# Index

Things in this book are listed in the order of the alphabet: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Page numbers in **bold** tell you where to find the main reference in this book. Medicines included in the Green Pages are in the Index of Medicines, p. 341.

### Α

Abdomen (See Belly) Abortion, 243, 284, 414-415 (Also see Miscarriage) Abscess, 419 breast, 278 caused by injecting, 67, 69, 74 liver, 144-145 of the teeth, 230-231 under the skin, 202 Acid Indigestion, 128–129 Acne (pimples), 211, 394, 419 Acquired Immune Deficiency Syndrome (See HIV and AIDS) Acupuncture, 74, 401 Acute abdomen, 15, 93-94, 419 (Also see Gut, Swollen belly) Addiction, 416-417 Afterbirth (placenta), 262-264, 269, 426 AIDS, 399-401 (Also see HIV and AIDS) Alcoholic drinks and heat stroke, 81 problems caused by, 119, 148-149, 325, 326, 400.416 Alcoholics Anonymous, 149, 417, 429 Alcoholism, 148-149, 416-417, 419 Allergic reaction, 23, 54, 166 in the skin, 203, 285, 290 medicines for, 337, 385-386 to medicines, 54, 56, 68, 70-71, 350 Allergic rhinitis (hay fever), 165, 427 Allergic shock, 70, 105, 350, 385–386, 410 Aloe vera, 13, 129 Amebas, 144-145, 336, 367-368, 419 Amputation, 409, 419 Anabolic steroids, 51 Analgesics (painkillers), 378–380 Anemia, 124, 419 causes of, 113, 124 during pregnancy, 248-249 in children, 307, 321 treatment, 335, 391-393 Anesthetics, 379–380 Angel's Trumpet, 12 Angina pectoris, 325 Antacids, 52, 64, 129, 248, 324, 380-381 Antibiotics, 52, 55-58, 156, 350-363

Anti-diarrhea medicines, 156 Antihistamine, 70, 165, 204, 385-386, 419 Antiretroviral medicines, 396, 398 Antispasmodic, 235, 329, 380 Antitoxins, 387-388, 419 and allergic shock, 70, 105 for tetanus, 388 (Also see Antivenom) Antivenom, 70, 387–388 for scorpion sting, 387 for snakebite, 105, 387-388 Anus, 233, 419 hemorrhoids in it, 175 sores in it, 238, 400, 402, 403 Apoplexy, 37, 78, 288, 327 Appendicitis, 36, 94–95 Appendix, 94 Arms muscles and nerves in, 37 numbness or pain in, 23, 325 Arteriosclerosis, 326 Arthritis (joint pain), 173, 324 medicines for, 51, 378-379 Ascaris (roundworm), 140-141, 420 and asthma, 167 Asthma, 167, 337, 384-385 Athlete's foot, 205

#### В

Babies examining, 34 feeding, 120-121 with diarrhea, 159, 358 with skin problems, 215 (Also see Children, Newborns) Back pain, 173-174, 248 Bacteria, 19, 55, 420 Bacterial dysentery, 145 Bacterial infection of the blood, 273–275 Bag of waters, 256, 258, 259-260, 420 Bandages, 85, 87, 101-102, 336 Bathing and hygiene, 133 newborns and babies, 7, 215, 263 postpartum mothers, 8, 276 sick persons, 7, 39 B.C.G. vaccination, 147, 180, 185

Beaded lizard bite, 106 Bedbugs, 200 Bed sores, 13, 214, 420 Beliefs harmful, 4, 5, 10-11 healing power of, 2 Bell's Palsy, 327 Belly actue abdomen, 93-94 examination of. 35-36 lumps in, 280 pain in lower belly, 243 (Also see Gut, Swollen Belly) Bewitchment, 2, 6, 420 Bilharzia, 146 Biliousness, 329 Birth (See Childbirth) Birth control (See Family planning) Birth control pills, 285, 288-289, 393-394 Birth defects, 6, 247, 272, 289, 318-321, 412 Birth kits, 254-255 Birth opening (See Vagina) Bites of wild animals (rabies), 181 poisonous, 104-106 that may cause infection, 89 treatment, 86 Bitot's spots, 226 Black flies, 227-228 Blackheads, 211, 420 Black magic, 5, 24 Black widow spider bite, 106 Bladder, 233 infection, 234, 243 stones, 234, 235 Bleach, 74, 401 Bleeding and anemia, 124 during menopause, 246 during pregnancy, 249, 281 gums, 107, 231 how to control, 13, 82-83 in an unconscious person, 78 in the whites of the eyes, 225 of the newborn, 272, 337, 392 severe, 82, 243, 246, 264, 281, 404, 410, 414 stopping after birth, 263-266, 337, 390-391 (Also see Blood) Blindness, 221-222, 412 from injuries to the eye, 218 night blindness, 113, 226-227 protection for babies, 221, 237, 378 river blindness, 227-228, 377 Blisters from medicines, 356, 359 from touching certain plants, etc., 204 with burns, 96 with chickenpox, 311 with eczema, 216 Blood

and AIDS, 75, 82-84, 399, 401

clots, 288 coughing up blood, 168 flukes, 146 in stools, 128, 144-146, 157-158, 306, 401 in the urine, 146, 234 in vomit (cirrhosis), 328 in vomit (ulcer), 128 (Also see Bleeding) Blood pressure, 420 high, 125, 249, 289, 326-327, 410-411 how to measure, 410-411 low, 77, 411 (Also see Shock) Blood transfusion, 399, 401 Blueness of skin, lips, and nails, 30 Body-building foods, 110 Boil (abscess), 202, 420 Bones calcium for. 246 deformities of, 125, 319 hit by a bullet, 90 that have come out of place at a joint, 101 (Also see Broken bones) Bottle feeding, 120, 154, 296 Bowel movement, 242, 420 (Also see Feces, Stools) **Braces**, 315 Brain damage, 319-320 and seizures, 319 from high fever, 76 from tapeworm cysts, 143 Bran, 16, 126, 382 Brand-name medicines, 55, 333, 339, 420 Breakbone fever (See Dengue) Breast abscess (mastitis), 278, 424 Breast cancer, 279 Breast feeding, w 12, 120-122 and birth control, 285, 289, 294, 394 and good nutrition, 114, 116, 304 and preventing diarrhea, 154, 156 of newborns, 271, 277, 405 traditional beliefs about, 2, 7 (Also see Breasts) **Breasts** care of, 277, 279 swelling of, 278-279 Breathing (respiration), 426 difficulties, 23, 57, 168, 181, 274, 325, 410 hot water vapors 47, 168 of a sick person, 32 rate, 32 stopped, 80 (Also see Lung diseases, Mouth-to-mouth breathing) Breech delivery, 257, 268 Broad-spectrum antibiotics, 56, 58, 352, 355–358 Broken bones, 14, 98-99 Bronchitis, 170 Brucellosis (Malta fever), 27, 188 Bubos, 238, 403, 420

