exacting world; the men and women who live in it must have good health if they are to make the most of their chances.

This little book is intended to guide and help mothers faced with the responsibility of bringing a child through its early critical years, which affect, for good or ill, its health throughout the whole of the rest of its life.

The book consists mainly of two parts. In the first, the mother will find general advice on the ordinary problems of feeding, washing and clothing the baby. In the second part (page 6) are instructions for dealing with the various ailments that may from time to time endanger the health of her child.

A number of remedies are here recommended for children's illnesses. They are safe and simple remedies which mothers have confidently used for over seventy years. Pleasant in use and easy to administer, they contain nothing which might injure the delicate constitution of a baby. As it is of the first importance that children's illnesses should be dealt with immediately the symptoms are recognised, a mother may save herself much anxiety and needless worry by keeping a small supply of these remedies in her cupboard.

General Hints.

SLEEP.



FOR THE FIRST FEW MONTHS AFTER BIRTH a baby must sleep for the greater part of the day and night, that is, about 17 hours out of the 24. The tiny brain has a rest during these long refreshing hours of natural sleep, and the little system gathers strength and develops. After a year or so Baby will not sleep for more than 14 hours a day, and to guard against sleepless and fretful nights he should

be kept awake for part of the daytime. It is important from the first to make breaks in the sleep as regular as possible. He should not be fed during the night, but should have an unbroken sleep of 8 or 9 hours, and should never be put straight back to sleep after feeding. It might bring about a convulsion.

In a quiet, darkened and well-ventilated room this long sleep will come naturally to the healthy child. If, however, Baby is restless and fretful, and the mother begins to worry lest he lose the benefit of his sleep, she should on no account resort to narcotics containing Syrup of Poppies, Laudanum or Paregoric. Such drugs are highly poisonous and may prove fatal to his delicate system. Nor will they remove the cause of the restlessness.

Most probably the reason for fretful sleep is unwise feeding or Acidity of the Stomach from undigested milk. In this case the best corrective is to give a teaspoonful or two of Dill Water every hour or so, or, in the evening, one of the Cooling Powders advertised in this book, in a little water. This will correct the painful acid and restore the lost sleep.

FRESH AIR.

BESIDES LONG HOURS OF SLEEP, the next most important thing is plenty of fresh air. Whenever possible put Baby to sleep out of doors, and let him have the benefit of as much sunlight as this climate will allow. The child, however, should not be left to sleep where hot sun may shine on his head. When he sleeps indoors be sure that the room is well ventilated, and, weather permitting, see that he is near a widely open window. Disease germs thrive in a dirty, stuffy atmosphere, and fresh air is the best means of dispelling them. But do not let him lie in a draught.

FEEDING.

FOR THE NEWLY-BORN BABY there is no food which can act as a substitute for the mother's own breast-milk. It is the food ordained and prepared by Nature and contains the greatest possible amount of nourishment. For this reason, if for no other, a mother should make an effort to feed her child and take a pride in knowing that she alone can provide the best food.

If a mother is consumptive, or if from weakness her doctor advises her not to feed her child, then the best substitute will be good cow's milk diluted with a third part of warm, boiled water and sweetened with a little lump of sugar. The baby may be fed from a feeding-bottle with a rubber teat, the child being held in the same position as if he were feeding from the breast. Care must be taken in selecting a teat with a hole of the right size for the baby's sucking powers, and the bottle and teat must always be carefully washed after use. If he needs a hint how to suck, dip a finger in a little sweetened milk and water and place it in his mouth.

But it cannot be repeated too often that cow's milk is no real substitute for the milk of the mother. Cow's milk is meant by Nature for the calf, which has a far bigger and stronger system than the baby, and no amount of diluting can produce from it a perfectly balanced food like mother's milk, which will build firm flesh and strong, straight bones.

Nothing is more foolish or dangerous than to give a baby solid foods of any kind until the teeth appear. His little stomach cannot possibly digest them, and besides depriving him of any nourishment, they will irritate the stomach and bowels to such an extent that refreshing sleep becomes impossible. After a month a little well-strained orange juice may be given. It should be diluted with twice the quantity of water previously boiled, and with a little sugar added. About a teaspoonful a day should be given at first, and this must not be too near the time of giving milk.

