

THE SHIP CAPTAIN'S MEDICAL GUIDE

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The Ship Captain's Medical Guide by Harry Leach

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HARRY LEACH

**THE SHIP CAPTAIN'S
MEDICAL GUIDE**

SOLE MANUFACTURERS TO THE ADMIRALTY.

THE
SILICATED CARBON FILTERS

Are now recognised by the highest medical authorities as the only real purifiers of water, and the best possible safeguard against those disorders which arise from drinking unwholesome water.

TESTIMONIALS.

'General Post Office, Medical Department, 23rd October 1890.

'This is to certify that, having inspected and examined the filtering apparatus erected by the Silicated Carbon Filtering Company at the Money Order Office, where it supplies filtered water for about 180 officers, I am perfectly satisfied with its action. The water is filtered with considerable rapidity, at the same time that this is efficiently done. I recommend this system to Government, and other large offices, in preference to any other with which I am acquainted.

'WALLER LEWIS, M.D., Medical Officer, G. P. O.'

From the 'Lancet,' March 23, 1897.

'The water which had passed through the Silicated Carbon Filter sent in for examination was free from colour and opalescence, though, before being sent through the Filter, it possessed both to a marked extent.

'The water from the MAIN SERVICE Silicated Carbon Filter at the London Hospital was free, or very nearly so, from colour. The organic matter in the water (after filtration) gave no unpleasant character to the water, and was perfectly harmless.'

From the 'Popular Science Review,' January 1897.

'Its filtering powers seem to be excellent; and we are inclined to think that it admits of being more surely constructed—so as to FILTER EFFECTUALLY IN EVERY CASE—than other filters.'

The 'Observer,' of August 19, says—

'Many improvements have been effected in the apparatus for filtering waters and rendering them more readily accessible to all classes. Of ALL THESE IMPROVEMENTS the one that seems best suited for the purpose is the "Silicated Carbon Filter," which is manufactured on a large scale by a Company in Church Road, Battersea.'

From the 'British Medical Journal,' March 16, 1897.

'The best means of purifying water is at this moment a matter of great importance, and one which is not likely to lose its interest. The last epidemic of cholera in London has told the same story, when fully analysed, as previous outbreaks; the majority of deaths occurred where impure water was drunk. Very little of the drinking water used in our great cities is free from contamination; the streams from which they are supplied are all—without one exception—filthily defiled. The filtration processes employed by the various companies are necessarily coarse and imperfect; they scarcely suffice to keep back even visible impurities. The water supplied from pumps and wells is commonly even more dangerously and insidiously poisoned by organic matter filtering through the soil. Hence the use of domestic filters is daily becoming more general, and ought by all means to be encouraged. At the same time, it must be remembered that more than one of the filters most widely advertised are very ineffective; to one which is perhaps the best and longest known to Londoners, this applies pretty accurately. Among many recently-introduced filters which we have examined carefully as to their performance, is that of THE SILICATED CARBON FILTER COMPANY, Battersea, S.W. We must speak of it in the highest terms. Its power of removing organic matter is remarkable. The combination of carbon with silica in minute division, as existing in the Torbane Hill mineral, is singularly effective. The statement of the patentees, that it not only abstracts mechanical impurities, but oxidises organic matter, and besides purifying water rapidly and effectually, imparts a pleasant freshness, is entirely borne out by our experiments. The mechanical arrangements of the filter are singularly perfect; but its merits go beyond mere mechanical filtration, and its remarkable chemical properties render it an admirable and most efficient instrument in the purification of unwholesome water, to which it gives clearness, freedom from odour, taste, or chemical defect, and renders it fresh, sparkling, and wholesome.'

MANUFACTURED SOLELY BY

THE **SILICATED CARBON FILTER COMPANY,**

CHURCH ROAD, BATTERSEA, LONDON, S.W.



LAMPLOUGH'S Effervescing Pyretic Saline.



Important to English Ministers, British Consuls, Captains of Vessels, and Europeans seeking to reside in safety in Tropical and Foreign Climates. Her Majesty's Representative, the Governor of Sierra Leone, in a letter of request for an additional supply of the Pyretic Saline, states: 'It is of GREAT VALUE, and I shall rejoice to hear it is in the hands of all Europeans visiting the Tropics.'

SICKNESS, HEADACHE, and NAUSEA are in most cases immediately relieved by taking a teaspoonful in a tumbler of cold water; this can be repeated once or twice in two hours, if needed.
SEA VOYAGES.—It is a very valuable accompaniment, and should on no account be omitted; it instantly allays the sickness.

For **BILIOUS CONSTITUTIONS**, giving rise to vitiated Secretions, Indigestion, and Eruptions on the Skin, a teaspoonful should be taken daily, with the dinner, in a tumbler of water, and the same quantity on going to bed.

In **JUNGLE, YELLOW, SCARLET, TYPHUS, and GASTRIC FEVERS, and ERUPTIVE DISEASES**, it should be given in teaspoonful doses every four hours, in a glass half full of water, or with an increased quantity of water if the patient suffers from thirst.

W. STEVENS, Esq., M.D. and D.C.L., in a work upon fevers, states that since its introduction the fatal West India Fevers are deprived of their terrors. In the island of Trinidad alone, out of upwards of one thousand treated on this plan, there were only eleven deaths.