#### Bullet wound

Calcium

in arms or legs, 90 in the belly, 15, 92–93 in the head, 91 **Burns,** 13, **96–97** and leprosy, 192 of the eye, 219

С

and rickets, 125 danger of injecting, 53, 67 for spider bite, 106 for weak bones, 246 in eggshells, 116 Callus, 210 Cancer, 25, 412, 420 and oral contraceptives, 288-289 and smoking, 119, 149, 168 of the breast, 279 of the eyes, 33, 217 of the skin, 197, 211, 399 of the womb, 280 Candida (thrush), 232, 242, 400 Canker sores, 232 Carbohydrates (energy foods), 110, 121, 420 Carbonated drinks, 115, 150 Cardon cactus, 13, 232 Cascara, 16 Cassava, 117, 130, 420 for constipation, 16, 126, 382 Cast, 14, 98, 319, 420 Castor oil, 16 Cataract, 33, 217, 225, 323, 420 Catheter, 239-240, 336, 420 Causes of illness, w6-w7, w10, w27, 17-19 Cavities in teeth, 229-230, 420 Cellulitis, 212 Cereal, 152, 381 Cerebral malaria, 30, 178, 186, 366 Cerebral palsy, 320 Cerebro-vascular accident (CVA), 37, 78, 288, 327 Cervix, 286, 291, 420 Chancre, 237 Chancroid, 236, 238, 403 Chemical burns of the eye, 219 Chest wounds, 91 Chickenpox, 204, 311 Chiggers, 201, 420 CHILD-to-child program, 322 Child Health Chart, w20, w24, 297-304, 420 Childbirth bleeding after, 264-265 correct use of oxytocics, 265-266 cutting the cord, 262-263 difficult births, 267-269, 319 infection, 260, 276 position of the baby, 257, 261, 267 position of the mother, 260 premature, 262

# Where There Is No Doctor 2015 435

preparing for, 254-256 signs of labor, 258 tearing of the birth opening, 269 Childbirth fever, 27, 276, 283, 420 Children and diarrhea, 151-153, 159 foods for, 112, 113, 120-122, 295 aiving injections to, 73 growth of, 107, 297-304 having the number you want, 283-294 infectious diseases of, 311-315 malnourished, 112-114, 154, 303, 305-306 mentally slow, deaf, or deformed, 318 problems they are born with, 316-321 severely ill, 214 vaccinations for, 147, 296 (See also Babies, Newborns) Chlamydia, 221, 234, 236-237, 355, 359, 378 Choking, 79, 314 Cholera, 158 Cigarettes (See Smoking) Circulation, poor (See Varicose veins) Circumcision, 74, 401, 404 Cirrhosis of the liver, 108, 148, 328 Cleanliness, 131-139 basic guidelines of, 133-139 in childbirth, 260, 263 of children, 136, 296 of equipment, 74, 401 of mouth and teeth, 229-231 personal cleanliness, 39, 41, 133-135 public cleanliness, 137-139 to prevent infection, 74, 84, 401, 414 when injecting, 68, 74, 401 Cleft palate, 318-319, 421 Climacteric (menopause), 246 Clitoris, 233 Clubbed feet, 319 Cocaine, 416-417 Coitus interruptus, 285, 294 Cold and hot sicknesses, 119 Cold compresses, 193–194 Colds and the 'flu', 45, 57, 163, 308 diet with, 123 Cold sores or fever blisters, 48, 171, 232, 402 Cold weather, 408-409 Colic (gut cramps), 35, 145, 157, 421 Colostrum, 277, 421 Coma, 78, 421 Combination medicines, 52, 397 Combined methods of birth control, 285, 292 Comfort of a sick person, 39 Complications from abortion, 243, 414–415 Compresses, 193-195, 421 Condom, 239, 285, 287, 395, 401 La Congestión, 23 Conjunctivitis, 219-221, 308 Constipation, 16, 126 as a sign of acute abdomen, 94 during pregnancy, 248 treatment and prevention, 126, 382

# 436 Where There Is No Doctor 2015

**Consumption** (See Tuberculosis) Contact dermatitis, 204, 421 Contraception, 283-294, 393-396 Contraceptive foam, 290, 395 Contractures, 314, 421 Convulsions, (See Seizures, Spasms) Cooperatives, w24 Cornea, 217, 218, 224, 225, 226, 228 Corn silk, 12 Corns, 210, 421 Cortico-steroids, 51, 129, 370 Cortisone, 51 Cough, 168–169 chronic, 168, 324, 400 common causes, 168 cough with blood, 140, 171, 174, 179 medicines for, 52, 383 smoker's, 149 Counting days method, 291–292 Cradle cap, 215 Cramps, 421 gut, 12, 35, 106, 145, 147, 243, 380 heat, 81 Cretinism (See Hypothyroidism) Crop rotation, w13, 115, 117, 427 Cross eyes, 223, 318 Crutches, how to make, 315 Cupping, 22, 421 Cuts, 84-86 CVA (Cerebro-vascular accident), 37, 78, 288, 327 Cyst, 143, 243, 280, 421

#### D

Dacryocystitis, 223 Dandruff, 215, 421 Dandy fever (See Dengue) Dangerous illnesses, w28, 42, 179-192 Dangerous use of medicine, 50 Date of expiration, 332 Deafness home cure for, 11 in children, 318 with ringing and dizziness, 327 Death, accepting, 330 Decongestants, 164, 165, 421 Defects, birth, 7, 289, 316-321, 421 Deformities, 421 from birth, 289, 316-321 with leprosy, 191-192 Dehydration, 151-152, 421 and diarrhea, 46, 155 causing sunken fontanel, 9, 274 danger of laxatives with, 15, 382 medicine not to take, 52-53, 156 prevention and treatment, 152, 156, 381 Delhi boil (See Leishmaniasis) Delirium, 24, 421 and malaria, 186 and typhoid, 189