Overfeeding is another grave danger to health and contentment. It should be the mother's aim to give her child the smallest amount of food that will satisfy him and show a satisfactory gain in weight. If Baby drinks more milk than he can digest, the rest will turn sour in his stomach and the pain will prevent him from sleeping. If Baby wakes up and cries in the night, make sure that he is hungry before giving him the breast again. He may be already overfed or his clothing may be painful.



Meals must be regular. It is best at first to give a number of small feeds, say, four or five during the day, beginning at about 6 o'clock in the morning and finishing at 10 o'clock at night. Later on their number may be reduced. The bowels should be opened from two to four times in the 24 hours. The stools of a healthy baby are pale yellow, smooth, soft and rather liquid; they should not smell sour, nor contain white curds and lumps. If the stools are otherwise good, but the motions are few in number, it is probable that the baby is not having enough food.

The best way to determine the right amount of food for a baby is to weigh it week by week. A normal healthy baby will gain 4 or 5 ounces a week; and if it gains more than 8 ounces, it is to be suspected that the child is being overfed. See Weight Chart, page 16.

WEANING.

THE PROPER TIME FOR WEANING a normal child is from 7 to 12 months. The change-over from the breast should be gradual, and since he will be cutting his first teeth at this time, solid foods may be introduced into his diet. Bread and milk is a highly nourishing food, but it is well also to let Baby have a smooth dry crust or rusk to strengthen his growing teeth on. Meat is harmful to the young system, as it overheats the blood. After a time a little red gravy may be given and carefully strained broth made from oatmeal and pearl barley. It is not advisable that a dummy rubber teat or comforter be given to the child, they deform the mouth and jaw, and lead to adenoids.

CLOTHES.

MUCH FRETTING AND CONSEQUENT ANXIETY for the mother may be avoided by seeing that Baby is comfortably dressed. Pins are liable to be very dangerous, and buttons, tape and thread are just as easy to use. Do not bind the child tightly so that he has difficulty in breathing. His bones at first are little more than gristle and can be moulded to any shape, so that cramping will deform his young limbs.



Above all, be careful to see that he is clothed in such a way that when he is lying in the fresh air he cannot become chilled. A cough or a cold is far more serious to a baby than to a grown-up person. But this must not deter a mother from giving her baby the benefits of fresh air.

Diapers should be changed frequently. Damp chafing nappies make Baby fretful, and they may lead to chills.

WASHING.

DIRT IS THE FRIEND OF DISEASE GERMS, and Baby must be kept sweet and wholesome by washing him twice daily. Every morning wash the head, neck, face and limbs carefully with a soft sponge, and in the evening wash the whole body. Be sure to wash into every crease of skin. The water should be of blood-warmth, that is, it should feel neither cold nor hot to the hand. Soap should only be used on the hands. To guard against chafing and sores, dry very thoroughly with flannel or a soft cloth, taking care to dry in the joints and in between the toes. Then dust the joints, armpits and neck with a pure toilet powder or Fuller's Earth.



When a warm bath is ordered for the child, see that it is not too hot. Baby's skin is far more tender and sensitive than the hand you dip in his bath.

EXERCISE.

A NEWLY-BORN BABY has no other exercise than its dandling in the mother's arms and its own loud cries for food. A mother may add a little more exercise by rubbing her baby with her hand briskly, yet softly, all over his little body two or three times a day. After a few weeks he may for a short time have a daily roll on the carpet. He will soon teach himself to crawl, and later on make some attempt to stand and walk. Never interfere or try to make him stand. He has plenty of time to learn, and any efforts at leading him can only produce deformed limbs.

MEDICINE.

IF FROM SOME CAUSE BABY IS CONSTIPATED, be very careful in choosing a suitable aperient. The action of mineral powders, such as calomel or antimony, is far too powerful for a child. Unless these drugs have been expressly ordered by a doctor, no medicine in which they form a part should ever be given to a child.

The various vegetable aperients are far safer and more effective. If it is necessary to open the bowels instantly, a teaspoonful or two (according to the age) of olive oil may be given in a little warm water. Rhubarb and olive oil have the great advantage over most other aperients that they do not lead afterwards to further constipation.

When giving any medicine that tastes unpleasant, let a child suck a Peppermint Lozenge or a piece of orange peel for a minute or two before—not after—the medicine is given. The taste of the

sweet will remain in the mouth and the medicine will not be tasted, however unpleasant it may be. This is no valueless hint, for the irritation, crying and general disturbance which are created by making a reluctant child take repeated doses of a distasteful medicine often do more harm than the medicine does good. Most medicines should be taken on an empty stomach.

