

Lemons

Are the fruit of a tree which has been regarded by many botanists as a variety of the citron, and is like it a native of the north of India. In the common variety, which is now very extensively cultivated in many tropical countries, our supply coming chiefly from the West Indies and Mediterranean. The pulp of the fruit is very acid, abounding in citric acid. There is, however, a variety called the sweet lemon, occasionally cultivated in the South of Europe, of which the juice is sweet.

The use of the lemon as a flavoring agent is so well known that it is needless for us to do more than merely refer to it here.

The juice of the lemon properly diluted forms a very refreshing and agreeable beverage in febrile and inflammatory affections.

One of the most beneficial applications of Lemon Juice is to the prevention and cure of scurvy, for which it is almost a specific. For this purpose, ships destined for long voyages should always be provided with a supply of it in concentrated form. In England every foreign going ship is required by law to take such a supply of lemon juice that every seaman should have a daily allowance of one ounce after being ten days at sea.

Licorice Powder (Compound)

(Brown Powder) Is a gentle laxative, the value of which is not duly appreciated. For women and children there is no nicer form of laxative. One or two teaspoonfuls may be taken in milk or water at bedtime or before breakfast.

Lime Water

Should be considered a constant necessity in every home. Properly prepared Lime Water is an inexpensive article, which though used by many is not generally duly valued. It corrects sourness of the stomach and is a valuable tonic. It is usefully employed in dyspepsia, diarrhoea and dysentery.

Mixed with an equal measure of milk, Lime Water is one of the best remedies for nausea and vomiting dependent upon irritability of the stomach. When employed to allay nausea it is usually given in doses of a tablespoonful, repeated in half an hour or an hour. Continued use of it is liable to weaken the stomach.