

# **HINTS IN DOMESTIC PRACTICE AND HOME NURSING**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649602698

Hints in Domestic Practice and Home Nursing by Anna Temple Lovering

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**ANNA TEMPLE LOVERING**

**HINTS IN DOMESTIC  
PRACTICE AND  
HOME NURSING**



HINTS  
IN  
DOMESTIC PRACTICE  
AND  
HOME NURSING.

BY *e*  
ANNA TEMPLE LOVERING. M. D.

SECOND EDITION.



BOSTON:  
10 PARK SQ., A-8 BEACON ST.  
*Otis Clapp & Son.*  
INCORPORATED  
1901.

G. J. 199.

COPYRIGHT, 1895,  
BY OTIS CLAPP & SON.

20224



## PREFACE.

---

This little book is not intended to render the services of the physician unnecessary or less valuable. No book, large or small, can ever take his place; but much may be learned by the attentive reader, which, if properly applied, will stand him in good stead when illness threatens or when he is far from his own medical adviser.

It is believed that Hints in Domestic Practice and Home Nursing will prove of value to the profession as well as to the laity. Every physician can call to mind cases in his own experience which would have been far freer from complications had the family possessed a saving knowledge of hygienic rules and the law of similars. And every reader, we feel sure, will gladly seize this opportunity of learning how to ward off disease, or how, when its sway is once established, to lessen its power and control its phases, at least in the initial stages.

No art or science is so well calculated to furnish us with effective weapons with which to meet and overcome morbid conditions as Homœopathy. We are confident that no one, bringing to its study a mind honestly desirous of doing

justice to the subject, and of learning the whole truth, will turn away disappointed or unconvinced. In this we may be mistaken; but at least, we are not mistaken in adding that, wholesale condemnation without impartial, thorough and intelligent investigation, marks not the wise man, but the wearer of cap and bells.

Our readers, however, are doubtless predisposed in favor of Homœopathy, and are perhaps of those who have experienced its benefits. If such is the case, let them not be "benefits forgot." Use your personal influence in the right direction, so that others may profit by your experience. Strive to acquire a better defined and larger knowledge of the subject.

Do not labor nor permit others to labor under the delusion that Homœopathy is a mere matter of the size of the dose. Show them by some pertinent illustration that it is a *science* founded upon the law of similars, and that the law of similars means that if tartar emetic will cause pronounced stomach symptoms in a perfectly healthy person (as it will), it will also relieve those same symptoms when caused by abnormal conditions. In other words, like cures like,—which does not mean that when you sprain your ankle you must give it another wrench in order to cure it. It means that you should use that remedy which in health would produce similar symptoms. Therefore, in any given case choose your remedy wisely and carefully, and having selected it, do not be in too great haste to change it.



Above all, do not rely upon so-called Homœopathic "Specifics." Homœopathically speaking, there is no such thing as a specific applicable to a set of cases grouped under one general heading.

Homœopathy is a science which individualizes cases, and selects the appropriate remedy for each one, according to a definite and well-proved law. No two cases will ever be exactly alike, any more than any two peoples' features. The well-trained intellect recognizes this, and discriminates between bronchitis and bronchitis, indigestion and indigestion, and so on, *ad infinitum*.

Now as to dose. Homœopathy successfully endeavors to simplify the question of medicine, first, by choosing it in a scientific way, and then by using only enough to bring about the desired result. Why drown a man because he needs a drink of water? No, no. The coming centuries will surely not countenance such absurdities,—will, in fact, refuse to saturate a patient with drugs. Do you, then, hasten that good time by teaching common sense as opposed to common custom. Above all, let the followers of every school remember that vials of medicine might as well be vials of wrath, if the patient fails to observe the laws of hygiene.

You *must* breathe pure air, drink pure water, keep your body clean inside and out, and refrain from abusing the power you have over it. Temperate living will save you from many of the ills to which flesh is heir.

Should this little book, then, emphasize even in a degree these vital points, it will more than cover the ground originally mapped out. It was at first intended to more especially call the attention of the public to the fact that, in the heart of Boston, there was one firm prepared to furnish pure, reliable Homœopathic preparations and other standard goods, and determined never by any chance to dispense an inferior article. While this, we trust, has been accomplished, we can not but rejoice at the opportunity afforded of offering helpful suggestions as to the care of the body in health and in disease, and can only hope that our readers may agree that, so far as the limits of this book permit, our good intentions have been carried out.

Boston, January 1, 1896.

## CONTENTS.

---

### PART I.

|                                   |    |
|-----------------------------------|----|
| Rules of Health . . . . .         | 9  |
| Observation of Symptoms . . . . . | 9  |
| Diet . . . . .                    | 11 |
| Care of the Teeth . . . . .       | 13 |
| Bathing . . . . .                 | 14 |
| Baths for the Sick . . . . .      | 15 |
| Rectal Enemata . . . . .          | 17 |
| Vaginal Douches . . . . .         | 17 |
| Poultices . . . . .               | 18 |

### PART II.

|                        |    |
|------------------------|----|
| Therapeutics . . . . . | 20 |
|------------------------|----|

### PART III.

|                            |     |
|----------------------------|-----|
| Medicines . . . . .        | 104 |
| Medicine Chests . . . . .  | 105 |
| List of Remedies . . . . . | 106 |
| Materia Medica . . . . .   | 107 |

### PART IV.

|                              |     |
|------------------------------|-----|
| Advertising Matter . . . . . | 129 |
| Index . . . . .              | 167 |