HABITS.

AS SOON AS POSSIBLE A BABY should be taught regular habits. Make firm decisions and keep to them. If Baby cries, see that he is not unwell and that his clothing is comfortable. But if he has woken up early and wants his meal before the usual time, do not give in to him. It will only help to give Baby the firm idea that he can have anything he wants if only he cries loudly and long enough for it. Character is moulded in childhood, and a mother will do her child the greatest disservice by allowing his little will to govern the house.

Particular Ailments and their Treatment.

TEETHING.

TEETHING CANNOT RIGHTLY BE CALLED AN AILMENT, for all children who have been fed carefully on the right amount of the best food—Milk—will have no difficulty in cutting their teeth. If, in fact, they appear to be fretful at this time, it is probable that they are troubled with something quite different.



Teething is often an unhappy time for mother and child alike. The blood may become overheated and Baby feverish, so that sleep will be lost. The mother may worry about the irregular opening of the bowels.

The teeth should begin to appear—in pairs—between the fifth and eighth months. The front teeth should come through first, then the dog or eye teeth, and lastly the back teeth, the molars, until the set of milk teeth is complete.

Never let any solid foods be given to the child until some of the teeth have appeared. Milk is the only digestible food for a baby's stomach, and nothing but harm can come of any attempts to give him a more advanced diet.

TO PROMOTE SAFE AND EASY TEETHING

If teething is difficult, the few following hints and remedies will prove helpful.

Keep the blood cool and the bowels regular by giving one of Fennings' Cooling Powders three or four times a week. Full directions for giving these powders will be found on page 21.

If the skin becomes very hot and dry, put the child, at bedtime, in a warm bath up to his neck for 10 minutes. Then dry him carefully, wrap him in flannel and give a Cooling Powder in a teaspoonful of water.

Sometimes a rash will break out on the face or head, often behind the ears. It is dangerous to apply an astringent lotion. Instead, wash the part affected with a little warm water, dry and dust it with pure Toilet Powder or Fuller's Earth.

If the gums are painful, never rub them with any narcotic; it is safer and equally effective to rub the gums gently with the finger. If the gums are very red and swollen, consult a doctor about having them lanced or cut. This will save much pain.

Instructions for dealing with an attack of Convulsions will be found on page 8.

FEVERS.

WHEREAS AN ADULT'S PULSE beats from 60 to 90 times a minute, the pulse of a baby is much faster; it may be from 120 to 130. Therefore, a baby is constantly nearer a condition of fever and any derangement of its general health is liable to bring one about. The chief cause of fever is meat given to the child when it should still be suckling. Teething and chills may also produce a fever. The best way to deal with a fever is to put the child up to the neck in a warm bath every other night for 10 minutes, afterwards carefully drying him. One of Fennings' Cooling Powders should be given each day, and if there is constipation a teaspoonful of Olive Oil once or twice a week. The latter is also good for the teeth.



Leverstock House,
Leverstock Green,
Hemel Hempstead.

Mr. Fennings,

Will you please send me by return a copy (free) of Fennings' "Every Mother's Book"; having had two boxes of your Powders, I cannot speak too highly of them (Teething Powders), they are so cooling and soothing, and do not gripe my Darling like other powders I have tried. I shall be pleased for you to use this letter, as I should like every mother to know of your Powders.

K. HOPKINS (Mrs.).

18/1/05.

CONVULSIONS.

CONVULSIONS ARE MOST ALARMING for the distressed mother, but they need never arise if the child is fed wisely. Usually the cause is gross overfeeding when the baby is suckling, or foolishly giving meat or other solid foods at such a time. If a child shows signs of a coming fit—and the green slimy state of the stools is good warning that all is not well—some emetic should be given to make him sick, or if none is handy, tickle the inside of the throat with a feather or little finger.

Convulsions may also arise from the child being put straight to sleep after feeding as previously mentioned.

How to Cure.

When a fit comes on, place the child up to the neck in a bath of warm water for a quarter of an hour. Every two or three minutes, while he is in the bath, apply to the head and temples a piece of flannel moistened with cold water. This treatment will generally bring him round again, and he should be rubbed dry, wrapped in flannel and put to bed. Then give a teaspoonful of Olive Oil in a little warm water, and after an hour give a Cooling Powder (*see* page 21). Repeat the Cooling Powder every day for a week.

Call a doctor immediately, and tell him what has been done to relieve the child.