**Dengue**, 187 Dermatitis, contact, 204, 421 Diabetes, 127, 251, 329, 410 Diaper rash, 215, 422 Diaphragm, 285, 291, 395 Diarrhea, 151-160 and dysentery, 144-145, 153, 306 babies with, 159, 271 causes of, w7, 17, 107, 132-33, 135, 153, 399, 400 causing sunken fontanel, 9 home cures for, 11 prevention of, w7, 46-47, 154 severe, 151, 160 treatment of, 58, 152, 155-158, 383 with blood, 144-145, 157-158, 306, 401 with vomiting, 151, 157 with worms, 142 Diet, 421 congestion and, 23 for fever, 8 for postpartum mothers, 8, 123, 276 for sick persons, 40, 123 for small children, 120-122 for specific diseases, 40, 124-130, 154-156 harmful ideas about, 123 things to avoid, 119 what to eat to stay healthy, 110-111 while taking medicines, 123 with oral contraceptives, 286 (Also see Foods, Nutrition) Diets for specific diseases, 40, 124-130 acid indigestion, heartburn, and ulcers, 128-129 anemia, 124 constipation, 16, 126, 382 diabetes, 40, 127 diarrhea, 155-156, 159 goiter, 130 high blood pressure, 125 people who are too heavy, 126 Digestion, 13 Diphtheria, 147, 296, 313-314 Direct pressure, 82 Disability how injections cause, 74, 314 in children, 74, 314, 318-321 Diseases (see sicknesses) Dislocations, 38, 101, 316, 422 Dizziness, 327, 249 Dolor de ijar, 22 Dosage information, 340 Double vision, 227 Douche, 241, 247, 258, 281, 293, 422 Down syndrome (mongolism), 318, 425 D.P.T. vaccination, 147 Drinking (alcohol), 148-149, 318, 325, 326, 328 400, 416 Drowning, 79, 422 Drug abuse, 399, 401, 416 -417 Dry eyes, 107, 113, 226, 391 Dry malnutrition (marasmus), 112–113

**Dumdum fever** (See Leishmaniasis) **Dysentery**, **144–145**, 422 (Also see Diarrhea)

#### Е

Ears how to examine a sick person's, 34 infections of, 309 nodes behind, 88 ringing of, 107, 327 **Earwax**, 405 Eclampsia, 249, 390, 422 Ectopic pregnancy, 22, 36, 93, 243, 249, 280, 414 Eczema, 216 Emergency contraception, 288, 394-395 problems of the gut, 93-95 supply of medicines, 332 use of injections, 66 Emergencies caused by cold, 408-409 Emergencies caused by heat, 81 Empacho, 22 Emphysema, 170 Enema, 15, 76, 92, 422 Energy foods, 110-111 Enterobius (pinworm, threadworm), 141 Epilepsy, 38, 178, 319, 388-390 Epsom salts, 16 Erysipelas, 212 Evaluation, w20, 422 Evil eye, 5, 422 Examining a pregnant woman, 250-253 a sick person, 29-38 breasts, 279 eyes, 33, 217 eyesight, 223 for appendicitis, 36, 95 for hernia, 94, 317 for knee reflexes, 183 Excision, 404 Exhaustion, heat, 81 Expectorants, 52, 383, 422 Experimenting, w15 Extra finger or toe, 318-319 Eyes, 217-228 cross eyes, 223 danger signs, 33, 217, 227 dryness of, 107, 113 examining the eyes, 33 eye problems of older people, 227, 323 eye problems with leprosy, 192 foreign objects in eyes, 48, 218 of newborns, 221, 270, 378, 391 red and painful, 219, 225 spots and "floaters", 227, 323 yellow, 30, 172, 274, 328, 329 Eyesight testing, 223

## F

Face dull, 318 lumpy skin on, 191 paralysis of, 37, 327 Fainting, 78, 79, 81, 325, 327 Falciparum malaria, 158, 186, 363 False labor, 258 Family planning, w16, 246, 283-294, 393-396 and infertility, 244 Farming, w13, 412-413 Farsightedness, 323, 422 Fatigue, 23, 124, 323, 400 Fats, 111, 121 Feces, 422 and infections, 84, 96, 131 in home remedies, 11 in newborn's mouth and nose, 268 (Also see Stools) Feces-to-mouth, disease spread from, 131-133, 140, 188 Feet clubbed, 319 loss of feeling in, 127, 162, 173, 191-192 swelling of, 113, 124, 144, 176, 248 249, 323 Fertile days, 244, 291 Fetoscope, 252, 255, 422 Fever childbirth, 27, 276, 283 diet with, 8 high, 15, 75-76, 335 how to bring down, 75, 76, 335 in children, 306 in the newborn, 270, 273 patterns in different diseases, 26-27, 30, 31 Fever blisters or cold sores, 48, 171, 232 La Fiebre, 26 Filmstrips, w22 Fire wood, 135 First aid, 75-106, 422 Fits (See Seizures) Flannel-graphs, w22 Fleas, 190 Flies and disease, w23, 135, 227-228, 406 Flu, 45, 57, 163, 308, 422 Flukes, blood, 146, 376, 422 Fluoride, for teeth, 229 Foam, contraceptive, 285, 290, 395 Folic acid, 118, 321, 392, 422 Folk beliefs, 3, 6-8, 123 (Also see Home remedies) Folk disease, 21-26 Follicles inside the eyelids, 220 Fontanel (soft spot) sunken, 6, 9, 151, 274 swollen, 274 (Also see Dehydration)

Food poisoning, 23, 103, 135, 153, 161

#### Foods

at low cost, 116-118 for a person with diarrhea, 155-156 for sick persons, 41 for small children, 120-122 nutritious, 110-111, 295 plant, 116 producing, w11 spoiled, 103, 135 (Also see Diet, Nutrition) Fractions, 59-60, 340 Fractures (See Broken bones) Fright, 24, 422 Frostbite, 409 Frozen skin, 409 Fungus infection, 19, 58 ringworm, tinea, 205-206, 371-372 thrush, 232 vaginal yeast, 242, 369

