

T H E  
WIFE'S GUIDE & FRIEND.

BEING

PLAIN AND PRACTICAL ADVICE TO WOMEN ON THE  
MANAGEMENT OF THEMSELVES DURING PREGNANCY AND  
CONFINEMENT, AND ON OTHER MATTERS OF IMPORTANCE THAT  
SHOULD BE KNOWN BY EVERY WIFE AND MOTHER.

BY

STEWART WARREN.

---

*PRICE ONE SHILLING.*

---

**Second Edition.**

London :  
L A M B E R T & C O . ,  
DALSTON HOUSE, 90, DALSTON LANE, N.E.  
1894.  
*Copyright.*



## Contents.

CHAP.	PART I.	PAGE
I.	ADVICE TO YOUNG WIVES . . . . .	5
II.	THE MENSTRUAL, OR MONTHLY PERIODS . . . . .	7
III.	SIGNS OF PREGNANCY . . . . .	13
IV.	HOW TO DECIDE THE DATE OF CONFINEMENT . . . . .	17
V.	HOW TO KEEP IN GOOD HEALTH DURING PREGNANCY . . . . .	19
VI.	MISCARRIAGE . . . . .	32
VII.	THE SIGNS AND STAGES OF LABOUR . . . . .	33
VIII.	GENERAL MANAGEMENT AFTER CONFINEMENT . . . . .	37
IX.	GENERAL MANAGEMENT OF INFANTS . . . . .	43
X.	HOW TO PREVENT CONCEPTION . . . . .	51
<b>PART II.</b>		
	ARTICLES FOR THE PREVENTION OF CONCEPTION . . . . .	60
	ENEMA SYRINGES . . . . .	70
	IRRIGATORS AND DOUCHE APPARATUS . . . . .	72
	SYRINGE FOR PILES AND CONSTIPATION . . . . .	75
	PESSARIES FOR FALLING OF THE WOMB . . . . .	76
	BANDAGES . . . . .	77
	ELASTIC STOCKINGS AND HOSIERY . . . . .	78
	LADIES' ABDOMINAL BELTS . . . . .	80
	LADIES' OBSTETRIC BINDER . . . . .	84
	BABIES' UMBILICAL BELTS . . . . .	85

	PAGE
SANITARY TOWELS AND WAISTBANDS ... .. .	86
MENSTRUAL, OR LADIES' PERIOD PROTECTORS ..	88
AIR AND WATER CUSHIONS AND PILLOWS .	91
TRUSSES .. .. .	92
GENTLEMEN'S SUSPNDERS .. .. .	96
URINALS FOR TRAVELLING AND BED USE ... .	97
RECOMMENDED FAMILY MEDICAL WORKS .. ...	98



# THE WIFE'S GUIDE AND FRIEND.

## CHAPTER I.

### *Advice to Young Wives.*

EVERY young woman who enters into the "bonds of matrimony" accepts certain responsibilities, and undertakes duties important to themselves, and the neglect of which may be followed by serious consequences to others. Custom has decided that these duties should be discovered usually by the wife after marriage, and it is very unusual that mothers are judicious enough to enlighten their daughters as to the troubles and difficulties that nearly every woman will have to go through at some period of her married life. To the young and inexperienced the following chapters will be especially useful, by placing before them, in a simple manner, how the various difficulties and troubles may be passed through as easily as possible.

Marriage brings about a much greater change in the habits of the wife than in those of the husband. He still follows the daily occupation that he has been used to, and in general, is able to some extent to participate in his usual recreations. On the other hand, the wife will usually find herself in a completely altered position.

The occupations of girlhood are changed for the more responsible duties of housekeeping, her family ties are to a certain extent broken, and she will frequently find herself cut off from the companionship of her old friends. At this time it is not unusual for young wives to get into a depressed state of mind and body, especially if they find that married life is not all that they pictured it. If this is given way to, in a few months she will find herself completely out of health.

The best way to prevent this is to live as healthy a life as possible. Regular daily exercise should be taken. Any ordinary young woman can walk two or three miles daily, and will derive great benefit from so doing. In addition to regular exercise, regular diet is of great importance in maintaining good health in early married life. Many women neglect their own wants in this respect, especially when their husbands are absent the greater part of the day, and get into the habit of substituting tea for a mid-day meal. This only stimulates, and provides little or no proper nourishment. Women who breakfast early, and whose evening meal is late, absolutely require a substantial mid-day meal. Excessive sexual intercourse should be avoided as much as possible. If necessary, a wife should always try to guard against it. There is nothing that will so quickly undermine a woman's health as this. Many are rendered quite unfit to bear healthy children through this cause alone.

## CHAPTER II. .

*The Menstrual or Monthly Periods.*

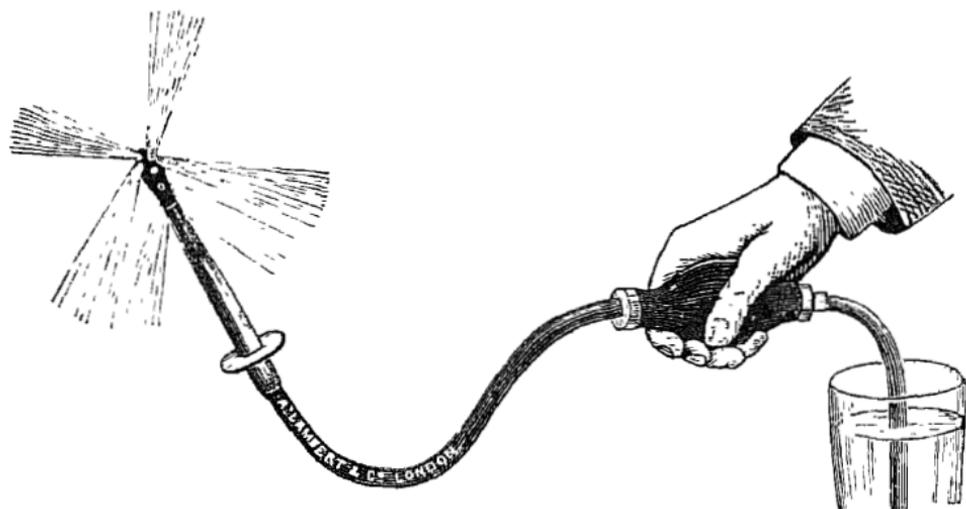
**M**ENSTRUATION means the monthly or periodical discharge of blood from the genital parts of the female. Its source is in the walls of the womb. Menstruation generally commences between the age of twelve and fifteen, and it shows she has arrived at the period of puberty. It occurs, in health, except during pregnancy and nursing, for about thirty years.

Mothers should always carefully watch their daughters at the time they expect the first menstruation to occur, and kindly explain to them the various peculiarities of that period, when good advice from a loving mother will have a very beneficial effect.

There is nothing that has a greater influence on a woman's health than menstruation. For this reason she should very carefully note the dates of her periods; she should also observe the number of days they last, and the quantity of the discharge. By a little experience she will be able to judge if this is in any way the cause of many of the various unwell feelings that will occur at times.