If Baby does not speedily recover from the fit in the warm water bath, it will be of help to rub a little dry mustard for a few minutes on the back of the neck.

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

These fits may result from painful teething, in which case the gums will be very red and swollen. Lancing the gums, as suggested previously, will relieve the pain and stop the convulsions.

Worms may also bring on a convulsion. Full instructions for dealing with this complaint are found on page 18.

An effective way to prevent convulsions is to give Baby a Cooling Powder every other day during teething.

WHOOPING COUGH.

NOBODY CAN MISTAKE THIS COMPLAINT, with its peculiar whooping sound—half coughing and half retching. It starts with a hard, dry cough and general hoarseness, and after a fortnight the whooping sound is heard and the child often vomits up a white phlegm.

It is important that Whooping Cough should be dealt with immediately the symptoms are recognised; for delay may lead to inflammation of the lungs, water on the brain, or even consumption. As it is infectious, the child should be isolated until about a fortnight after the coughing has stopped.

How to Cure.

For a child over 12 months of age, give immediately one of Fennings' Whooping Cough Powders (*see* page 20) in a little sugar or jam. The dose should be given three times a day (these powders should not be given to a child under 12 months old). Half an hour after give two teaspoonfuls of pure lemon juice. A dose of Fennings' Fever Curer (*see* inside back cover) may be given every other night at bedtime. This will stop the fever that accompanies Whooping Cough.

Camphor Vapour may be inhaled every morning and evening to prevent consumption. Let the child have plenty of exercise and fresh air, but avoid any damp.

Diet: Milk and bread, eggs, milk puddings; no meat.

COUGHS, COLDS, *and* INFLAMMATION *of the* LUNGS.

COUGHS AND COLDS are very much more dangerous to children than they are to adults. Many people become so accustomed to colds that they dismiss them as a nuisance without troubling to treat them at all. Such a course may well prove fatal to a child, for if a cough or cold be not immediately cured it may quickly develop into Inflammation of the Lungs. This ailment is highly fatal to children.

Coughs and colds are often the result of sudden changes in temperature, such as bringing indoors a child who has been out in the open and warming him by the fire, or *vice-versa*. Or they may be caused by the perspiration being checked by something cold or damp being applied to the body.

Inflammation of the Lungs usually begins with chills, and fits of shivering followed by dry feverish heat and great thirst. The breathing is difficult, quick and short, and there is a hard hacking cough.

Fresh air will not cause a cold, but a draught is highly dangerous and may easily do so; above all, it is the cruellest act for anyone with a cold to kiss or nurse babies, for they are so easily infected, with such dangerous results.



How to Cure a Cough.

As soon as a child starts coughing or shows symptoms of a cold, keep the bowels regular and the blood cool by giving a Cooling Powder every night.

To cure the cough, give one of Fennings' Lung Healers (*see page 20*) three times a day. Every evening at bedtime put the child's feet and legs in warm water for a few minutes.

If, however, a cold has been so far neglected that the breathing becomes short, drawn quickly and with difficulty, it is a sure sign that the lungs have been badly affected. Place the child up to the neck in a bath of warm water immediately. After keeping him there for 10 minutes, dry, wrap in flannel, and put to bed. Then apply a mustard poultice (*see page 20*) to the child's chest for a quarter of an hour—taking care not to embarrass the breathing—and send at once for the doctor.

Give one of Fennings' Lung Healers every 4 hours, which may make the child sick. This will help a recovery by slowing down the pulse and lessening the fever.

Keep the bowels moderately open with a daily Cooling Powder. If the child is very constipated, give a teaspoonful or two of Olive Oil.

In all chest complaints a child will be most easy and will sleep better when the head and shoulders are slightly raised.

Diet: Arrowroot, gruel, milk and water and barley water. In addition, let the child drink half a pint of thick linseed tea every day. This is excellent in all coughs and colds.

82, West Street,
Boston, Lincs.
2nd, June, 1934.

Messrs. Fennings,

I shall be pleased if you will forward your book on babies and their simple ailments.

We are using your Cooling Powders for our eldest child, and I may say that your Powders have been in use in our family for three generations with great success.

Neither myself, brother or sister have ever had a fever or any complaint except measles during our childhood, and we put it down to the taking of your various Powders when at all feverish.

ARNOLD GREEN.

RINGWORM.

