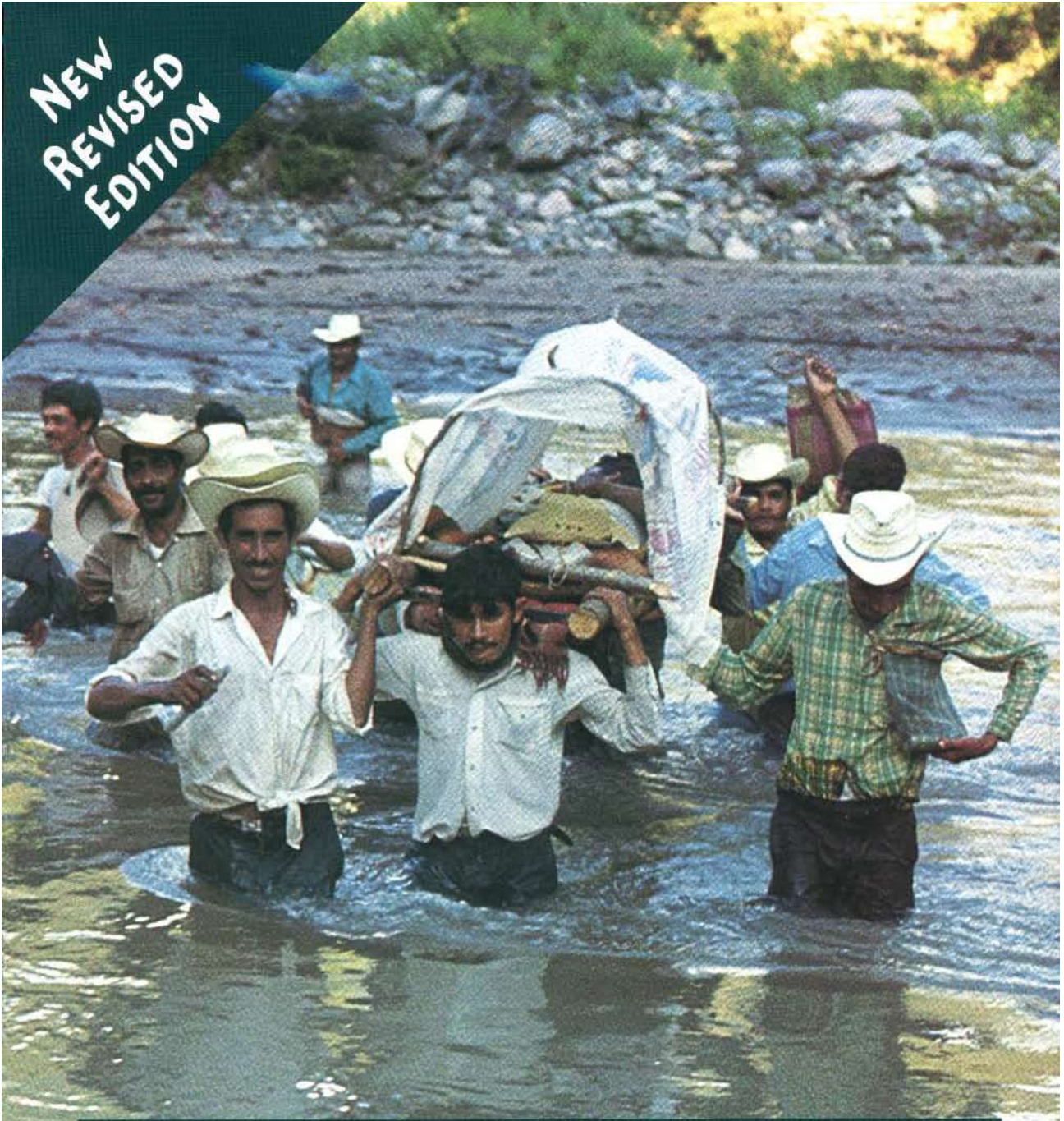


NEW  
REVISED  
EDITION



# WHERE THERE IS NO DOCTOR a village health care handbook

David Werner  
with  
Carol Thuman and Jane Maxwell

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# HOW TO USE THIS BOOK

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## When you get this book:

Read the list of CONTENTS at the beginning. This tells what each chapter is about and gives the page numbers for the different subjects discussed.

## To look up an illness or other health subject:

1. Look in the **YELLOW PAGES** at the end of the book. This is an **INDEX** that lists, in the order of the alphabet, all the subjects in this book. Also, if you look up a particular problem, it refers you to the possible causes (for example, look up "itching"). If you cannot find what you want, look for it under another name. Or...
2. Check the list of **CONTENTS**. When you find what you want, turn to the pages shown.

## If you do not understand the meaning of some of the words in this book:

Look for the word in the VOCABULARY right after the blue pages in the back of the book. Words explained in the Vocabulary are written in *italics* the first time they are used in a chapter.

## Before using any medicine:

Always look at the **GREEN PAGES** for information on uses, dosage, risks, and precautions. **A LIST OF MEDICINES** and an **INDEX OF MEDICINES** can be found near the beginning of the **GREEN PAGES**.

## To be ready for emergencies:

1. Keep a Medicine Kit like the ones recommended in Chapter 23 handy in the house or in the village.
2. Study this book before it is needed, especially Chapter 10, FIRST AID, and Chapter 4, HOW TO CARE FOR A SICK PERSON.

## To help keep your family in good health:

Carefully study Chapter 11, on NUTRITION, and Chapter 12, on PREVENTION, and pay attention to the guidelines and precautions.

## To improve health in your community:

Organize a meeting of your neighbors, to study this book and discuss local health problems. Or ask a teacher to give classes to the children and adults, using the book. You will find many useful suggestions in the brown pages, **WORDS TO THE VILLAGE HEALTH WORKER**, in the first part of this book.

# Where There Is No Doctor

a village health care handbook

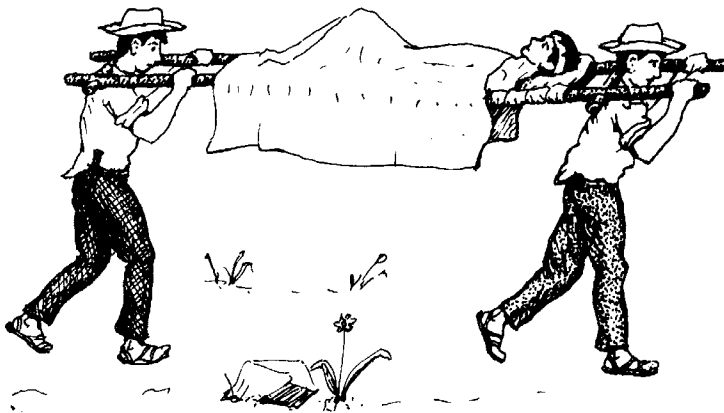
~ revised edition ~

by

David Werner

with

Carol Thuman and Jane Maxwell



With drawings by David Werner

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**THIS REVISED EDITION CAN BE IMPROVED WITH YOUR HELP.**

If you are a community health worker, doctor, mother, or anyone with ideas or suggestions for ways this book could be changed to better meet the needs of your community, please write to Hesperian at the above address. Thank you for your help.



Thanks to the work and dedication of many groups and individuals around the world, *Where There Is No Doctor* has been translated into more than 80 languages. The following are some of the translations and the addresses where you can obtain them.



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We are looking for ways to get this book to those it can serve best—namely persons in isolated villages and fringe communities of poor countries. If you are able to help or have suggestions, please contact the Hesperian Foundation. We offer this book at the lower price to persons of low income living in poor countries.



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