**Suppressed Menstruation** is brought about by various causes, which throw it back upon the system, such as colds, disease of the womb, general debility, and

pregnancy. In the simpler cases a woman can usually treat herself, but in the more serious cases medical advice should always be obtained. When checked through cold, which is very common, the whole system shows signs of oppression—there is usually a feverish feeling, headache, and pains in the back and loins. In such cases relief can be obtained by taking a gentle purgative, such as rhubarb pills, or a teaspoonful of Epsom



Higginson's Syringe.

salts taken in warm water before breakfast. A hot bath should be taken nightly just before going to bed, in which the patient should remain about ten minutes. A more effective method is to slowly inject into the vagina, or female passage, about two or three pints of

water as hot as is convenient. Both the bath and injection can be taken with great benefit, and will induce the female organs to perform their duties in a perfectly natural manner. Care must be taken to guard against taking a chill between the time of the injection or bath and getting to bed, as that would be likely to still further suppress the menstruation. This course of treatment should be applied about the natural time for the monthly flow, and should be continued until it appears.

The most usual kind of syringe for these injections is Higginson's, as illustrated, but a far better one is the Patent Safety Enema Syringe, which is fully described on page 24.

When used to give a vaginal injection, the long gum elastic tube is placed over the ivory end as shewn, the other end, with the metal piece attached, is placed in the fluid. The bulb is then compressed and relaxed alternately until the fluid fills the syringe and flows out of the tube, which is then gently introduced into the female passage as far as it will go, and the bulb compressed and relaxed until all the fluid is used. The most convenient position is a stooping one, with a chamber placed so as to catch the fluid as it passes out. Particular care should be taken to see that the syringe is full before injecting, as, if it is not, air will be first injected, and this at times would be very painful.

An injection of this kind, but with tepid instead of hot water is very beneficial after the cessation of each

monthly period, as it cleanses the parts far more efficiently than any other method.

**Painful Menstruation** is common with both single and married, chiefly in those of indolent habits and irritable constitutions. It causes much pain, and those subject to it are less likely to become mothers, and frequently miscarry. Relief is obtained by hot baths as above, also by the application of hot poultices over the stomach, and as much rest as possible. To prevent a recurrence, fatigue should be avoided, especially the week before the flow is expected. The food should be light and nourishing, the bowels should be kept regular by means of fruit, or a slight purgative, and particular care should be taken to avoid taking cold.

**Profuse Menstruation** is more frequent with women of strong amitative passions, and who live high, those advanced in life being most liable. In these cases, in moderation it has a beneficial effect, but when it becomes more marked, and clots of blood are passed, it should be attended to, as it will rapidly weaken the system, and if let go on will probably lay the foundation of debility and consumption. Relief can be obtained by early rising, exercise should be taken in the open air, stimulants and intoxicants should be avoided, and the diet plain and nourishing. The bowels, if sluggish, should be regulated with saline aperients, a teaspoonful of Epsom salts with twelve drops of dilute sulphuric

acid taken each morning before breakfast is cheap and very effective for this purpose. This treatment is usually all that is necessary, but, if not effective, medical advice should be taken. Newly married women not unfrequently suffer from profuse menstruation, in which case the above treatment is all that is required, together with extreme moderation of sexual intercourse, which is frequently the cause.

**Decline of Menstruation.**—This usually takes place at the age of from forty-two to forty-five, it is more commonly known as the “change of life,” and is frequently extended over a period of several years. The general manner in which the change takes place is, the monthly flow becomes irregular, sometimes it is very scanty, and lasts only a day or two, and at other times it is very profuse, with intervals of two or three months between each flow, then the intervals become longer and the flow less until it entirely ceases. With some women the “decline of menstruation” is preceded by several periods when the flow is excessive, which is followed by a complete stoppage for several months, when the flow is again of exceptional amount and duration. In other cases the “duration of menstruation” is quite gradual, each time becoming less, until it ceases.

**The Change of Life** is always considered by women as a critical period in their lives. With the “decline of menstruation” the capability to conceive also ceases.

Such an important change can scarcely be passed without some constitutional disturbance, and is frequently accompanied by serious indisposition. This, however, can, to a great extent, be overcome by regular living. Moderation in diet, particularly in animal food, and stimulating drinks, should be avoided. Plenty of cooked fruit should be taken, also regular out-door exercise. The clothes should be woollen, especially those next to the skin, and particular care should be taken to guard against taking cold.

A woman who has lived a healthy life, and studied herself, need have but little to fear at this frequently trying period.

## CHAPTER III.

*Signs of Pregnancy.*

**A**FTER the first day of marriage, every woman under the age of forty-five is liable to conceive. She may go for years, or only days, and as so much depends on the proper management of health during that most important period, the signs should be known to all, and carefully watched for.

**Cessation of Menstruation.**—In a fairly healthy woman, whose flow is regular, this is usually the first sign. But few women menstruate after conception; there are, however, cases where a woman will menstruate for the first two or three months, the quantity each time being less, until it entirely ceases, and in exceptionally rare cases it has been known for the flow to continue the entire period of pregnancy. Occasionally a young woman newly married will have a stoppage of her monthly flow for two or three months, together with a slight swelling of her breasts, without the presence of pregnancy. In this case it is usually due to over excitement, caused by the first sexual embrace, especially when it is carried to excess, which is very hurtful to the system of both male and female. In a general way, if a married woman's menstruation ceases without any cause, such as cold or illness, she may feel almost

certain that pregnancy has commenced, particularly if she has been married for some time without any stoppage. The following signs should then be expected :—

**Morning Sickness.**—This usually commences about two or three week's after conception and continues every morning for the first three months. There, however, is no set rule, as women vary considerably in this particular symptom. Some will be sick four or five days after conception, while others not until as many weeks, and in some cases no morning sickness is experienced at all, but these cases are rather unusual. When it once commences it generally occurs each morning on rising from bed, its intensity and duration will usually vary from day to day, sometimes being severe and at others only slight. As a sign of pregnancy it is very reliable, as its character is different from anything that occurs in ordinary health. With the healthy woman it is a kind of mucus which is vomited, similar to the unboiled white of an egg, and the food is retained in the stomach. In most cases after the morning sickness the woman can eat her meals with the usual relish, and feels quite well during the remainder of the day, but in some cases the vomiting is so severe that she is unable to retain any food at all, and it continues on and off all day; this is, however, rather exceptional.

A woman whose monthly flow has ceased, and who at the same time suffers from "morning sickness," may consider it practically certain that she is pregnant.

**Enlargement of the Breasts.**—This commences about two months after conception, the increase of size is uniform, that is all over them. They feel heavy, full and tender, with occasional throbbing. The veins appear full of blood, and sometimes look as if they were knotted. The nipples become more prominent and very tender, and the skin round them grows darker in colour. This circle is called the “Areola,” and as pregnancy progresses it gets larger and of a deeper hue. Milk can sometimes be pressed out, and if only one drop can be obtained, it is, with the other previous signs, a certainty that a woman is pregnant. These signs do not of course all apply to a woman who is suckling, who seldom has any flow during that period.

**Quickening.**—The term “quickening” means the first feeling by the mother of the child’s movements in her womb. This takes place about the sixteenth week, and is thought by some to be caused by the child first becoming alive, but this is quite a mistake, as the child has life from the hour of conception. The first notice of “quickening” may be described as an internal fluttering, as if a small bird were moving its wings within the body. At first the movement is only slight, but gets more noticeable, and the struggles of the child can be plainly felt. It is usually accompanied by a fainting feeling, and sometimes by hysteria. Some, however, do not feel at all unwell, but only have the fluttering feel-

ing. It is a valuable sign, especially to a woman who is suckling.