THIS IS A CONTAGIOUS SKIN DISEASE which, starting with a small red pimple, gradually spreads into a ring-like form. It itches badly, but the child must be prevented from scratching or it will become worse and spread. It is very catching. Children pass it to one another by using the same comb, brush or towel. It often proves difficult to get rid of.

How to Cure.

A good remedy is 2 drachms of the Tincture of Iron, commonly called "Steel Drops," mixed with 4 tablespoonfuls 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.

THRUSH.

FEEDING A BABY with injudicious foods, such as meat, will often cause small white ulcers to break out inside the mouth and throat, on the tongue or gums, and sometimes in the stomach and bowels. These ulcers are known as the Thrush. Baby becomes feverish and feeding is painful.

They may also be the result of a dirty feeding-bottle or a comforter.

How to Cure.

Ask your chemist to make a mixture of 1 ounce of Honey, together with 1 drachm of finely powdered Roche Alum. Apply this to the ulcers on a piece of soft clean rag by wiping it over them on the end of a finger. Be very careful not to make the inflammation worse by rubbing the sores.

Three times a week give one of Fennings' Cooling Powders, which will remove the cause of the trouble—the acidity in the stomach.

Give half a teaspoonful of mixed Rhubarb and Magnesia once or twice a week.

29, Copnor Road,
Portsmouth, Hants.

20/4/34.

Alfred Fennings,

I should like to take this opportunity of telling you that we are never without your Fever Curer, and that I have always used your Cooling Powders and Lung Healers for my children when required, and my mother has done so for over 35 years.

I am sure your Fever Curer saved my little boy's life four years ago, when even the doctor gave up hope of his recovery from septic measles.

(Mrs.) M. DASH.

CROUP.

CROUP IS A DISEASE of the mucous lining of the windpipe and air tubes of the lungs. The child who may seem perfectly well when he goes to bed may suddenly wake coughing and breathless and will struggle for air.

Croup gives warning symptoms by a hard, dry cough, quick breathing and a general hoarseness. The complaint must be allowed to go no further or it will become impossible to draw the breath.

How to Cure.

Give three of Fennings' Lung Healers (*see* page 20) with a teaspoonful of pure vinegar or lemon juice—preferably the latter—every half-hour until the child is very sick. Afterwards give only one of the Lung Healers, with 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, then dry and wrap in flannel. Directly afterwards apply a mustard poultice to the throat and keep it on for a quarter of an hour; if necessary, repeat this treatment in 24 hours.

Let the child also inhale Camphor Vapour every evening (*see* page 19), and keep the bowels regular with a Cooling Powder two 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 the chance of suffocation.

If there appears to be any danger of suffocation from the accumulated phlegm, consult a doctor.

14, St. James' Road,
Forest Lane,
Maryland Point, E.
18th, February, 1908.

To Alfred Fennings, Esq., Cowes, I.W.,

We cannot speak too highly of your Fever Curer and Lung Healers for colds and the dreadful epidemic "Influenza," for they have proved magic upon the wife and myself just recently.

We strongly advise people who have not yet tried them to do so at once, and test for themselves their excellent qualities, and, furthermore, we do not hesitate to recommend them.

You are at liberty to make whatever use you care of this letter.

Mr. and Mrs. E. and F. WOODS.

GRIPES, LOOSENESSE *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; for instance, indigestible food or 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 overfeeding.

If Baby cries, most mothers will immediately give it the breast, or food. Feeding the infant cannot take away the griping pain, which may be the real cause of its cries. Over-feeding increases the pain and the mischief, and yet many mothers keep on feeding the child in the hope that the crying will cease. Finally, the over-gorged stomach becomes so weakened, and the bowels irritated to such an extent with the acidities of fermenting milk and pap, that it occasions serious disorders. Never feed your Baby except at the stipulated times laid down according to routine.

It is windy bowels which give rise to what are called "Inward Fits" 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 eyeballs.

How to Cure.

- If over-feeding be the cause of Looseness, Gripes and Wind, give one of Fennings' Cooling Powders every evening, and a mixture of chalk and Rhubarb every morning until well. The powder should contain one part of Rhubarb to two parts of prepared chalk, and the dose should be a quarter of a teaspoonful every morning until well. For a day or two, let the only food given be plain boiled rice, nearly cold. To correct acidity give two or three drops of Sal Volatile in a tablespoonful of cold water two or three times a day. If the pains are the result of worms, turn to page 18.

