Contents

A list of what is discussed in each chapter

INTRODUCTION	
NOTE ABOUT THIS NEW EDITION	
WORDS TO THE VILLAGE HEALTH WORK	ER (Brown Pages)
Health Needs and Human Needs w2 Many Thing Relate to Health Care w7 Take a Good Look at Your Community w8 Using Local Resources to Meet Needs w12 Deciding What to Do and Where to Begin w13 Trying a New Idea w15 A Balance Between People and Land w16	A Balance Between Prevention and Treatment w17 Sensible and Limited Use of Medicines w18 Finding Out What Progress Has Been Made w20 Teaching and Learning Together w21 Tools for Teaching w22 Making the Best Use of This Book w28
Chapter 1 HOME CURES AND POPULAR BELIEFS	1
Home Cures That Help 1 Beliefs That Can Make People Well 2 Beliefs That Can Make People Sick 4 Witchcraft—Black Magic—and the Evil Eye 5 Questions and Answers 6 Sunken Fontanel or Soft Spot 9	Ways to Tell Whether a Home Remedy Works or Not 10 Medicinal Plants 12 Homemade Casts—for Broken Bones 14 Enemas, Laxatives, and Purges 15
Chapter 2 SICKNESSES THAT ARE OFTEN CONFUSED	17
What Causes Sickness? 17 Different Kinds of Sicknesses and Their Causes 18 Non-infectious Diseases 18 Infectious Diseases 19 Sicknesses That Are Hard to Tell Apart 20	Example of Local Names for Sicknesses 22 Misunderstanding Due to Confusion of Names 25 Confusion between Different Illnesses That Cause Fever 26
Chapter 3 HOW TO EXAMINE A SICK PERSON	29
Questions 29 General Condition of Health 30 Temperature 30 How to Use a Thermometer 31 Breathing (Respiration) 32 Pulse (Heartbeat) 32	Eyes 33 Ears 34 Skin 34 The Belly (Abdomen) 35 Muscles and Nerves 37

Where There Is No Doctor 2015

Chapter 4 HOW TO TAKE CARE OF A SICK PERSON.	39
The Comfort of the Sick Person 39 Special Care for a Person Who Is Very III 40 Liquids 40 Food 41 Cleanliness and Changing Position in Bed 41	Watching for Changes 41 Signs of Dangerous Illness 42 When and How to Look for Medical Help 43 What to Tell the Health Worker 43 Patient Report 44
Chapter 5 HEALING WITHOUT MEDICINES	45
Healing with Water 46 When Water Is Better than Medicines 47	
Chapter 6 RIGHT AND WRONG USE OF MODERN ME	DICINES49
Guidelines for the Use of Medicine 49 The Most Dangerous Misuse of Medicine 50	When Should Medicine Not Be Taken? 54
Chapter 7 ANTIBIOTICS: WHAT THEY ARE AND HOW	TO USE THEM55
Guidelines for the Use of Antibiotics 56 What to Do if an Antibiotic Does Not Seem to Help Importance of Limited Use of Antibiotics 58	57
Chapter 8 HOW TO MEASURE AND GIVE MEDICINE.	59
Medicine in Liquid Form 61 How to Give Medicines to Small Children 62 How to Take Medicines 63	Dosage Instructions for Persons Who Cannot Read 63
Chapter 9 INSTRUCTIONS AND PRECAUTIONS FOR I	NJECTIONS65
When to Inject and When Not To 65 Emergencies When It Is Important to Give Injections 66 Medicines Not to Inject 67 Risks and Precautions 68 Dangerous Reactions From Injecting Certain Medicines 70	Avoiding Serious Reactions to Penicillin 71 How to Prepare a Syringe for Injection 72 How to Inject 73 How Injections Can Disable Children 74 How to Sterilize Equipment 74