These are the principal signs that a woman can rely upon, and, when all of them are present, she can be absolutely certain of her condition.

**Enlargement of the Abdomen.**—This does not take place at first, in fact for the first two or three months a woman may be flatter than usual. At three months the first increase is noticed; in a fairly nourished woman it is uniform over the whole of the lower part, in thin women it is noticed more in the middle. After the increase has once become apparent, it continues at an uniform rate until the end of the eighth month, rising higher in the abdomen until it reaches the foot of the chest, and there is usually an increase in width that can be easily seen from behind. In the last month the increase seldom continues, in fact it is rather the other way, as, the womb falling, the abdomen appears flatter, which is a sign that the confinement is at hand.

These are the various signs with which every newly married woman should be acquainted. Mothers should always be most careful to instruct their daughters who marry in the various symptoms, as it will frequently save them much trouble and many an anxious hour.

## CHAPTER IV.

*How to decide the date of Confinement.*

THE duration of pregnancy, the period from conception until confinement, is usually 280 days, viz., forty weeks, or nine months and one week. When a confinement takes place before that time the child usually shows signs of premature birth. On the other hand, labour does not sometimes commence until a week or two longer than the above period, but these cases are rather exceptional.

The best way of deciding as accurately as possible the date of confinement, is to assume that conception occurred within one week after the last monthly flow. This is the time that it is most likely to occur. Then reckon nine months and one week from that time, or in other words, nine months and one week from the date the last menstruation ceased. This is as near as it is possible to judge, and is based on the assumption that the last flow was about the same as usual. When conception takes place just previous to menstruation it does not always entirely stop it, but more often checks it, so if the last was only slight, the date may, with a fair degree of certainty, be reckoned from the date of its com-

mencement instead of a week after. The following is an example: We will suppose that the last flow commenced on March 1st, and lasted five days, reckon forward nine months and one week which gives the date as December 12th, but if the flow was scanty, and there is reason to believe that conception occurred just before, then the date would be about December 5th. In the case of a woman who is suckling, the exact date is more difficult to decide upon. The date of her first "morning sickness" should be noted, and if in the previous pregnancy they started about the same time, that is, two or three weeks after conception, the date of confinement may be reckoned as about one week under nine months from the first sickness. In a case of this description the date of quickening should also be noted, and the confinement can usually be reckoned to take place five months after. If this does not agree with the date taken from the "morning sickness," then reckon midway between the two dates.

About two or three weeks before labour the abdomen apparently decreases in size; this is caused by the womb dropping, and is a sure sign that labour is now at hand.

## CHAPTER V.

*How to keep good health during Pregnancy.*

THERE is no other period in a woman's life when it is so essential for a perfect state of health to be maintained as during pregnancy. A woman who wishes to bear a fine healthy baby, and pass her confinement in a satisfactory manner, should be most careful respecting her health during this period.

A woman who at other times thinks but little about her health, should now in justice to the child that she is about to bring into the world, as well as to herself, make it a special study, and do all she can that will have a tendency to promote a perfectly healthy state, both of body and mind. It cannot be too distinctly understood that the way a woman conducts herself during pregnancy will be developed in a degree, more or less marked, in her child. She should at all times be careful to avoid any undue excitement or violent over exertion, and, as far as it lay in her power, lead a calm, tranquil, and healthy life. Pregnancy being a perfectly natural period of life, there need not be the slightest alarm felt by any woman who is at all careful with herself. The principle things to be attended to are diet, rest, clothing, attention to the bowels, and plenty of fresh air.

**Diet.**—In this respect what is required is to take only that class of food which is plain, light, nourishing, and easily digested. All highly flavoured dishes, alcoholic drinks, and indigestible foods should be rigidly avoided. Breakfast and tea should consist of tea, coffee or cocoa, bread and butter, with a lightly boiled or fried egg, or a small portion of fresh fish, such as haddock, whiting, or sole. Cocoa is by far the best drink at either of these meals for a pregnant woman, and it should be made with at least half milk. Tea or coffee in at all liberal quantities should be especially avoided. The bread should be at least one day old, and new bread or hot rolls should never be eaten. Whole-meal, or wheat-meal bread is by far the best, as it tends to keep the bowels regular, and gives strength both to the mother and the child. A basin of wheat-meal porridge is a dish that can be particularly recommended—every pregnant woman should try and take it at least two or three times a week.

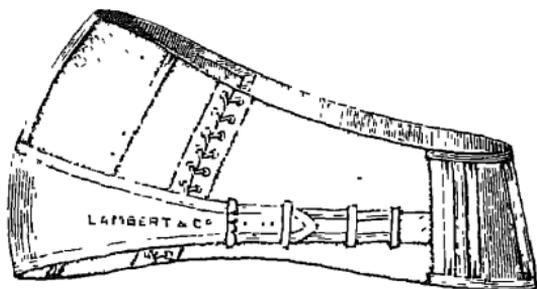
For dinner, any kind of fresh fish, poultry, mutton or lamb. Beef should be taken in moderation, and pork but very little, if any. Of vegetables, young cauliflower, French beans, spinach, asparagus, Brussels sprouts, tomatoes, and any of the lighter kinds, may be taken with advantage; the heavier kinds, such as potatoes, carrots, turnips, and others of this class, should be taken very sparingly. Milk puddings and cooked fruit can be eaten with advantage.

All kinds of pastry should be avoided, or taken very sparingly. The evening meal should be very light; meat should be entirely avoided, but a little fresh fish may be taken. Milk puddings, stewed fruit, a cup of cocoa, with some toast or a lightly boiled egg, will be found most suitable, and it should be taken at least two hours before going to bed.

When attacks of faintness occur between meals, a glass of warm milk with a well beat up new laid egg in it, is of great benefit, and should be taken whenever it seems necessary, and can always be taken with advantage.

**Rest and Exercise.**—Although a pregnant woman requires an abundance of rest, it must not be supposed that it is necessary for her to discontinue any exercise she may have been used to, such as her ordinary household duties, walking and riding, or others of a similar kind. On the contrary she needs a moderate amount of exercise, and as much fresh air as possible. She should try and get at least an hour's walk or ride in the fresh air every day, she should avoid all crowded places and heated atmospheres, and live and sleep with the windows open. In the afternoon, about two hours rest on a couch or bed is very beneficial, and should be taken by all whose condition of life will permit of it. Early to bed, and at least nine hours rest, should be taken each night.

