

PUBLISHER'S PREFACE.

The object of this volume is, to instruct every housekeeper in economy in household affairs and in the use and application of simple domestic remedies. It may be properly called a book of *Self Instruction* in the art of home doctoring. This work has been especially written to benefit and bless suffering humanity everywhere. The language is simple, and technical terms have been carefully omitted, and the book itself makes up a complete series of Home Lessons in Medicine, which can be read and understood by all classes. There has been rapid progress in the science of medicine in the past few years. Old methods and old receipts have been replaced by new remedies and new methods of application. So it is especially necessary in these times of progress, to have a book which is up to date and abreast of the times.

There are many plants on every farm, in every garden and there are many simple remedies in every home, and other harmless remedies, which can be easily secured, which will relieve pain and cure disease. Simple home remedies and good nursing in ordinary cases, will do more good and give quicker relief than the best practicing physician can with his strong drugs and periodical visits. The most skillful physician can benefit the patient but little without good care and careful nursing in the home. Consequently nursing and caring for the sick is a prominent feature in this work.

This book seems to fill a long-felt want. There have been many books published on medicine, and placed in the hands of the inexperienced homekeepers, but they are not safe guides for anyone to follow, who is unskilled in the art of compounding medicine. Strong drugs are dangerous and their use in the Household Guide is largely discouraged, for they are not safe in the hands of the common people without the direction of a physician. In serious cases of sickness the family physician should always be summoned, but remember that nine-tenths of the ills that afflict mankind can be cured by careful nursing and the application of simple and safe home remedies, and those who secure the Household Guide, will find it ever helpful in giving good counsel in sickness and a safe guide in health.

J. L. NICHOLS.