Chapter 10 FIRST AID	75
Basic Cleanliness and Protection 75 Fever 75 Shock 77 Loss of Consciousness 78 When Something Gets Stuck in the Throat 79 Drowning 79 When Breathing Stops: Mouth-to-Mouth Breathing 80 Emergencies Caused by Heat 81 How to Control Bleeding from a Wound 82 How to Stop Nosebleeds 83 Cuts, Scrapes, and Small Wounds 84 Large Cuts: How to Close Them 85 Bandages 87	Infected Wounds 88 Bullet, Knife, and Other Serious Wounds 90 Emergency Problems of the Gut (Acute Abdomen) 93 Appendicitis, Peritonitis 94 Burns 96 Broken Bones (Fractures) 98 How to Move a Badly Injured Person 100 Dislocations (Bones Out of Place at a Joint) 101 Strains and Sprains 102 Poisoning 103 Snakebite 104 Other Poisonous Bites and Stings 106
Chapter 11 NUTRITION: WHAT TO EAT TO BE HEALTHY	′107
Sicknesses Caused by Not Eating Well 107 Why It Is Important to Eat Right 109 Preventing Malnutrition 109 Main Foods and Helper Foods 110 Eating Right to Stay Healthy 111 How to Recognize Malnutrition 112 Eating Better When You Do Not Have Much Money or Land 115 Where to Get Vitamins: In Pills or in Foods? 118 Things to Avoid in Our Diet 119 The Best Diet for Small Children 120 Harmful Ideas about Diet 123	Special Diets for Specific Health Problems 124 Anemia 124 Rickets 125 High Blood Pressure 125 People Who Are Too Heavy 126 Constipation 126 Diabetes 127 Acid Indigestion, Heartburn, and Stomach Ulcers 128 Goiter (A Swelling or Lump on the Throat) 130
Chapter 12 PREVENTION: HOW TO AVOID MANY SICKS	NESSES
Cleanliness—and Problems from Lack of Cleanliness 131 Basic Guidelines of Cleanliness 133 Sanitation and Latrines 137 Worms and Other Intestinal Parasites 140 Roundworm (Ascaris) 140 Pinworm (Threadworm, Enterobius) 141 Whipworm (Trichuris) 142 Hookworm 142 Tapeworm 143	Trichinosis 144 Amebas 144 Giardia 145 Blood Flukes (Schistosomiasis, Bilharzia) 146 Vaccinations (Immunizations)—Simple, Sure Protection 147 Other Ways to Prevent Sickness and Injury 14 Habits That Affect Health 148

Where There Is No Doctor 2015

to Malnutrition **208**

Chapter 13 SOME VERY COMMON SICKNESSES	151
Dehydration 151 Diarrhea and Dysentery 153 The Care of a Person with Acute Diarrhea 160 Vomiting 161 Headaches and Migraines 162 Colds and the Flu 163 Stuffy and Runny Noses 164 Sinus Trouble (Sinusitis) 165 Hay Fever (Allergic Rhinitis) 165 Allergic Reactions 166 Asthma 167 Cough 168	Bronchitis 170 Pneumonia 171 Hepatitis 172 Arthritis (Painful, Inflamed Joints) 173 Back Pain 173 Varicose Veins 175 Piles (Hemorrhoids) 175 Swelling of the Feet and Other Parts of the Body 176 Hernia (Rupture) 177 Seizures (Fits, Convulsions) 178
Chapter 14 SERIOUS ILLNESSES THAT NEED SPECIA	L MEDICAL ATTENTION179
Tuberculosis (TB, Consumption) 179 Rabies 181 Tetanus (Lockjaw) 182 Meningitis 185 Malaria 186	Dengue (Breakbone Fever, Dandy Fever) 187 Brucellosis (Undulant Fever, Malta Fever) 188 Typhoid Fever 188 Typhus 190 Leprosy (Hansen's Disease) 191
Chapter 15 SKIN PROBLEMS	193
General Rules for Treating Skin Problems 193 Instructions for Using Hot Compresses 195 Identifying Skin Problems 196 Scabies 199 Lice 200 Bedbugs 200 Ticks and Chiggers 201 Small Sores with Pus 201 Impetigo 202 Boils and Abscesses 202 Itching Rash, Welts, or Hives 203 Things That Cause Itching or Burning of the Skin 204 Shingles (Herpes Zoster) 204 Ringworm, Tinea (Fungus Infections) 205 White Spots on the Face and Body 206 Mask of Pregnancy 207 Pellagra and Other Skin Problems Due	Warts (Verrucae) 210 Corns 210 Pimples and Blackheads (Acne) 211 Cancer of the Skin 211 Tuberculosis of the Skin or Lymph Nodes 212 Erysipelas and Cellulitis 212 Gangrene (Gas Gangrene) 213 Ulcers of the Skin Caused by Poor Circulation 213 Bed Sores 214 Skin Problems of Babies 215 Eczema (Red Patches with Little Blisters) 216 Psoriasis 216