**Clothing.**—This is a very important item. The underclothing should be entirely of flannel, or a material that is all wool. The legs of the drawers should come well below the knees and be made to fit close to the legs at the end. With underclothing of this kind, she is less liable to take a chill, which at this time should be most carefully guarded against, as it frequently drives the blood to some of the internal organs, causing



An Abdominal Belt made to give a perfect support without undue pressure

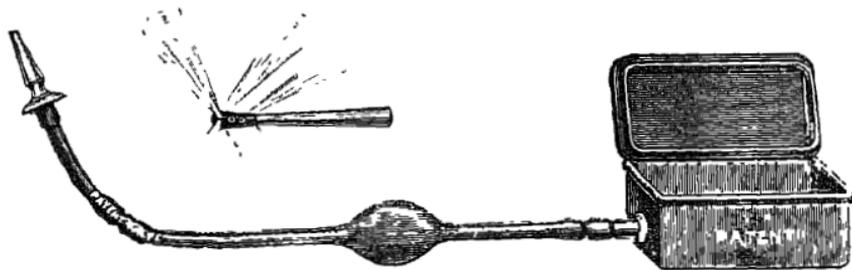
serious disorders to follow. Her other garments should be light and warm, and should fit easily. There must be no attempt made to draw in the figure by tight lacing; to do this is sheer madness. Misplacement and falling of the womb, varicose veins, and piles, are some of the complaints that are commonly due to tight lacing; it also prevents the perfect development of the child.

After the fifth month an abdominal belt should always be worn, they give great support, enabling the wearer to walk and get about with far more comfort and ease, and to a great extent prevents the fainting feelings caused by the weight of the abdomen especially in the more advanced stages.

An excellent belt for this purpose is the one illustrated on the previous page. It is made of elastic webbing, and thus gives to every movement of the body, while the lacing at the sides and the front support, enables the wearer to obtain the exact support required, without any unpleasant pressure, that is so noticeable in many belts.

**Constipation**, or confinement of the bowels, very frequently occurs with pregnant woman, more particularly in the earlier stages. It should never be neglected, as it is likely to cause a more painful confinement, besides leading to many troublesome ailments. This is one of the subjects that should have the constant attention of every woman who expects to become a mother. The bowels should act at least once every day, and the best method is to regulate them by dieting. Oatmeal or wheatmeal porridge has a very beneficial effect—in fact, a woman who regularly takes it for breakfast three or four times a week, is very seldom troubled with constipation; stewed prunes and figs are also very good, and are very nourishing food.

When dieting is found insufficient for the purpose, a slight relaxative medicine should be taken. A teaspoonful of compound liquorice powder in a cup of cold water, or a teaspoonful of olive oil taken before going to bed forms a very safe and gentle purgative. Olive oil is far better than castor oil in many ways. When constipation is very obstinate, the best remedy is an injection of about a pint of tepid water with a piece of soap about three-quarters of an inch square dissolved



A perfect Enema Syringe

in it, and an ounce of olive oil. The injection should be administered by an Enema Syringe, and should take place soon after breakfast. An injection of this description is not only suitable for a pregnant woman, but is one of the finest cures for obstinate constipation for male or female, young or old, and is perfectly harmless. It can be taken two or three times a week with advantage.

When an injection is administered for constipation, the gum elastic tube is not required, the syringe is used with the ivory pipe which should be coated with vaseline,

and gently passed into the rectum or back passage until the small shield presses against the entrance, then slowly inject the fluid by alternately compressing and relaxing the pressure on the bulb. If the pipe is carefully introduced it will cause but little or no pain. There is not the slightest fear of any harm being caused by an injection of this description, as when the bowels cannot contain any more it will always be pressed out round the pipe. Sometimes the person receiving the injection will feel as if it were impossible to receive any more after a small quantity has been passed, in which case it is best to inject very slowly and sometimes stop for a minute or so, when it will be found that the remaining portion can be taken. When the quantity is injected the pipe is withdrawn and is at once followed by the bowels releasing their contents along with the fluid injected.

The points to be noted are, care to see that no air is injected, slow and easy introduction of the pipe, slow and steady injection of the fluid, and retention if possible of the contents of the bowels after the withdrawal of the pipe.

As an injection of this kind is frequently followed by the bowel relaxing their entire contents on the withdrawal of the pipe, it is advisable to take it in or close to the private chamber.

There is no better Syringe for this purpose than the one illustrated on page 24. With this it is absolutely

impossible to inject air as the suction end of syringe screws into the bottom of the box, which forms a reservoir into which the fluid to be used is placed, and when not in use forms a very compact box to hold the syringe. Another great improvement is that the valves are entirely of glass and thus it is impossible to corrode, and, being perfectly protected by the rubber, scarcely ever break or get out of order.

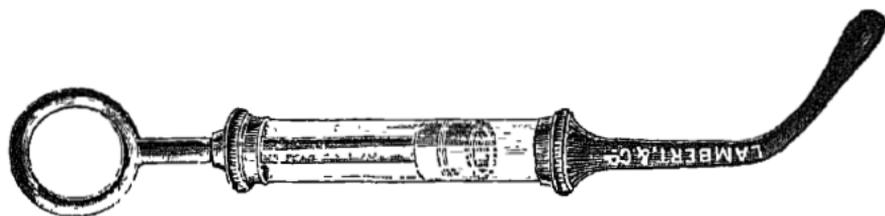
**Diarrhœa** in a mild form is not hurtful, but should be attended to on becoming at all severe. It may generally be checked by diet; sago, tapioca and arrow-root should be taken with a liberal allowance of salt. For immediate effect take one dessert spoonful each of brandy and water with one half of a medium sized nutmeg grated into it, this will usually stop the most severe cases. Or five drops of laudanum in a dessert spoonful of water taken three or four times daily is also a good remedy.

**Excessive Vomiting.**—If allowed to go on has a very weakening effect, and is likely to induce a miscarriage. The best remedy is a little *oxalate of cerium*, which can be obtained from any chemist. A dose consists of as much as can be piled on a three-penny piece, in a dessert spoonful of water, taken three or four times daily. Plenty of rest is also very beneficial.

**Piles** frequently give pregnant women considerable trouble, and are often caused by allowing constipation to continue. They can be relieved by the same treat-

ment as recommended for constipation, but an injection of pure glycerine should be substituted, and be administered by a Glycerine Syringe.

When in a mild or moderate form, 2 drachms of Glycerine injected after breakfast daily, frequently effects a perfect cure. The Glycerine has a very beneficial effect on the swollen mucous membrane, and causes the distended hemorrhoidal veins to contract and resume their natural form. When the Piles are in an advanced form, or the plain Glycerine is not sufficient, the Gly-



Glycerine Syringe

cerine injection should be followed by one drachm of lotion; this is the best remedy, and will usually result in a steady and perfect cure. It is quite harmless, and will bring the affected parts into a perfectly healthy and natural condition.

When the Piles are bleeding, 2 drachms of the lotion should be injected *after each motion*, in addition to the above injections.

Lotion—Tincture of Hamamelis, 2 drachms; Glycerine, 1 drachm; water 21 drachms. A teaspoonful is equal to a drachm.

The Tincture of Hamamelis can be obtained of any Chemist, and the whole made into a lotion and kept ready for use.

A Glycerine injection is also a very simple and convenient method of obtaining relief in cases of constipation, although not always so certain in its action as the large injection with the Enema Syringe, it is far more convenient. For this purpose pure Glycerine should be used, and injected immediately after breakfast. It should be used neat, and not diluted with either warm or cold water. In its pure form it is slightly irritating, and to this property it owes its efficiency, as it thus stimulates the various nerves of the lower bowels to perform their natural duties. The quantity to be injected varies from one to two teaspoonfuls. It is best to try the smaller quantity first, and if found insufficient increase it with the next injection. Relief is usually obtained within ten or fifteen minutes after the injection. Self-administration is very simple, as follows:—

To charge the Syringe. Push the piston into the Syringe as far as it will go, place the end of the pipe into the fluid, and slowly draw out the piston until the required quantity is taken up. The Syringe when full holds two drachms, and is graduated in  $\frac{1}{2}$ -drachms.