#### G

Gallbladder, 422 home cure for, 12 pain in, 36 problems, 329 Gangrene, 213 Garlic, 12, 241, 242 Gastritis, 128-129 Gelusil, 173 Generic medicines, 333, 339, 423 Genital herpes, 402-403 Genital warts, 373, 402 Genitals, 205, 232, 233-244, 423 sores on, 237, 402-403 German measles (Rubella), 247, 312, 320 Germs, 19, 423 Giardia, 145, 336, 367-369, 423 and diarrhea, 153, 158 Gila monster bite, 106 Glaucoma, 33, 222, 323 Gloves, rubber or plastic, 255, 262, 264, 401 Glue sniffing, 416 Goiter, 10, 130, 423 Gonorrhea, 221, 236-237, 359 (Also see Sexually transmitted infections) Grams, measuring in, 59-60, 423 Groin, lymph nodes in, 88, 238, 423 (Also see Hernia) Group discussions, w24 w27 Growth, children's, 107, 297-304 Guaco, 3 Guinea worm, 406-407 Gums, 229-232 bleeding of, 107, 231 pale, 124 swelling caused by medicine, 231 Gut cramps, 12, 106, 145, 157, 243, 380 emergency problems of, 35, 93-94 infection, 47, 131, 144-145, 153, 189 obstructed, 22, 94

out of anus (prolapse), 142 outside a wound, 92 wounds in, 92 (Also see Abdomen, Swollen belly)

#### Н

Hair changes with malnutrition, 107 examination for lice, 200 loss of, 107 Hansen's disease (See Leprosy) Hare lip. 318, 423 Hay fever, 34, 165, 427 Head fungus infections of, 205 injury, 37, 78, 91 swollen lymph nodes on, 88 Headaches, 162, 249, 410 Health. w7. w11 Health worker, w1 w7, w29, 43, 246, 340 Heart attacks, 23, 325 confusion with heartburn, 128 trouble, 33, 310, 325, 410 Heartbeat, 32-33, 77 Heartburn, 423 diet for, 128-129 during pregnancy, 248 medicines for, 380-381 medicines to avoid, 54, 64 Heat cramps, 81 exhaustion, 81 stroke, 78, 81 Hemorrhage (See Bleeding) Hemorrhoids (See Piles) Hepatitis, 26, 172, 416 Herbal teas, 1,8 Herbs, curative, 12-13, 423 Hereditary problems, 18, 318-319, 321, 423 Hernia, 177, 423 during pregnancy, 256 in groin of newborn, 317 obstructing the gut, 94 Heroin. 416-417 Herpes simplex or labialis (See Cold sores) Herpes zoster, 204, 373, 400 Hexing, 2 High blood pressure, 125, 249, 325-326, 411 History, taking, 20, 25, 29, 44, 250-253, 423 HIV and AIDS, 20, 75, 153, 171, 236, 245, 286, 290, 396, 399-401, 416 and medicines, 396-398 and pregnancy, 249, 398 and shingles, 204 and thrush, 232 and tuberculosis, 179 and vaccinations, 147 caring for someone with, 401 HIV test, 400 preventing, 401

# Where There Is No Doctor 2015 439

Hives, 68, 166, 203, 423 Home remedies, 1–3 enemas and purges, 15 for infertility, 244 how to tell if they work, 10-11 questions and answers about, 6-8 sensible use of, w2, 24 Home visits, w24 Hookworm (Uncinaria), 133, 142, 296, 307 Hordeolum (sty), 224 Hormones, 224, 287, 393, 423 Hot and cold sicknesses, 119 Hot compresses, 193-195, 406 Housing, w10 Human immunodeficiency virus (See HIV and AIDS) Hydrocele, 317 Hygiene (See Cleanliness) Hypertension (See High blood pressure) Hyperventilation, 24, 423 Hyphema, 225 Hypochondria, 329 Hypopyon, 225 Hypothermia, 408 Hypothyroidism, 318, 423 Hysteria, 2, 24, 423

### I

Illnesses (See Sicknesses) Imferon, 51, 67 Immunizations (vaccinations), 19, 147, 296, 337 Impetigo, 25, 202 Implants (birth control), 285, 289-290, 396 Indigestion diet for, 128-129 during pregnancy, 248 medicines for, 380-381 medicines to avoid, 54, 64 Infantile paralysis (See Polio) Infants (See Babies, Newborns) Infection, 423 after giving birth, 276 and diarrhea, 154, 157 in newborns, 182-183, 275 in wounds, 88-89, 96, 213 medicines for, 55-58, 335-336 minor. 58 of the appendix, 94-95 of the eyes, 217, 219, 220, 221 of the genitals, 236-239, 241-242 of the gut, 94-95, 135, 140-146, 243 of the tear sac, 223 of the urinary tract, 234-235 resisting, 108, 120, 271 signs of a serious, 88, 194, 272-275 Infectious diseases, 18-19, 135, 423 Infertility, 244 Inflamed tonsils (tonsillitis), 309 Inhalers, for asthma, 167, 384

Injections, 65–73 dangerous reactions from injections, 54, 70-71 emergencies needing, 66 faith in, w19, 4, 50 family planning, 289-290 medicines not to inject, 51, 56, 67 of vitamins, 118 risks and precautions, 68-69 supplies for, 336 that can disable children, 74, 314 to prevent pregnancy, 285, 293, 395 when to inject, 65, 67 Injury moving an injured person, 99-100 of an unconscious person, 78 severe, 33 to the eye, 218 Insecticides, 19, 103, 187, 372, 412-413, 423 Insomnia (loss of sleep), 328, 423 Intestinal worms, 13, 140-145, 423 Intestines (See Gut) Intrauterine device (IUD), 281, 285, 290, 395-396 Intravenous solution (I.V.), 40, 53, 67, 152 Intussusception, 94, 424 lodized salt, 130, 318 Iritis, 33, 219, 221 Iron cooking pots, 117 foods rich in, 124 from nails in lemon juice, 118 pills, 51, 118, 124, 307, 335, 392, 405 Itching caused by fungus, 205, 242 caused by medicines, 68, 70-71, 166 caused by plants, 204 medicines for, 335, 385 of hands with syphilis, 238 of the anus (pinworm), 141 rashes, allergies, 68, 166, 203, 236, 238 with chickenpox, 311 with scabies, 199 with worm infections, 140-142, 228 IUD (See Intrauterine device)

### J

Jaundice, 30, **172**, 274, 318, 321, 328–329, 392, 424 Jock itch, 205 Joints, painful, 101–102, 173, 310, 324

#### K

Kala azar (See Leishmaniasis) Kangarooing, 405, 408 Kidneys, 233–234, 424 Kidney stones, 235, 424 Kilograms, measuring in, 62, 424 Kwashiorkor (wet malnutrition), 30, 113, 424 L