It is particularly recommended to all who have at any period of life taken calomel or mercurial preparations, in order to their removal. For such it is necessary to take the Effervescing Pyretic Saline for several months in small repeated doses.

N.B.—Keep the bottle well corked, use a dry spoon, and it will retain its valuable properties unimpaired by time or climate.

Dr. Septimus Gibbon, of the London Hospital, in his letter, states: 'It is the best preparation of the kind I have ever met with. Its usefulness in the treatment of disease has long been confirmed by medical experience. Its superiority consists in its being rendered thoroughly anhydrous, &c. &c. I speak from adequate knowledge of the preparation, having been in the habit of using it in private practice for many years, and having taken a large quantity with me when I went as physician to the Smyrna Hospital. In hot climates the preparation is of especial value.—August 7, 1857.'

Dr. Sparks, Government Medical Inspector of Emigrants from the Port of London, writes: 'From my personal and professional use and knowledge of the value of Mr. LAMPLOUGH'S PYRETIC SALINE for many years past, I have great pleasure in bearing my cordial testimony to its efficacy in the treatment of many of the ordinary and chronic forms of Gastric Complaints and other forms of Febrile Dyspepsia.—August 5, 1857.'

From **Thomas Orr Jackson, Esq., F.R.C.S. and Surgeon to the Great Northern Hospital, London:** 'I have no hesitation in recommending the compound of Mr. LAMPLOUGH'S SALINE PYRETIC. It is an admirable Febrifuge, and will be found an eligible Medicine where such remedy is indicated. I am in the habit of prescribing it largely, its composition being known to me, and I have every reason to be satisfied with it. It is beautifully prepared, and can be used at a moment's notice without trouble, and is therefore particularly adapted for use in public service.'

From **David Morgan, Esq., M.D., M.R.C.S. and L.A.C., &c., Medical Officer of the Clerkenwell Parish:** 'I have much pleasure in bearing testimony to the medicinal qualities of Mr. LAMPLOUGH'S PYRETIC SALINE. I have used it extensively in the treatment of Diarrhoea and Febrile affections generally, and have found it an admirable Refrigerant Medicine, well calculated for diseases incidental to warm climates. It possesses chemical properties capable of furnishing the blood with Saline matter.—Fentonville, August 8, 1857.'

Messrs. Orr and Sons, of Madras, in a letter dated September 28, 1866, state Surgeon-Major C. Murray Duff, M.D. &c. had called for a further supply of all that we could give him, and spoke of its remarkable effects in the Jungle Fever in quite enthusiastic terms, directing a further supply to be sent overland, besides what had already been forwarded by the Cape.

A case of Jungle Fever had been treated with the partial contents of one bottle with perfect success; the medical attendant, of considerable repute, likes the medicine much, and wants more.

In another case of severe vomiting, the patient was relieved after the third dose, and fell into a refreshing sleep.

Mr. Guthrie, Army Medical Director, became a warm advocate for its use in various diseases, and had the Pyretic Saline direct from the proprietor for personal and family use.

H. LAMPLOUGH, 113 HOLBORN, E.C.

Special Agents for Lamplough's Pyretic Saline:—Messrs. ORR & Co., Madras; Messrs. THACKER, SPINK, & Co., Calcutta; Messrs. THACKER & Co., Bombay; CANTON & Co., Sierra Leone.

**THE SHIP CAPTAIN'S
MEDICAL GUIDE.**

LONDON: PRINTED BY
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AND PARLIAMENT STREET

OFFICIAL NOTICE.



*The Board of Trade have sanctioned this Book
in the following words:—*

WHEREAS it is provided by the 'Merchant
Shipping Act, 1867,' as follows, viz. :—

The Board of Trade shall from time to time issue and cause to be published Scales of Medicines and Medical Stores suitable for different ships and voyages, and shall also prepare or sanction a book or books containing instructions for dispensing the same :

The owners of every ship navigating between the United Kingdom and any place out of the same shall provide and cause to be kept on board such ship a supply of medicines and medical stores in accordance with the scale appropriate to the said ship, and also a copy of

OFFICIAL NOTICE.

the said book, or of one of the said books, containing instructions :

NOW THEREFORE, in pursuance of the powers vested in them by provisions above recited, the Board of Trade hereby sanction a Book of Instructions, for dispensing the medicines and medical stores provided and kept on board ship, intituled 'The Ship Captain's Medical Guide,' price One Shilling and Threepence, compiled by HARRY LEACH, resident Medical Officer of the 'Dreadnought' Hospital Ship, and Inspector of lime and lemon juice appointed by the Board of Trade for the Port of London.

Given under the Seal of the Board of Trade, this 14th day of September 1868.



THOMAS GRAY,
*One of the Assistant Secretaries
to the said Board.*

THE SHIP CAPTAIN'S MEDICAL GUIDE.

COMPILED BY

HARRY LEACH,

RESIDENT MEDICAL OFFICER HOSPITAL-SHIP 'DREADNOUGHT'

SECOND EDITION.



LONDON:

SIMPKIN, MARSHALL, AND CO.

STATIONERS'-HALL COURT.

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