To Inject. Pass the pipe (up to the bend) into the Rectum (back passage), then inject by gently pushing the piston into the Syringe as far as it will go.

**Whites.**—The majority of pregnant women suffer more or less with this complaint. It consists of a thick creamy discharge from the womb, and at times becomes so profuse as to necessitate a diaper being worn. It should then receive careful attention, as it causes a severe drain on the system in general, and is very weakening. The strictest personal cleanliness must be observed, and the bowels should be attended to, and be sure that they act thoroughly and regularly. A vaginal injection should be given by means of a Higginson's or Safety Syringe. The injection should consist of about a pint of warm water and a teaspoonful of powdered borax thoroughly dissolved in it. It should be injected slowly, and can be given daily with advantage. If this does not have a decided effect on the complaint, use a lead lotion made by dissolving twenty grains of *Acetate of Lead* in a pint of water. A piece of soft sponge soaked with Glycerine may be worn in the vagina for several hours each day with advantage. At first it may increase the discharge, but it will have a decided beneficial effect when used in connection with the injection.

**Vaginal Irritation and Discharge** often occur during pregnancy. Sometimes the discharge is thin and watery, at other, thick and white, accompanied by much unpleasant irritation. This can usually be relieved by washing the vagina, or female passage, with tepid water

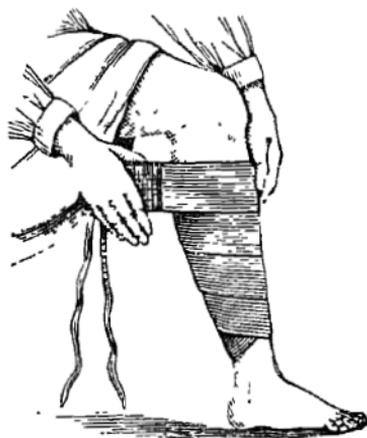
and a little "Condy's Fluid," or the same preparation can be made by dissolving two penny worth of Permanganate of Potash in a pint of water, and sufficient should be added to the injection fluid to make it a pale pink. When the irritation is severe it can be relieved by bathing the affected parts with a lead lotion made as described on the previous page.

**Toothache** frequently attacks pregnant women who do not suffer from it at other times. It can be instantly relieved by well painting the affected tooth and gums with a twenty per cent. solution of *cocaine* and water, which can be obtained from any chemist. This is far better than carbolic acid, oil of clove, or other burning preparations often recommended for this purpose.

**Neuralgia** in the face and head can be relieved by the application of hot flannels, or a bag of very hot salt applied to the most painful part gives relief at once. It is usually brought on either by weakness or cold, so a woman should treat herself accordingly and remove the cause.

**Swollen Legs and Varicose Veins** frequently occur with pregnant woman. They are caused by the pressure of the enlarged and heavy womb on the veins, and are greatly aggravated by constipation. A woman suffering from them should wear a well fitting Abdominal Belt, keep bowels regular, and take plenty of rest.

If the swelling is very noticeable and painful, an india-rubber bandage, or elastic stocking, should be worn, and will give relief. A stocking gives the least trouble and if made to fit properly is quite effective, but an india-rubber bandage has the advantage of being capable of allowing the pressure to be applied just where the veins or swelling is most prominent. When an india-rubber



The method of applying a Bandage.

bandage is worn, it should always be perforated so as to allow a free passage of the perspiration otherwise it is not healthy.

During pregnancy a woman should be most particular to avoid all infectious diseases, as at that period she is more liable to catch them, and they are then most dangerous.

## CHAPTER VI.

*Miscarriage.*

**M**ISCARRIAGE is the expulsion of the fœtus from the womb any time during the first six months of pregnancy. Although it may take place any time during the period, it usually occurs either about one month or between two and four months after conception.

An early miscarriage is not of much importance, and frequently appear as a rather profuse and painful menstruation. When it takes place a month or so after conception it is not usually followed by any ill effects. The later the miscarriage the more serious it is likely to be.

The cause of miscarriage may be either weakness of the productive organs, over exertion, reaching, a fall or blow, or any exceptional excitement or physical strain. A woman threatened with miscarriage, particularly at an advanced date, should at once lay down, or get to bed, and keep perfectly quiet; her food and drink should be nearly cold, and her diet light. When a miscarriage occurs at an advanced date a doctor should always be consulted, as it is most important that the whole of the contents of the womb should be brought away, as, if not, serious consequences are likely to follow.

Great care should be taken to guard against miscarriages, as they are often far more weakening than an ordinary confinement, and a woman who once miscarries is always liable to do so again.

## CHAPTER VII.

*The signs and stages of Labour.*

LABOUR, or child-birth, usually takes place a little over nine months after conception, as explained in Chapter IV. When it takes place before that time it is called premature labour. A prematurely born child, that is, one born between the seventh and ninth month of pregnancy, is usually very delicate, and requires the greatest care.

About a fortnight before labour takes place, the body appears to get flatter and smaller, which is caused by the womb sinking lower in the body, and as the pressure is taken off the lungs, breathing becomes easier. There is often at this time a desire to pass water more frequently than usual, and a tendency towards diarrhoea. This is perfectly natural and good, as the bowels should always be clear at the time of labour. Particular attention should be paid to this, as it causes great unpleasantness if the bowels have not been properly attended to.

Two or three days before labour commences, bearing down pains are usually felt, sometimes accompanied by a slight discharge of blood. This is termed the show, and is a certain sign that labour is near. It is as well to know that there are two kinds of pain, the false and

---

the true pains. The false pains do not come at any regular interval, they are short and sharp, and are usually felt in front of the body. They will sometimes occur, on and off, for two or three weeks previous to confinement, and in these cases are usually caused by indigestion, or the stomach or bowels being out of order, and can be relieved by careful diet and a slight relaxative medicine.

The true pains, which are a certain sign that labour has commenced, are quite different. They take place at regular intervals, are slight at first, gradually increasing in intensity, and then die away. These pains are felt in the back, and travel down to the lower part of the body. When they come on the doctor and nurse should be sent for without delay, as the child may be born in a few hours.

**Preparation for Confinement.**--After the seventh month of pregnancy, every woman should be prepared for her confinement, and should have all the various articles required ready to hand. The following articles are required: A large sheet of machintosh to cover the bed with; a roller towel to pull against during the most severe pains; a binder with which to bind up the mother after delivery; a pair of scissors with which to cut the navel cord; and a skein of worsted for tying up the ends after it is cut; diapers for both child and mother; the child's cloths, and a square of soft flannel to place it in

after it is born. For the doctor's use there should be a tablet of carbolic soap, a pot of carbolised vaseline, hot and cold water, and some disinfectant. This will also be required for washing and bathing the female passage with for some time after the confinement. The best disinfectant for this purpose is "Condy's Fluid" or Permanganate of Potash, prepared as directed on page 30.