Labor, 258-262, 264, 424 false labor, 258 problems with labor, 267 signs that show labor is near, 258 stages of, 259-262 (Also see Childbirth) Land distribution of, w7, w11, 413 use of, w11, w13-w16, 115 Latido, 23 Latrines. 137-139, 153 Laxatives, 15-16, 382 misuse of, 126 Lazy eye, 223 Leadership, w5 Learning, w4, w21-w28, 322 Legs crossed like scissors, 320 examination of legs, 37 pain in, 288, 321 Leishmaniasis, 406 Lepra reaction, 191, 362 Leprosy, 10, 38, 191-192, 206, 337, 362-363 or *lepra*, 25 Lice, 134, 190, 200, 372 Limits, knowing, w4 Liquids, 39-40, 151 Liters, measuring in, 61, 424 Liver, 36, 424 abscesses, 144-145 diseases, 172, 288, 328 infection of, 172 Liver extract, 65, 67 Lockiaw (See Tetanus) Loss of blood (See Blood, Bleeding) Loss of consciousness (See Unconscious person) Loss of feeling, 38, 127, 162, 173, 191, 192, 279 Loss of sight, 225, 412 Loss of sleep (insomnia), 328 Loss of weight (See Weight loss) Low body temperature, 409 Low back pain, 173, 248 Low blood pressure, 411 Lumps in the abdomen, 35, 243, 280 in the breast, 279 on face and body, 191, 228 that keep growing, 196, 280 (Also see Lymph nodes) Lung diseases and smoking, 149 asthma, 167 bronchitis, 170 pneumonia. 171 tuberculosis, 179 Lymph nodes, swollen, 88, 317, 424 caused by an abscess, 202 in the groin, 238, 403 signs of infection, 194

with German measles, 312 with scabies or lice, 199, 200 Lymphogranuloma venereum, 238, 420 Μ Maalox, 173 Malaria, 186-187 falciparum, 158, 363 fever pattern, 26 medicines for, 337, 363-367 with seizures, 307 with sickle cell disease, 321 Malnutrition and diarrhea, 153-155 causes of, 115, 283, 412 checking for, 109, 112-113, 297-304 during pregnancy, 248 in children, 107, 114, 305-306 kinds of, 112-114 prevention and treatment of, 108, 109, 112-113, 155-156, 391-393 problems caused by, 107, 306 signs of, 30, 37, 108, 112, 113, 208-209, 305 Malta fever (brucellosis), 27, 188 Marasmus (dry malnutrition), 112 Marijuana, 416 Mask of pregnancy, 207 Massaging sprains or fractures, 99, 102 the birth opening, 269 the womb, 264-265 Mastitis (breast abscess), 278, 424 Measles (Rubeola), 30, 108, 226, 311, 391 vaccination, 147, 312, 321 Measuring blood pressure, 410-411 in pounds and kilos, 62 medicine, 59-61, 340 **Medical attention** illnesses that always need, 179-192 when to seek, 43, 159 Medicinal plants, 12-13 Medicine kit, 331-337 Medicines brand name, 55, 333, 339 care in giving to the newborn, 54, 272 dangerous misuse of medicine, 50-53 during or after birth, 266 during pregnancy, 54, 247, 398 for small children, 62 generic, 333, 339 guidelines for use, w18-w19, 49-73, 339-396 healing without medicines, 45-48 how to measure and give, 59-64, 340 how to write instructions for, 63-64 limited use of medicines, w18-w19, 49

TB of. 212

with AIDS, 400

with breast cancer, 279

with brucellosis, 188 or typhus, 190

www.hesperian.org

medicines not to inject, 56

## Where There Is No Doctor 2015 441

reactions to, 68, 70-71, 350 uses, dosage, and precautions, 339-398 when not to take them, 54-64 Ménière's disease, 327 Meningitis, 185, 275, 307 Menopause, 246, 424 Menstrual period, 245-246, 281, 291-292, 393-396 Mental problems, 18, 318 Mental slowness, 114, 306, 318, 320-321, 426 Microscope, 19, 144 **Midwives** danger signs in pregnancy, 249 information for, 245-282 prenatal care, 250 special risk at birth, 256 things not to do, 260 things to have ready before birth, 254-255 Migraine, 162, 424 Milk and brucellosis, 188 and diarrhea, 156 and ulcers, 129 powdered, 391 (Also see Breastfeeding) Milk of magnesia, 16, 382 Mineral oil, 16, 382 Minerals, 111, 116-118, 425 Minipill, 285, 288, 394 Miscarriage (spontaneous abortion), 246, 249, 266, 281, 414 Models for teaching, w22 **Mongolism** (See Down syndrome) Morning sickness, 248, 287 Mosquitos, 186-187 Mothers health after childbirth, 276, 280 health and sicknesses of children, 295-321 information for, 245-282 prenatal care, 250-253 (Also see Family planning) Mouth, 107, 229-232 Mouth-to-mouth breathing, 78-80, 413 with newborns, 262 Moving an injured person, 99-100 Mucus, how to drain, 169, 425 Mucus method, 285, 292 Mumps, 312 Muscles examining, 37-38 lack of control of, 320

#### Ν

Narrow-spectrum antibiotics, 56, 425 Natural balance, 58 Nausea (See Vomiting) Navel (umbilicus), 425 cutting the cord, 262–263 hernia of navel, 317, 318 infection of navel, 182, 272

#### Neck

broken, 99 stiff, 38, 182-185, 274 Needs, felt and long-term, w8-w12 Needles, 74, 399, 401 Neonatal conjunctivitis, 221 (Also see Newborns) Nerves, 425 muscles and, 37-38 Nevirapine, 249, 400 Newborns and tetanus, 182-183 bacterial infection of the blood, 275 bathing, 7, 263, 270 eyes, 221, 237, 270 feeding, 120, 263, 271 hernia, 317 illnesses of, 272-275 medicines for, 54, 272, 337 problems with delivery, 268 small, early, and underweight, 405 the cord, 262-263, 270 twins, 269 (Also see Dehydration) Night blindness, 113, 226-227, 337 Nodes (See Lymph nodes) Non-infectious diseases, 18 Nose, stuffy or runny, 164-165, 383 Nosebleed, 11, 83 Numbness (See Loss of feeling) Nutrition, w11, w13-w16, 107-130, 295 (Also see Malnutrition)