If dampness, or cold applied to the skin, be the reason, put the child up to the neck, for 10 minutes, in warm water, then wrap up warmly after drying, and give a Cooling Powder.

In bad cases of Gripes, inject with an enema 2 teaspoonfuls of sweet oil, mixed in a teacupful 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.

Remember, if a child cries there is always a reason. Do not feed him every time, rather consider whether you have not already overfed him.

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 taken.

During teething, a looseness of the bowels sometimes appears, and 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 tablespoonful of water can also 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.

SORE EYES.



SOME CHILDREN ARE VERY LIABLE to weak, watery, sore and inflamed eyes, and this should be attended to immediately. Bathe the eyes two or three times a day with a lotion obtainable from your chemist, containing zinc sulphate and Rose Water. If very much inflamed, apply for 10 minutes a small mustard poultice to the nape of the neck ; also give a Cooling Powder three times a week.

SCARLET FEVER (*Notifiable*).

THIS IS ONE OF THE MOST INFECTIOUS of diseases, and is notifiable. A doctor must be consulted immediately and the patient isolated. 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.

SCARLATINA.

AS IT IS CALLED, is when the attack of Scarlet Fever has been so mild, the infection so slight, that there exists no sore throat, no sickness, no severe symptoms.

CAUTION.

Keep the child in a cool room until the doctor arrives, but beware of exposure to draughts of cold air. Every other person in the house should, as a means of prevention, inhale camphor vapour daily and take a dose of Fennings' Fever Curer three times a week (*see* inside back cover). It is also useful to expose a plate containing vinegar and a small piece of camphor in every room, or some other safe disinfectant.

MEASLES (*Notifiable*).

THIS DISEASE IS NOTIFIABLE, and a doctor should be summoned at the first appearance of the symptoms.

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 these symptoms 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 to 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 they do in Smallpox, etc.

There is always a hard, dry cough for several days before the red spots of Measles break out on the skin. 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 19), and taking the *Lung Healers* as directed (*see* page 20).

German Measles.

IS A MILD FORM OF MEASLES.



SORE THROATS.



MOTHERS SHOULD ALWAYS BE ON THEIR GUARD if they or their children have a sore throat, for many dangerous ailments start off in this way. This is especially the case with such infectious diseases as Diphtheria, Scarlet Fever, Typhus, Whooping Cough or Small-pox, for when the diseased air is inhaled, certain of the germs are left in the throat. If the sore throat, which is thus in the

nature of a warning, be attended to at once the disease, of which it is a symptom, will not be so severe or dangerous.

How to Cure.

Sore throats, whether from cold or infection, may be cured as follows: Give a dose of Fennings' Fever Curer at bedtime and repeat the dose next night if necessary. Keep the blood and body cool by taking one of the Cooling Powders (*see* page 21) every morning.

APPROXIMATE WEIGHTS for AVERAGE-SIZE CHILDREN.

		Boys.	Girls.
BIRTH	- - -	7.6 lbs.	7.2 lbs.
1st Month	- - -	8.2 "	7.7 "
2nd "	- - -	10.7 "	10.2 "
3rd "	- - -	12.7 "	12.2 "
4th "	- - -	14.2 "	13.6 "
5th "	- - -	15.4 "	14.8 "
6th "	- - -	16.0 "	15.5 "
7th "	- - -	16.7 "	16.2 "
8th "	- - -	17.3 "	16.8 "
9th "	- - -	17.7 "	17.2 "
10th "	- - -	18.2 "	17.7 "
11th "	- - -	19.4 "	18.8 "
12th "	- - -	20.5 "	19.8 "
18th "	- - -	22.8 "	22.0 "
2 Years	- - -	26.5 "	25.5 "
3 "	- - -	31.2 "	30.0 "
4 "	- - -	35.0 "	34.0 "
5 "	- - -	41.2 "	39.8 "
6 "	- - -	45.1 "	43.8 "
7 "	- - -	49.5 "	48.0 "

WEANING BRASH.

ANOTHER RESULT OF UNWISE FEEDING or too early weaning is diarrhoea and vomiting, generally called "Weaning Brash." The stools are loose, slimy and green-coloured. It should not be allowed to continue for it will become more difficult to cure, and Baby will cease to gain weight.

How to Cure.

Give one of Fennings' Cooling Powders (*see* page 21) every day until the bowels are normal, and the stools of a natural colour and consistency. Three times a day give, in a tablespoonful of water, three or four drops of Sal Volatile. A teaspoonful of Olive Oil should likewise be given once a week.