Chapter 16 THE EYES	217
Danger Signs 217 Injuries to the Eye 218 How to Remove a Speck of Dirt from the Eye 218 Chemical Burns of the Eye 219 Red, Painful Eyes—Different Causes 219 'Pink Eye' (Conjunctivitis) 219 Trachoma 220 Infected Eyes in Newborn Babies (Neonatal Conjunctivitis) 221 Iritis (Inflammation of the Iris) 221 Glaucoma 222 Infection of the Tear Sac (Dacryocystitis) 223	Trouble Seeing Clearly 223 Cross-Eyes and Wandering Eyes 223 Sty (Hordeolum) 224 Pterygium 224 A Scrape, Ulcer, or Scar on the Cornea 224 Bleeding in the White of the Eye 225 Bleeding Behind the Cornea (Hyphema) 225 Pus Behind the Cornea (Hypopyon) 225 Cataract 225 Night Blindness and Xerophthalmia 226 Spots or 'Floaters' Before the Eyes 227 Double Vision 227 River Blindness (Onchocerciasis) 227
Chapter 17 THE TEETH, GUMS, AND MOUTH	229
Care of Teeth and Gums 229 If You Do Not Have a Toothbrush 230 Toothaches and Abscesses 231 Pyorrhea, a Disease of the Gums 231	Sores or Cracks at the Corners of the Mouth 232 White Patches or Spots in the Mouth 232 Cold Sores and Fever Blisters 232
Chapter 18 THE URINARY SYSTEM AND THE GENITAL	S233
Urinary Tract Infections 234 Kidney or Bladder Stones 235 Enlarged Prostate Gland 235 Diseases Spread by Sexual Contact (Sexually Transmitted Infections) 236 Gonorrhea (Clap, VD, the Drip) and Chlamydia 236 Syphilis 237 Bubos: Bursting Lymph Nodes in the Groin 238	Use of a Catheter to Drain Urine 239 Problems of Women 241 Vaginal Discharge 241 How a Woman Can Avoid Many Infections 242 Pain or Discomfort in a Woman's Belly 243 Men and Women Who Cannot Have Children (Infertility) 244
Chapter 19 INFORMATION FOR MOTHERS AND MIDWI	VES245
The Menstrual Period (Monthly Bleeding in Women) 245 The Menopause (When Women Stop Having Periods) 246 Pregnancy 247	How to Stay Healthy during Pregnancy 247 Minor Problems during Pregnancy 248 Danger Signs in Pregnancy 249 Check-ups during Pregnancy (Prenatal Care) 250