#### 0

Obstructed gut, 22, 94 (Also see Gut) Older persons, 83, 214, 235, 323–330 Onchocerciasis, 227–228, 377 Opium, 416 Oral contraceptives, 285–289, 393–394 Outhouses, 137–139 Ovarian cyst, 280 Ovaries, 36, 280, 425 Oxytocics, 50, 265–266, 319, 390 Oxyuris (pinworm, threadworm), 141

#### Ρ

Pain asking about, 29 back, 173–174, 248 chest, 179, 325 in the belly, 12, 35–36, 94–95, 128, 146, 243 in the eye, 217, 219, 221, 222 in the joints, 101–102, 173, 310, 324 in the leg, 288 in the teeth, 165, 231 in urination, 146, 235–236, 239, 242–243 medicines for, 19, 52, 75–76, 162, 335, 378–380 (Also see Cramps, Headaches)

**Pannus,** 220

Pap smear, 280 Papaya, 13 **Paralysis** examining for, 37 from pesticides, 412 from ticks, 201 in a spastic child, 320 in leprosy, 191 in polio, 314-315 in stroke, 37, 327 in TB of backbone, 180 of face, 37, 327 Parasites, 19, 425 intestinal, 19, 140-145, 308 on skin, 19, 199-201 Patient report, 44 Pellagra, 114, 208-209 Pelvic inflammatory disease, 237, 243, 244, 395 Penis, 199, 232, 233, 235-240, 286, 402-403 Peritonitis, 94-95, 129, 189, 425 Pertussis (See Whooping cough) Pesticides burns in eyes, 219 causing birth defects, 247 misuse of, 412-413 Pharmacist, words to, 338 Phlebitis, 288 **PID** (See Pelvic inflammatory disease) Piles (hemorrhoids), 16, 175, 423 during pregnancy, 248 medicine for, 391 the Pill (for birth control), 285, 288-289, 393-394 Pimples, 211, 419 (Also see Chickenpox) Pink eye, 219-221, 308 Pinta, 207 Pinworm (threadworm, Enterobius), 12, 141 Placenta (afterbirth), 262–264, 269, 426 Placenta previa, 249, 426 Plantar warts, 210 **Plants** medicinal, 12-13 that cause itching, 204 Play acting, w23 Pneumonia, 27, 41, 171, 399, 400 Poisoning, 103 food, 23, 135, 153, 161 urine, 239-240 **Poisonous** bites, 104-106 plants, 204 Poliomyelitis (infantile paralysis), 314 signs of, 37 vaccination, 147, 296, 314 Population, w10, 115 Posters, w22 Postpartum, 426 diet, 123 hemorrhage, 266, 390

Postural drainage, 169

Power of belief or suggestion, 2-5, 24, 426 Pre-eclampsia, 176, 249, 251, 422 Pregnancy, 247-255, 286 anemia during, 124, 248-249, 391-392 bleeding during, 249, 264, 281 check ups during, w24, 250-253, 410 danger signs in, 249-251 difficulty becoming pregnant, 244 ectopic, 22, 36, 93, 243, 249, 280, 414 German measles during, 247, 312 growth and position of baby, 251-252, 257 how to prevent, 283-295 how to stay healthy during, 247 how to tell the baby's birth date, 252 medicines during, 6, 54, 247, 398 minor problems of, 174, 248, 251 nutrition during, 118, 250 record of prenatal care, 253 signs of, 247 supplies to have ready before birth, 254-255 (Also see Family planning) Pregnancy mask, 207 Prenatal care, 250-253 Presentation of an arm, 268, 426 Pressure points, 82 Pressure sores (See Bed sores) Preventive medicine, w17, 17, 131-150 cleanliness, 131-136 how to avoid many sicknesses, 108, 148-150, 242, 326 sanitation, 137-139 sexually transmitted infection, 239, 401-403 vaccinations (immunizations), 147 worms and other intestinal parasites, 140-146 Prolapse of the rectum, 142, 426 Prophylactic (condom), 239, 285, 290, 395, 401-403 Prostate gland, 233, 235-236, 426 Protective foods, 110, 426 Proteins, 110, 111, 112, 113, 116-118, 121 Psoriasis, 216 Pterygium, 224, 426 Pulling out (to prevent pregnancy), 285, 293 Pulse, 32-33, 41, 410-411, 426, inside back cover Pulsing or throbbing of stomach, 23 Pupils, examining, 217 Purges, 15–16 misuse of, 92, 126 Pyorrhea, 231

#### Q

Questions to ask a sick person, 29, 44

#### R

Rabies, 181 Rash on the skin, 216, 236, 400 diaper rash, 215, 421 like tiny bruises (typhus), 190 of allergic reaction, 68, 166, 203–204, 356 of chickenpox, 311

# Where There Is No Doctor 2015 443

of German measles, 312 of measles, 30, 311 of syphilis, 238 of typhoid, 189 preventing, 133 with itching, 199-200, 203 **Reactions** (See Allergic reactions) **Rebound pain, 35, 95, 426** Rectum prolapse of, 142, 426 Reflexes, testing, 183, 426 Rehydration Drink, 152, 311, 381, 400, 426 and vomiting, 161 as an enema. 15 for acute abdomen, 95 for dehydration, 9, 46, 158, 306 for newborns, 273 for very sick persons, 40, 53 Remedies (See Home remedies) Resistance, 426 to antibiotics, w19, 57-58, 237, 350 to infection, 108, 120, 271 Resources, w8, w12, 115, 283, 426 Respiration (See Breathing) Retardation, mental (See Mental slowness) Rheumatic fever, 27, 310 Rheumatoid arthritis, 324 Rhinitis, allergic (hay fever), 165, 426 Rhythm method, (See Counting days method) Ribs, broken, 99 Rickets, 125 Ringing of the ears, deafness, and dizziness, 107, 327, 358, 361, 378 Ringworm, 11, 205-206, 371 River blindness, 227-228, 377 Road to health chart (See Child Health Chart) Rotating crops, w13, 115, 117, 427 Roundworm (ascaris), 140-141 Rubber (condom), 239, 285, 290, 395, 401-403 Rubella (See German measles) Rubeola (See Measles) **Rupture** (See Hernia)

S

Salt iodized, 130, 247, 318 purges, 16 using little, 120, 125, 176, 249, 325, 326 Sanitation, w10, 137-139, 153, 427 Scabies, 34, 199-200, 335, 372 Scales (to weigh babies), 297 Scars on the cornea, 224, 226, 228 on the eyelids, 220 preventing burn scars, 97 Schistosomiasis, 146, 337, 376 Scorpion sting, 11, 70, 106, 337, 387 Scrofula, 212 Scrotum, 233, 427 small sores on, 199 swollen, 317