Twice a week put the child up to the neck in a warm-water bath, subsequently drying and wrapping in flannel.

Should the stools become quite watery, give a teaspoonful of vinegar twice a day.

CAUTION

Keep the child to breast food, or to milk and rice boiled in water.

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 arises principally from lack of cleanliness 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 11). 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. Let the child drink a pint and a half a day. Give a Cooling Powder two or three times a week.

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.

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 Worms (*Taenia*). Children are mostly troubled with the Thread and the round Red Worm.

Children become emaciated 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. Remember this: Children who live wholly on milk never have worms!

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, etc.

How to Cure.

Give one of Fennings' Worm Powders in a teaspoonful of honey or treacle every morning an hour before breakfast—they will kill the worms and bring them away with the stools. Give for breakfast cold boiled milk with a tablespoonful of brown sugar in it. Give a dose of Olive Oil, or a teaspoonful of Flower of Brimstone, once a week. Also inject occasionally, with a squirt 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. 3d. and 3s. 6d. a box.

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, being usually caused by teething.

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.

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 21*). Wash sores with a little warm water and soap, and dust them occasionally with a pure Toilet Powder or Fuller's Earth.

For Chicken Pox, Nettle Rash and Shingles, give 3 or 4 drops of Sal Volatile in a tablespoonful of water twice a day, and a Cooling Powder three times a week. Prevent the child from scratching the spots by the wearing of gloves.

If the bowels are very much confined, give a teaspoonful of Olive Oil in a little milk or water. Never apply milk to eruptions or sores; it may inflame them.

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. This disease is very infectious.

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

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 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 2 years of age, the *camphor* can be thus held during 3 minutes, over the child's mouth and nose, at each time ordered.

If the child be over 2 years, and under 6 years, 5 minutes.

If over 6 years, and under 10 years, 8 minutes.

In a grown person, 12 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 drachm; water, half a pint.

Mix together, and gargle the throat frequently with it. For infants too young to gargle, mix together in a hot teacup equal parts of honey and olive oil. Let the child slowly suck down a teaspoonful three times a day.

MUSTARD POULTICES.

MIX TWO OR THREE TEASPOONFULS 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 20 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 24 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.

Fennings' Lung Healers.

A Cure for *Colds, Coughs, Asthma, Bronchitis, Influenza*, 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 or any other severe complaint irritating the pulmonary surface.

Sold by all Chemists, in boxes, at 6d., 1s. 3d., and 3s. od., with full directions. The large-size boxes, 3s. od., contain three times the quantity of the 1s. 3d. boxes.

Fennings' Whooping Cough Powders.

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

These powders must not be given to a child under 12 months of age.

Sold in stamped boxes, 1s. 3d. and 3s. od., 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, upon the receipt of a letter containing 1s. 3d., directed to ALFRED FENNINGS, Cowes, Isle of Wight.

Fennings' Cooling Powders.

FOR INFANTS AND CHILDREN.

These celebrated Powders wonderfully assist TEETHING, cool and purify the feverish blood, and will soon ease *Sickness, Fevers, Gripes, Wind, 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. 3d. and 3s. 6d., with full directions, by all Chemists; also 1d. each, or two for 1½d.

Ask for Fennings' preparations by name.

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.

FENNINGS'

ADULT COOLING POWDERS

To cure Fevers, Colds, Coughs, Eruptions and all Inflammations, and for cooling all Feverish Heats of the Blood.

These famous Cooling Powders are the best medicine to correct the disordering acidities of indigestion, the saline impurities of colds, rheumatism, erysipelas, eruptions, etc., and are the finest blood-coolers for all body-scorching fevers, and diseases arising from unhealthy heats of the system. If taken at bed-time with a basin of gruel immediately a cold is caught they mostly subdue all feverish symptoms, and cure the cold in a single night. Sold by all Chemists and Druggists, 1/3 and 3/- a box.

FENNINGS'

Rheumatic and Erysipelas Drops

The best remedy for Rheumatism, Erysipelas, Lumbago, etc.

See *Fennings' Everybody's Doctor*. Sold in bottles, price 1/3, with full directions, by all Chemists and Druggists.

If there should be any difficulty in procuring any of these preparations, a box of Fennings' Adult Cooling Powders, or Fennings' Lung Healers, or Fennings' Stomach Strengtheners will be immediately sent, Post Free, on receipt of a letter enclosing 1/3, by

ALFRED FENNINGS, COWES, I. O. W.