Labour is divided into three stages. The first stage is from the commencement of the pains till the water bag is broken; the second is from that time until the child is born; and the third is the bringing away of the after birth which the child was contained in during pregnancy.

During the first stage the woman may be dressed in her ordinary clothing, but with the beginning of the second stage it is far better for her to undress, retaining only her night dress, a flannel petticoat, stockings, and slippers, with a warm woollen shawl, or dressing gown to wear until she gets to bed.

If the nurse is not at hand during the first stage, the woman should get the lying-in room ready; a fire should be lighted, and the flannels, napkins, binder, etc., placed so as to be warm when wanted, and all the other articles ready to hand. The bed should be got ready by covering it with the waterproof sheet, and placing over it a sheet folded two or three times, so as to absorb the discharge and prevent the bed getting soiled.

During the earlier pains relief is obtained by leaning on the back of a chair, or the end of the bedstead, but as they get more severe it is best for the patient to lay on the bed, on her side, with the knees drawn up, and her feet resting against the bottom of the bedstead. The roller towel should have one end of it fastened to the bedstead, so that the patient can pull against it during the more severe pains, at the same time bearing down. This is done by taking a deep breath and then straining downwards.

In the intervals between the more severe pains a short doze or sleep is very refreshing, and is often of great service in giving fresh strength to bear up against the pains. When a cold shivering feeling is experienced, a cup of warm tea is very beneficial, and in cases of prolonged labour, warm milk with an egg well beat up in it, or beef tea, is the best form of nourishment that can be taken. All solid food should be avoided at this time.

During confinement a woman should look upon the doctor as her best friend, and endeavour to follow his directions and assist him as far as possible.

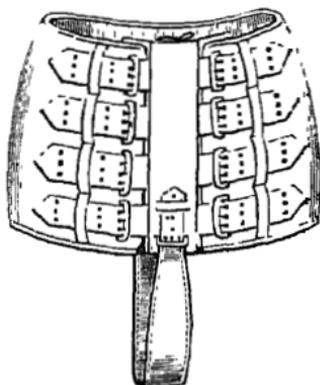
## CHAPTER VIII.

*General Management after Confinement.*

AFTER her confinement, the mother will have passed the most painful time, but it is for the next two or three weeks that the most careful attention is required if she wishes to regain a perfect state of health and strength. There are more women permanently ruined in health, and suffering from life-long complaints, through careless management during the first two or three weeks after confinement, than through any other cause. There is, however, very little danger, or cause for any fear, if an average amount of careful attention is given during this period.

**Perfect Quietness.**—The importance of perfect quietness and rest of mind, for at least the first week, cannot be too fully impressed on the mind. It is absolutely necessary. The husband, mother, and one or two other intimate friends, are all that should be allowed to visit during the first week. With them the conversation should be strictly limited, and the subjects chosen so as not to cause any excitement. It is quite common for a woman to suffer from a severe relapse through seeing too many friends at this time, and in this way a severe illness is often brought on that could have been easily avoided.

**Application of the Binder.**—This is a very important matter, and should receive most careful attention from the nurse. Many women suffer from falling of the womb, caused, in the first place by careless binding after confinement. When the ordinary towel binder is used it should be adjusted so as to give a perfect support without undue pressure, and without any creasing to cause irritation. A far better plan is to use a binder



Obstetric Binder.

made specially for the purpose. The improved binder, as illustrated, is designed to give a perfect support, and to induce the various organs to resume their natural positions. It has many advantages over the ordinary towel binder in common use. It is easily put on, is very comfortable, and can be worn as a belt for improving the figure for several months after confinement if desired. It is made with a band, so that any kind of

sanitary towel or diaper can be worn, which can be removed and replaced without disturbing the garments, by using the buckle in front.

It is best to continue the use of the binder for at least four weeks. When properly applied, it is of great value in giving support to over distended muscles, and preserves the figure from undue laxity. It must be distinctly understood that the function of a binder is to support the walls of the abdomen, and it should never be used for the purpose of compressing the waist. Compression of the waist at this time is very dangerous, as it causes the organs to bulge out lower in the abdomen, and may lead to displacement of the womb. A binder should be employed for the purpose of supporting and lifting upwards the lower part of the abdomen, and, with this object in view, it should always be drawn rather more tightly at the lower than at its upper part. When the mother begins to follow her usual occupations, she will find a great benefit by wearing either a binder, as described on the previous page, or a belt made for that purpose. By so doing, the muscles of the abdomen are considerably strengthened, and the figure will be induced to go back in a perfectly natural manner.

**After-pains and Discharge.**—The after-pains usually come on about twelve hours after delivery, and continue on and off for several days. They are caused by the contraction of the womb, in its endeavours to resume

its normal position. Usually they are not felt in the first confinement. It is after a woman has given birth to several children that they are more severe. They can be avoided to a certain degree by putting the baby to the breast within two or three hours after delivery. When the pains are severe, eight or ten drops of laudanum taken in a little water, and hot flannels or a hot water bottle placed over the abdomen will give relief.

The after discharge varies greatly with different women. It commences as soon as delivery is over, and continues for about three weeks. The first three or four days it is almost pure blood. After this it gets thinner and paler in colour, gradually turning to a greenish tint, when it is called the "green waters." It continues of a greenish colour until about the middle of the third week, then it gradually changes whitish and more watery, then ceases. During this discharge the female parts should be sponged at least twice daily, with "Condy's Fluid," and the passage should be washed out with the same twice daily, by using an Irrigator, as described on page 72, or an Enema. The injection for this purpose should consist of a pint of warm water and a teaspoonful of "Condy's Fluid."

**Suckling.**—The baby should be put to the breast as soon as possible after delivery. It is good in several ways, as the baby drawing at the breast causes the womb to contract tighter, and thus prevents excessive

bleeding or flooding. It also prevents the after pains being so severe. When suckling is delayed the breasts frequently get full and hard, and then knotted. This should at once be seen to, as if allowed to go on milk fever will most likely be the result. The nipples will sometimes draw in and get two short for the baby to feed at. But this will seldom occur when suckling is commenced early. When it does, the breasts should be relieved by drawing off the milk with a breast exhausting glass, which can be obtained from any chemist.

When the flow of milk is very profuse, it is usually weak and watery, and often gives but little nourishment. In which case it is best to partially feed the baby by hand. An insufficient supply of milk generally denotes weakness. The best way to alter this is to take a good nourishing diet, with an abundance of beef tea, milk, and eggs.

Menstruation usually recommences about nine months after confinement, in cases where the child is being suckled. This is nature's notice that the child should be weaned. To suckle a child after her monthly flow has recommenced is detrimental to both child and mother. Many women do it with the idea that it prevents conception, but it is quite a mistake, as after her flow takes place, she is liable to conceive.

**Diet.**—For the first three or four days it should consist principally of gruel, (made with milk), arrowroot,

beef tea, and cocoa ; solids should be avoided until after the bowels have been opened, when the usual diet can gradually be resumed, with the addition of a liberal quantity of beef tea, milk and eggs. A quart of milk can be taken daily, with advantage, for the first few weeks. Unless in urgent cases, all stimulants should be rigidly avoided.

After confinement every woman should keep her bed at least eight days. The first few she should not even attempt to sit up in bed. Falling of the womb is brought on by getting up too soon, and when once it falls to any extent it is a life-long affliction.

Sexual intercourse should not take place for at least four or six weeks. It is a woman's duty to insist on this, as connection before the womb resumes its natural position is likely to do her considerable harm.

Great care must be taken not to unduly exert herself until strong again. Every woman should consider herself, to a certain extent, convalescent for several months after her confinement.

## CHAPTER IX.

*General Management of Infants.*

IN this chapter it is intended to give a brief outline of how to manage the infant, also the best method of treating the various complaints they are subject to. When a baby is born the first thing it usually does is to cry, which is the commencement of breathing air into its lungs. This cry should be welcome to the mother, as it indicates that the infant breaths freely. In some cases the infant does not cry, but is born looking as if dead. This condition may result from several causes, such as long and tedious labour, the navel cord becoming twisted or squeezed, as it passes from the womb. In these cases the mother must not put herself out, but must leave matters in the hands of the doctor and nurse. When the babe is washed and cared for, the next thing to see to is to suckling. As a general rule it may be said that it is the duty of every mother to suckle her own infant. It is a duty which she accepts when she undertakes the other responsibilities of married life, and on the proper fulfilment of which may largely depend the future health of her child.

**Suckling.**—As before mentioned it is advisable where possible to put the baby to the breast as soon as possible. It is advantageous to the baby as well as to the mother.

The first milk drawn from the breast is quite different from that which is drawn later on, it has a purgative action on the bowels of the baby, and so assists to expel the matter which in most cases load its bowels. It is seldom that the baby requires any operative medicine if it is put to the breast early. If, as in some cases, the mother is unable to suckle early, or wishes to take rest after a long and tedious labour, the child must be fed by hand. It should be given a few dessert-spoonfuls of warm sugar and water, an hour or so after birth, which should be repeated about every three hours till the the baby can be put to the breast. When the mother cannot suckle for several days, a fourth part of cow's milk, added to water with sugar, is the best substitute. Before putting the baby to the breast, the nipple should be washed with warm water, which makes it more supple, and pleasanter for the baby.

For the first three months it should be put to the breast about every three hours during the day, and, as it gets older, every four is quite often enough. If possible night feeding should be altogether dispensed with after the first few weeks. The breast should be given about 10 or 11 p.m. and then not again till 5 or 6 a.m., the baby can, with a little patience, be easily used to take it thus, and it ensures sufficient continuous repose for both mother and child. The milk of a mother who is refreshed is far better and likely to do more good to her baby than that from one who is continually wearied and ex-

hausted by her rest being broken. At the same time, although regularity in feeding is good, it need not in all cases be rigidly adhered to.

A nursing mother's food should always be light and nourishing, but not unduly rich. She should also keep herself regular in her habits, and keep the bowels in a regular condition. If her milk is poor and scanty, she must take plenty of light nourishment, and drink plenty of fresh milk. A basin of wheatmeal porridge once every day is very good and will considerably improve the quality of her milk. After eight or nine months, the baby should be weaned, which is better in the ordinary way to do gradually, as it is then less trouble and does not affect the child so much as when effected all at once.

When brought up by hand it is difficult to find a better food than good cow's milk, diluted with water, with a little sugar to sweeten it. During the first three months a baby fed on cow's milk should have about a pint to a pint-and-a-half daily, three-fifths of which should be water; from three to six months, from two to three pints, half of which should be water, to this a fourth part of barley water may be added from time to time, and in most cases is very beneficial. There are many kinds of prepared foods that are very good, but there is no fixed rule to go by, one food will suit one baby and be quite unfit for another.

One of the most frequent mistakes made when infants are brought up by hand is over feeding. To this cause

alone can be traced many of their ailments. It is a common and very bad practice to feed the baby every time it cries. The mother should know when sufficient food has been given, and should limit the baby to that amount, which is far better for its health.

The feeding bottle must be kept scrupulously clean, only the quantity of milk required should be put in each time, and, as soon as consumed, the bottle should be scalded at once or laid in cold water until it can be scalded. Particular attention should be paid to the tubes to see that they are always perfectly clean as well as the bottle.

**Washing.**—All infants should have a warm bath at least once daily. There is nothing that tends to preserve a child's health so much as cleanliness. The napkins should be removed as soon as dirtied, and the parts washed with warm water, not merely wiped as is frequently done. If this rule is carried out, the baby will seldom suffer from sore buttocks, and will always be sweet and wholesome.

**Sleeping.**—It is far better for the baby to sleep in a cot by itself than in bed with its parents. It should be laid in the cot awake, and got into the habit of going to sleep by itself. With a little perseverance and firmness this can easily be managed and it is far better for both mother and child.

**Air and Exercise.**—Plenty of fresh air is absolutely necessary for infants. The room should be ventilated during the lying in period so as to give fresh air without a draught. After the first month it should be taken out in fine weather for at least an hour every day when in good health. It will cause them to sleep soundly and considerably strengthen them.

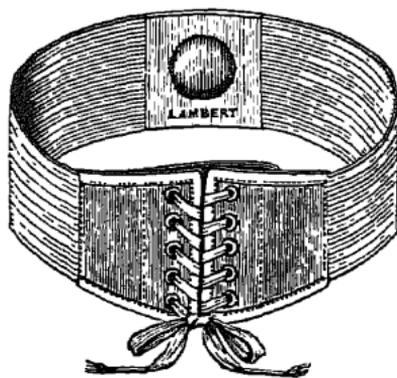
**Thrush** is a form of inflammation which usually appears in the mouth of the infant. It is caused by the food disagreeing, and is frequently accompanied by indigestion. The signs of it are little white spots in the mouth. Care must be taken to see that the child is not over fed. In the case of hand-fed infants, the milk should be boiled, and a few grains of carbonate of soda added. The mouth should be carefully wiped out after each meal, to remove all particles left, and the spots rubbed with borax and honey, which is all the treatment usually required. Should the spots come out between the buttocks it is best to consult a doctor, as it is likely to lead to further illness if not properly attended to in time.

**Tongue Tie.**—This should be always looked for, and if not noticed by the doctor, his attention should be called to it.

**The Navel Cord** dries and falls off a few days after birth. In some cases it leaves a raw place from which matter oazes out. In this case the place should be

bathed several times daily with a lotion of two tea-spoonsful of "Condy's Fluid," in a half-pint of water, and then be lightly bound up with a piece of soft linen covered with vaseline.

**Hernia, or Rupture.**—Caused by some weak place in the walls of the abdomen, is a common ailment with young infants. The situation at which it is most frequently observed is at the navel, in which case it is called an Umbilical Hernia. This part is naturally



Umbilical Belt.

weak, and any strain upon the navel cord during birth is liable to bring on a rupture. An Umbilical Hernia is usually small, seldom being larger than a walnut, and more frequently not half as large. When such a swelling occurs it can be ascertained if it is a rupture by the possibility of being able to gently push it back into the

abdomen until it disappears, and by its return when the pressure is removed, or the infant cries.

It can easily be cured if treated as soon as it is observed, by wearing a belt with a small pad in front, made so as to press the rupture into its right place. When such a belt is worn for a month, or in some cases rather longer, the walls of the abdomen grow sufficiently strong to give the required support without any further artificial aid.