Seborrhea, 215 Seizures, 23, 178, 422 caused by high fever, 76 from birth defects, 273, 319 in cerebral malaria, 186, 366 in children, 307, 319 in meningitis, 185 in pregnant women, 249, 390 medicines for, 336, 388-390 (Also see Spasms) Senna leaf, 16 Septicemia, 275, 427 Serious illnesses, w28, 42, 179-192 Seven year itch, 199-200, 335, 372 Sexually transmitted infections (STI), 236–239, 285-286, 290, 399-403, 427, 428 Sheath (See Condom) Shigella, 145, 158, 353, 358 Shingles, 204, 373, 400 Shock, 30, 77, 325, 427 allergic, 70, 105, 166, 350 from serious burns, 97 heartbeat during, 33, 410-411 in postpartum mother, 265 Shoulder, dislocated, 101 Sickle cell disease, 30, 321, 392 Sicknesses causes of, 17-20, 107 common, 151-178 dangerous, w28, 42, 179-192 "home," 21 "hot" and "cold," 119 infectious, 18-19 non infectious, 18 of children, 215, 272-275, 311-314 of older people, 323-330 of women, 241 prevention of, 131-150 spread of, 131–137, 140, 188–189, 237–239, 399 telling apart, 20-21, 26-27 Side pains, 22 Signs, 20, 29, 427 Sinus trouble (sinusitis), 165, 427 Skin cancer of, 211, 399 chart of different diseases, 196-198 diseases, 193-216, 406, 421 dryness of, 107, 208 how to examine, 34 in children, 215, 308 medicines for, 334-335, 370-373 painless sores, 191, 237, 279 TB of, 179, 212 ulcers, 212-213 Slipped disc, 173 **Slowness** (See Defects, Mental problems) Smallpox, 147 Small sores with pus, 201, 211 Smoking during pregnancy, 318, 416 problems caused by, 119, 129, 149-150, 289, 325, 326, 400, 416

**Snails**, 146 Snakebite, 104–105 antitoxin, 70, 105, 337, 387 home cure for, 3 Soaks, 102 Social conditions, 283, 401, 415, 417 Soft drinks, 155, 161, 229 Soft spot (See Fontanel) Solda con solda, 14 Sores bed sores, 41, 214 chronic, 20, 127, 212, 213, 236, 324, 406 large, open, 127, 213-214 mouth, 232 of the feet. 324 on penis or genitals, 199, 205, 232, 237, 238, 242, 400, 402-403 sugar or honey treatment for, 213, 214 that keep growing, 127, 191, 211, 213, 214 without feeling, 191, 237, 279 with pus, 199, 201, 406 (Also see Skin) Sore throat, 163, 309-310 Spasms, 183, 427 in spider bite, 106 in tetanus, 182-184 (Also see Seizures) Spastic, 38, 319-320 Sperm, 233, 244 Spermicide, 285, 290, 395 Sphygmomanometer, 410 Spider bite, 106 Spleen, large, 158, 186, 392, 427 Sponge method, 294 Spontaneous abortion (See Miscarriage) Spots before the eyes, 227 Sprains, 102, 427 Spread of disease, 131-137, 140, 190, 237-239, 399 - 403Squint, 223 Starches, 110, 203, 408, 427 Starvation (See Malnutrition) Sterile, 427 bandages, 87 men and women, 236, 244, 412 Sterilization, 427 of equipment, 74, 401 of syringes, 69, 72, 74 to prevent pregnancy, 285, 293 Steroids, 51 Stethoscope, 410 Sting bee, 70 scorpion, 106 Stitches (sutures), 86, 255, 269, 423 anesthetics for, 379 Stomach ache, 12, 93, 427 (Also see Belly, Cramps) Stomach ulcers, 128-129, 149, 380-381

#### Stools

in acute abdomen (obstruction), 94 in diarrhea (dysentery), 144-145 like rice water, 158 white or pale, 172 with blood, 128, 146, 189 with schistosomiasis, 146, 376 with typhoid, 189-190 with ulcer (black, tarry stools), 128 (Also see Constipation, Feces) Story telling, w23 Strabismus, 223 Strains, 102 Strep throat, 310 Stretcher, 100 Stroke, 37, 78, 288, 327, 410 (Also see Heat stroke) Sty (hordeolum), 224, 427 Suction bulb, 84, 255, 262, 268 Sugars, 110, 111, 427 Sulfonamides, 55, 356 Sunken fontanel (See Fontanel) Sunlight and acne, 211 and rickets, 125 and skin problems, 195 Supplies for childbirth, 254-255 for the medicine kit, 334, 336 Suppressants, 427 cough, 52, 383 Surgery immediate need for, 91-95, 177, 222, 267 possible need for, 102, 175, 177, 211, 222 225, 235, 243, 279, 280, 293, 317, 319, 329 Susto, 24 Suture (See Stitches) Sweets, 115, 119, 122, 229, 408 Swelling breast swelling and lumps, 278-279 caused by medicine, 68, 70-71, 231 home cure for, 12 in old age, 323 of broken arms or legs, 14 of hands and face, 108, 239, 249 of strains and sprains, 102 of the eyes, 144, 221, 313 of the feet, 113, 124, 144, 176, 248-249, 321 of the scrotum or testicles, 312, 317 with infection, 194 (Also see Lymph nodes, Swollen belly, Varicose veins) Swollen belly different causes of, 20 in children, 107, 112, 114, 321 in giardia infection, 145 in gut obstruction, 94 in malnutrition, 112, 114 in pregnancy, 248, 249

www.hesperian.org

(Also see Gut)