BEWARE OF IMITATIONS



FENNINGS'

STOMACH STRENGTHENERS

Or Pills to assist digestion, prevent acidities, wind and spasms; to remove heartburn, palpitations and pain after eating, and to enable the stomach to convert food into proper nourishment for the body. See *Fennings' Everybody's Doctor*. Fennings' Stomach Strengtheners are sold in boxes, 1/3 and 3/-.

FENNINGS'

EVERYBODY'S DOCTOR.

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

Ague.	Diphtheria.	Indigestion, etc.
Asthma.	Dropsy.	Liver Complaints.
Biliousness.	Dysentery.	Lumbago.
Bronchitis.	Eruptions.	Neuralgia and Tic
Colds.	Erysipelas.	Doloureux.
Coughs.	Fevers.	Piles.
Cholera.	Gout.	Rheumatism, etc.
Constipation.	Gravel.	Scarlet Fever.
Diarrhœa.	Influenza.	Worms, etc.

**** Sent FREE on application to**
ALFRED FENNINGS, COWES, ISLE OF WIGHT.

EXTRACTS FROM A LETTER.

Mill Street,

Liverpool, 8.

24th September, 1934.

Dear Sir,

I feel that I must say something in favour of your Fever Curer, which certainly did save my life, and let you know how grateful I am for being alive to-day, through just one bottle of your Fever Curer. You may believe me or believe me not, but I am telling you that just one bottle of Fennings' Fever Curer cured me of the worst dose of dysentery that any man ever had on this earth. I am a sailor with thirty-six years wide-world hardships astern of me. One day outside a village called Prudo, an Arab girl drawing water from a well gave me a drink, and from that day dysentery started its deadly work on my system. I figured out that if I were to die I might as well die at home, and although very weak and hardly able to crawl I managed to make "home-sweet-home," where I completely collapsed. From 13 stone 6 pounds I think I had rendered down to 8 stone.

That very same night mother gave me a glass of Fennings' Fever Curer, and in less than an hour my stomach stopped rolling and I slept soundly for the first time in ten weeks. Next morning I felt a new man. The bleeding had stopped and the pains had stopped, and I began to improve rapidly. It was marvellous—wonderful! I could hardly believe it, but it is absolutely true—that just one small bottle of your Fever Curer cured me completely. If it hadn't—well, I wouldn't have been here to tell the tale. I returned last Christmas from the West African Coast and, thanks to Fennings' Fever Curer, I am sound as a bell and still go to sea when ships are available.

Hoping that you will kindly accept my grateful thanks because I still owe my life to your marvellous Fever Curer.

Wishing it every success,

I am, Sir,

Yours faithfully,

(Signed) J. R———

Quarter-master.

61, Eastgate,
Worksop, Notts.

24th, February, 1932.

Dear Sir,

Will you please send me Fennings' "Everybody's Doctor"? We have used your Fever Curer for the last 30 years; we are never without it.

The finest medicine on the market, and never known to fail yet.

You can use this as you please, as I have every confidence in Fennings' Fever Curer.

M. MARSHALL (Mrs.).

SORE THROATS relieved with **One Dose**

FENNINGS' FEVER CURER

OR FENNINGS' STOMACHIC MIXTURE

A Bottle should be kept in every House, to be ready for use day or night. In some Diseases, an hour's delay is a life lost. Have a Remedy always ready at hand.

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

Dose Measure marked on Bottle. Pour the Dose into a Small Glass.



To prevent and to cure the early stages of Whooping Cough, Influenza, Malarial Bronchitis, Fluxes, Measles and other Animalcular Diseases.

AN ADULT should take Half to One Wineglassful.

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 Wineglassful.
Under 10 years and above 4 years of age	-	One Quarter Wineglassful
Under 4 years old and above 1 year	- -	One Eighth Wineglassful
INFANTS	- - -	20 Drops

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

TO BE TAKEN IN SIPS.

Sold in Stamped Bottles, with full directions, 1s. 3d. each, by all Chemists and Stores. Observe the Proprietor's name, ALFRED FENNINGS, printed on the Government Stamp round each Bottle, without which none is Genuine. Proprietors: The Trustees of Alfred Fennings, deceased—W. J. Bailey, F. B. Pelly and H. Hamer.



All Communications to be addressed to :

ALFRED FENNINGS, COWES,
ISLE OF WIGHT.