Where There Is No Doctor 2015

German Measles (Rubella) 312

Mumps **312**

Record of Prenatal Care 253 Things to Have Ready before the Birth 254 Preparing for Birth 256 Signs That Show Labor Is Near 258 The Stages of Labor 259 Care of the Baby at Birth 262 Care of the Cut Cord (Navel) 263 The Delivery of the Placenta (Afterbirth) 264 Hemorrhaging (Heavy Bleeding) 264 Medicines to Control Bleeding After Birth or Miscarriage: Oxytocin, Misoprostol, Ergometrine 266	Difficult Births 267 Tearing of the Birth Opening 269 Care of the Newborn Baby 270 Illnesses of the Newborn 272 The Mothers Health after Childbirth 276 Childbirth Fever (Infection after Giving Birth) 276 Care of the Breasts 277 Lumps or Growths in the Lower Part of the Belly 280 Miscarriage (Spontaneous Abortion) 281 High Risk Mothers and Babies 282
Chapter 20 FAMILY PLANNING— HAVING THE NUMBER OF CHILDREN YOU W	/ΔNT 283
Family Planning 284 How Women Become Pregnant 286 Family Planning Methods 287 Condoms 287 Birth Control Pills (Oral Contraceptives) 288	Other Methods of Family Planning 290 Natural Methods of Family Planning 291 These Methods Do Not Prevent Pregnancy 293 Methods for Those Who Never Want to Have More Children 294
Chapter 21 HEALTH AND SICKNESSES OF CHILDREN.	295
What to Do to Protect Children's Health 295 Children's Growth— and the 'Road to Health' 297 Child Health Chart 298 Review of Children's Health Problems Discussed in Other Chapters 305 Health Problems of Children Not Discussed in Other Chapters 309 Earache and Ear Infections 309 Sore Throat and Inflamed Tonsils 309 Rheumatic Fever 310 Infectious Diseases of Childhood 311 Chickenpox 311 Measles (Rubeola) 311	Whooping Cough 313 Diphtheria 313 Infantile Paralysis (Polio) 314 How to Make Simple Crutches 315 Problems Children Are Born With 316 Dislocated Hip 316 Umbilical Hernia (Belly Button that Sticks Out) 317 A 'Swollen Testicle' (Hydrocele or Hernia) 317 Mentally Slow, Deaf, or Deformed Children 318 The Spastic Child (Cerebral Palsy) 320 Slow Development in the First Months of Life 321

Sickle Cell Disease 321

Helping Children Learn 322

Chapter 22 HEALTH AND SICKNESSES OF OLDER PE	OPLE 323
Summary of Health Problems Discussed in Other Chapters 323 Other Important Illnesses of Old Age 325 Heart Trouble 325 Words to Younger Persons Who Want to Stay Healthy When Older 326 Stroke (Apoplexy, Cerebro-Vascular Accident, CVA) 327	Deafness 327 Loss of Sleep (Insomnia) 328 Diseases Found More Often in People over Forty 328 Cirrhosis of the Liver 328 Gallbladder Problems 329 Accepting Death 330
Chapter 23 THE MEDICINE KIT	331
How to Care for Your Medicine Kit 332 Buying Supplies for the Medicine Kit 333 The Home Medicine Kit 334	The Village Medicine Kit 336 Words to the Village Storekeeper (or Pharmacist) 338
THE GREEN PAGES—The Uses, Dosage, a	nd Precautions for Medicines 339
List of Medicines in the Green Pages 341 Index of Medicines in the Green Pages 344 Information on Medicines 350	
ADDITIONAL INFORMATION	399
HIV and AIDS 399 Sores on the Genitals 402 Circumcision and Excision 404 Special Care for Small, Early, and Underweight Babies 405 Ear Wax 405 Leishmaniasis 406	Guinea Worm 406 Emergencies Caused by Cold 408 How to Measure Blood Pressure 410 Poisoning from Pesticides 412 Complications from Abortion 414 Drug Abuse and Addiction 416
VOCABULARY—Explaining Difficult Words	419
ADDRESSES FOR TEACHING MATERIALS	
INDEX (Yellow Pages)	
Dosage Instructions for Persons Who Cannot	Read
Patient Reports	
Other Books from Hesperian	
Information About Vital Signs	