Another form of rupture is when the swelling is observed lower down—just above the groin, on either side of the body. When in this position it is called an Inguinal Hernia, and is almost exclusively met with in male infants. They vary in size considerably, and may be recognised by being able to push it back into the abdomen, and by its being forced out on the pressure being relaxed, or any exertion on the part of the infant. Considerable care is required to cure a rupture of this kind. It is necessary to obtain a properly fitted truss, which will require to be altered from time to time, as the infant grows. Trusses covered entirely with india-rubber are the best, as they can be worn when the infant is bathed, and do not irritate the skin so much as those covered with leather. The truss must always be kept dry, and the skin underneath it must be washed, and carefully dried and powdered each time the diaper is changed. An Inguinal Hernia is seldom cured in less than a year, and frequently it is two or three years

before the truss can be dispensed with. When there is any doubt about a child suffering from rupture, it is always advisable to consult an expert or doctor, as, if neglected, it is liable to result in a life-long deformity.

**Diarrhœa** is a very common disorder of infancy. In breast fed babies it may be caused by anything that upsets the mother, in which case she should regulate herself, and so treat the child. It is more frequent in infants brought up by hand, as when the food disagrees with them, diarrhœa is often the result. A healthy infant may have from three to six motions daily, but when they become more frequent it is necessary to take means to lessen them, as it may cause serious weakness. A change in the food will often be all that is required, or the food may be lessened in quantity, but in cases where it becomes at all severe it is best to consult a doctor.

**Constipation** can usually be successfully treated by giving half a teaspoonful of tasteless castor oil. As much milk of sulphur as can be piled on a sixpence, mixed in some treacle, is also a very good purgative for an infant. In cases of obstinate constipation it is best to give an injection of glycerine, with a syringe, as described on page 27, half to one drachm being the quantity required for each injection.

## CHAPTER IX.

*How to prevent Conception.*

THERE are times in the life of almost every woman who bear children at all rapidly, when the knowledge of how to prevent conception will come to her as a great blessing. It is, therefore, a subject on which every wife needs good and practical advice. Many persons maintain that the course of nature should never be interfered with, and that a woman should have as many children as nature will allow. That, however, is an opinion which is rapidly giving way to one far more humane and sensible in every way. It is quite true that some women can have as many children as nature will allow, and suffer but little in health. On the other hand, it is frequently the case when a woman gives birth to children in rapid succession, that her constitution gets weaker and weaker with each confinement, and in some cases, to continue as nature allows, means an early death to the mother, and the bringing into the world of children with weak and debilitated constitutions. Is it not, then, far more humane and better in every way for a mother to give birth to a less number of strong healthy children, who are capable of passing through life in a satisfactory manner, and at

---

the same time, to retain her natural health and strength, rather than have a larger number of children, some of which are poor, weakly little mites, who frequently die at an early age ; and the mother, at the same time, gets prematurely old and careworn ? The knowledge of how to prevent conception in a perfectly harmless and moral manner is, therefore, of the greatest value to every wife. It is a subject to which many eminent physicians have devoted considerable attention, with the result that there are now a number of methods that do not transgress the most delicate moral principles, and are perfectly harmless, simple, and absolutely reliable.

The time when a woman is most liable to conceive is from five days before her monthly flow, until eight days after, more particularly the eight days after. It is at this period that the greatest care should be taken. Some physicians assert that conception very seldom occurs during the period between eight days after the monthly flow, until five days before the next flow, and recommend, as a preventative method, that sexual intercourse should only take place during that time. But this is not at all certain, and should never be relied on by anyone who wishes to prevent conception with any degree of certainty, as it frequently fails. A method that is largely practised is the withdrawal of the male organ before the discharge takes place, and is successful, providing the withdrawal is quite complete before any discharge occurs.

This also cannot be recommended, as it is always liable to fail through insufficient strength of mind, and if continued for any length of time is ruinous to the nervous system of both husband and wife. It is far better to entirely cease sexual intercourse than to practice this method. These two methods have been explained, not as a recommendation, but to set at rest the various doubts that many persons have on the subject.

A preventative, to be perfect, should have the following features: In the first place, it must be absolutely reliable; it should be simple; as free from objectionable features as possible; and moderate, or low in cost, so as to place it within the reach of all. The following are those that have been introduced and recommended by eminent Physicians, and, after long experience, found to be perfectly reliable.

The simplest and best for the wife's use are the "Soluble Quinine Tablets," as manufactured by LAMBERT & Co., of Dalston House, Dalston Lane, London, N.E. They fulfil, as near as possible, all that is required. They can be used by the wife without the knowledge of the husband, they are absolutely reliable require no special adjusting, it is quite impossible to detect their presence during connection, and they do not cause the slightest inconvenience to either husband or wife, while their moderate price 2/- per dozen, places them within the reach of all classes. In addition to this, they have great strengthening and invigorating properties

which act direct on the female organs, and are especially valuable to females in delicate health, and after confinements. Particular care should be taken to see that genuine ones are obtained, as there are many worthless copies of them sold by unscrupulous persons for the sake of extra profit, that are quite useless. A full description is given on pages 60 and 61.

A very simple preventative is a piece of soft Turkey sponge introduced as far as possible into the vagina or female passage just before connection. To be reliable it should be soaked in a solution of quinine, or a small portion of quinine compound rubbed into it. When used in this way it is perfectly reliable, as the male fluid is taken into the sponge and its generative power neutralised by the quinine. When used without quinine compound or solution, the sponge is not always certain, as the male fluid is at times taken from the sponge into the womb and conception occurs. This is not recommended to wives who wish to prevent without the husband's knowledge, as, although scarcely noticeable, its presence is liable to detection. Special sponges for this purpose, and the quinine compound, are fully described on pages 64 and 65.

There are several kinds of preventative pessaries, to be worn by the wife during connection. When properly adjusted they are perfect preventatives, and there is nothing in them to interfere in the slightest degree with a free intercourse. To the wife who wishes to prevent

without the husband's knowledge, it is most valuable, as, after the little difficulty of adjusting is overcome, it can be used with perfect success without the husband having the slightest knowledge of its presence. The best and latest improved pessaries of this class is "Lambert's Improved Secret Spring Pessarie." It has a spring of special construction in the rim, which makes its perfect adjustment far simpler, and when once placed in position it is impossible for it to get misplaced. "Dr. Mensinga's Solid Rim Pessarie," and "Dr. Patterson's Inflated Rim Pessarie," are both similar to the Spring Rim Pessarie, but they are rather more difficult to adjust. It was to lessen this difficulty that led to the introduction of the Spring Rim, and for that reason I recommend it in preference to either of these. Some, however, prefer them on account of their extra softness. A full description of these Pessaries is given on pages 62 and 63.

Many Physicians recommend an injection into the vagina immediately after connection. This is a good and reliable preventative if properly used. In the first place, the injection must be used immediately after connection, and must be of sufficient strength to neutralize the male fluid, and secondly, it must be injected with a syringe suitable for the purpose. The very best solution is made by dissolving twenty grains of quinine in a pint of tepid water.—This is known as Dr. Allbutt's injection. Another good one is Dr. