

**A MANUAL OF WHAT
EVERY MOTHER
SHOULD KNOW**

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A Manual of What Every Mother Should Know by Edward Ellis

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EDWARD ELLIS

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LONDON

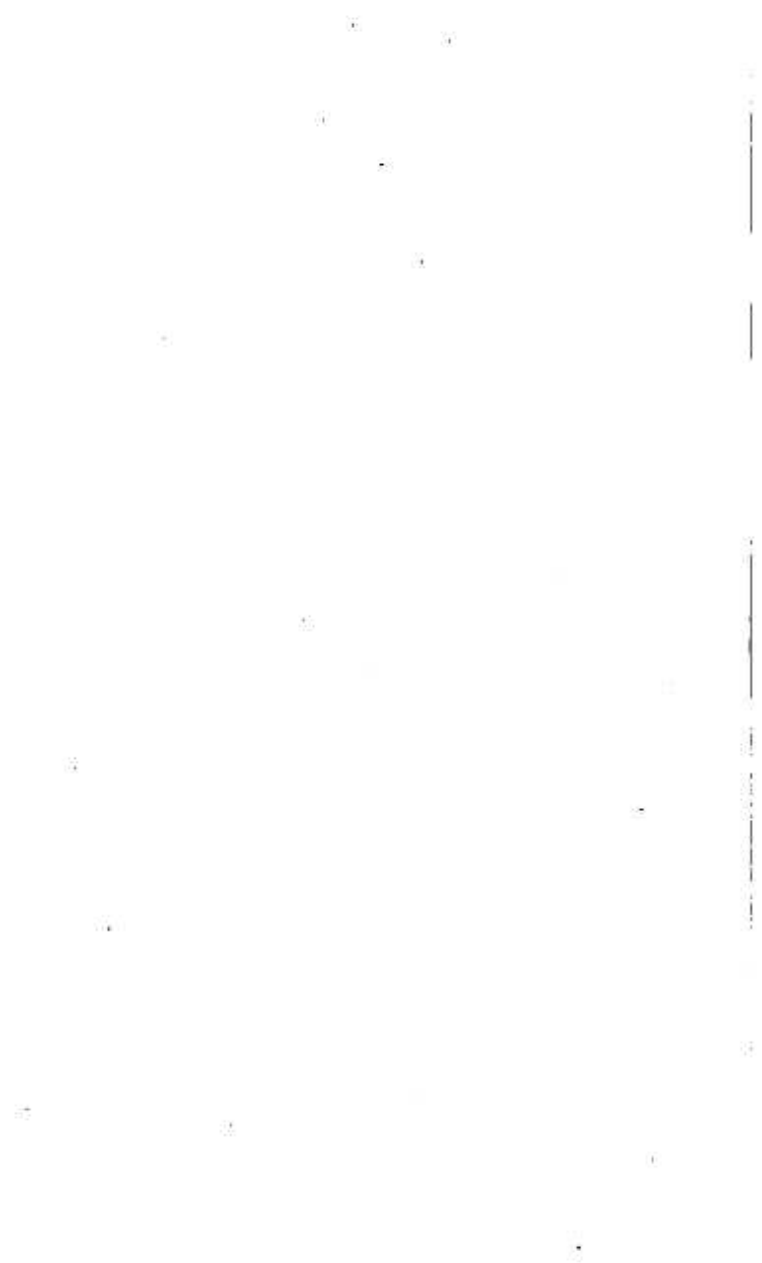
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PREFACE.

THE present little volume owes its origin in some degree to a very favourable review of the third edition of my work, called a "Practical Manual of the Diseases of Children," which appeared in the *Pall Mall Gazette* of March 18, 1878, and from which review the following passages are extracts:—

"There are two classes of books which are worse than useless in the nursery. The 'domestic medicine' kind pretend to explain everything and to point out a remedy for everything, and of course lead to meddling mischief. They are, in fact, too often, manuals of domestic infanticide. The high scientific treatises, in which there is genuine information couched in technical language, would only bewilder an anxious mother. The big words and mystery magnify her troubles tenfold. Yet there are hundreds of nurseries in which

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a plain, sensible guide is wanted. It is not every young wife that can afford to have an experienced nurse at command, or who is lucky enough to be able to consult an experienced mother as to what is the matter with her child, and whether she ought or ought not to send for a doctor. This practical manual by Dr. Ellis exactly replaces both nurse and mother, and gives her the means of judging and acting rightly."

Nevertheless, the volume here reviewed is addressed to the medical student and medical practitioner, and contains a great deal of technical and purely professional matter, which would scarcely be intelligible to mothers—at any rate to ordinary mothers. Moreover, its price would prevent many from obtaining access to it, and those a class to whom, I imagine, such a work in a cheaper form would be especially useful. During my residence in New Zealand the desire for such a small manual has been very frequently expressed by up-country settlers and others, unable readily to procure medical attendance, and also by many mothers anxious for some book of reference upon the different "foods" and general diet for children in health and disease. I have, therefore, taken the substance of some chapters of the larger volume, and added some general directions on

nursing, hygiene, and other matters needful in the management of an ordinary nursery. I have at the same time omitted as many technicalities as I could, so as to render this little work as far as possible "a manual of what every mother should know." I have aimed at giving such an account of symptoms as should enable parents to form an opinion whether a child be seriously ill or not. I have made no attempt to advise a mother to treat a child suffering from severe illness. I am satisfied that such a course is impossible, unless the study of medicine be mere waste of time; but in the case of those not too well off, or at a distance from medical aid, it may be of much value to recognize a simple from a dangerous ailment, and to recognize early insidious symptoms which are so constantly recognized too late, even by the wealthiest and such as are anxious to obtain medical assistance when needed.

I have added a chapter on injuries and accidents, such a chapter being imperatively needed in many remote households.

CRANMER SQUARE,
CHRISTCHURCH, NEW ZEALAND.

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