Symptoms, 29 Syphilis, 10, 237–238, 403 Syringe, 72, 74, 336, 339, 401, 405

#### Т

Taboo, 23, 428 T.A.L.C., 297, 431 Tapeworm, 143, 375 **TB** (See Tuberculosis) Teaching, w2, w4-w5, w21-w28, 321 materials, addresses for, 429-432 Tear sac, infection of, 217, 223 Teaspoons, for measuring, 61 Teeth, 133, 229-232 Temperature, 30-31, 272, 409, inside back cover (Also see Fever) Tepeguaje, 14 Testicles, 233, 286 swellings of testicles, 312, 317 Tetanus (lockjaw), 182–184 from a wound, 84, 89, 105-106, 388, 407 in the newborn, 182-183, 273 medicine for, 184, 336-337, 388 vaccination, 147, 184, 296 Thalassemia, 392, 428 Thermometer, 31, 334 Threadworm (pinworm, Enterobius), 141 Throat lump on the throat, 10, 130, 423 object stuck in, 79 sore throat, 163, 309-310 **Throwing up** (See Vomiting) Thrush (Candida), 232, 400 Ticks, 190, 201, 428 Tinea, 205-206 Tinea versicolor, 206 **Tobacco,** 129, 416–417 **Tongue**, 232 Tonsillitls (Inflamed tonsils), 309 Toothache, 231 Toothbrush, homemade, 230 Toothpaste, 230 Toxemia of pregnancy (See Pre-eclampsia) Trachoma, 220 Traditions, w3, w11, 1, 2, 21 Trichinosis, 144 Trichocephalus (whipworm, Trichuris), 142 Trichomonas, 241 Trichuris (whipworm, Trichocephalus), 142 Tropical sore (See Leishmaniasis) **Tubal ligation**, 294 Tuberculosis, 108, 179–180, 337 and AIDS, 396, 400 and children, 136 and measles, 311 medicines for, 359-361 of the lymph nodes, 212 of the skin, 212 of the spine, 173 signs of, 30, 37

vaccination, 147 Tumors (See Cancer) Twins, 251, 256, 269, 289 Twisted joint (sprain), 102 Typhoid fever, 188–190 fever pattern, 26 medicines for, 356 pulse with, 33 resistance to medicines, 58 Typhus, 26, 190

#### U

**Ulcer**, 428 on the cornea (eye), 224-225 skin, 20, 212, 213, 324 stomach, 13, 36, 53, 128-129, 149, 381 Umbilical cord. 428 and tetanus, 182 how to cut, 262-263 infection of, 270, 272 wrapped around the baby's neck, 268 Umbilical hernia, 317, 318, 428 **Umbilicus** (See Navel) Uncinaria (hookworm), 133, 142 Unconscious person, 78, 424 breathing of, 32 difference in pupil size, 33 in shock, 77 Under-Fives Program, w20, w24, 297, 428 Undulant fever (brucellosis), 27, 188 Units, measuring in, 60 Uremia, 239-240 Ureters, 233 Urethra, 233, 235, 286, 428 Urination, difficulties with, 234-236, 239-240, 324, 403, 410 Urinary tract, 36, 233-234, 428 Urine blood in, 146, 234, 376 brown, 172 dark yellow, 151 less than normal, 151, 236 too much or often, 127, 234 pus in, 236 Using this book, inside front cover, w28

# Uta (See Leishmaniasis)

#### ۷

Vaccinations, 19, 147, 180, 250, 296, 321, 337, 405
Vagina, 233, 286, 428

infections of, 241–242, 369
placenta blocking, 249
tearing during birth, 269

Vaginal discharge, 241–242, 369
Vapors, breathing hot water vapors, 47, 168
Varicose veins, 175, 213, 288, 410, 428

and chronic sores, 20, 212, 213, 324
during pregnancy, 248

Vasectomy, 294

Venereal diseases (VD) (See Sexually transmitted infection) Venereal lymphogranuloma, 238, 420 Ventilated improved pit latrine, 139 Verrucase (warts), 210 Village health committee, w24 Village health worker, w1-w7, w29, 43, 340 Village medicine kit, 336–337 VIP latrine, 139 Virus, 19, 399-401 Vision (See Eyes) Vital signs, 41, inside back cover Vitamins, 110, 111, 116-118, 391-393, 405 injections of, 65, 67, 118 the best way to get, 52, 118 vitamin A, 226, 391 vitamin B, 208 vitamin C, 248, 335, vitamin B<sub>6</sub>, 360, 393 vitamin B12, 51, 65, 392 vitamin K, 265, 272, 337, 392 (Also see Iron, Zinc) Vitiligo, 207 Vomiting, 161 during pregnancy, 248, 249 enemas and laxatives with, 15 how to cause vomiting, 103, 388 in the newborn, 273 medicines for, 161, 335, 385-386 violent vomiting, 151 with blood, 128, 328 with diarrhea, 151, 157 with urine poisoning (uremia), 239

#### W

Wandering eyes, 223 Warm compresses, 193-195 Warts, 210, 212, 400, 402 Water, healing with, 45-48 and cleanliness, 46, 131, 135, 137-139, 144, 146 and spread of disease, 146, 188 for fever, 75 to ease pain of burns, 96 vapors, 47, 168, 383 Weakness, fatigue, 23, 124, 323, 400 Weight and diet, 110-111, 127 deciding dosage by, 340 homemade scales, 250 importance of losing, 125-127, 325-326 in pounds and kilos, 62

measuring medicines, 59–61 weight gain, in children, 297–304 weight gain in pregnancy, 247, 250

#### Weight loss

chronic, 179, 180, 400 different causes, 20 how to lose weight, 126 in the newborn, 273

sudden (dehydration), 151 (Also see Malnutrition) Welts (hives), 68, 203, 238 Wet malnutrition (kwashiorkor), 113 Whipworm (Trichuris, Trichocephalus), 142 White spots and patches on the skin, 206-207, 232 Whooping cough (pertussis), 168, 313 medicines for, 313 vaccination, 147, 296 Witchcraft, 5, 24 Withdrawal from drug addiction, 417 to prevent pregnancy, 285, 294 Womb, 286, 428 cancer of, 280 contractions of, 258, 266 infection (See Childbirth fever) massaging, 264-265 position of the baby in, 251, 257 Women's health care, 241 Working together, w5, w24 Worms, 140-146, 227-228, 406-407 causing obstructed gut, 94 in children, 308 medicines for 335, 373-375 prevention of, 47, 131-134 Wounds abdomen, 92 bullet, 90-93 chest, 91 controlling bleeding of, 82 deep, 89-92 from a broken bone, 99 how to close them. 85-86 infected, 88-89, 213, 401 knife and bullet, 89-93 medicines for, 93, 334 small. 84 that may cause tetanus, 89, 182

#### Х

Xerophthalmia, 113, 226, 306, 337, 391, 428 Xerosis (See Xerophthalmia) X ray, 102

to the eye, 217-218

### Y

Yaws, 198, **202,** 238 Yeast infection, 19, 58, 232, **242,** 369–370, 372 *Yesca,* 11 Yogurt, 57, 155, 232, 242

#### Z

Zinc, 155, 159, 393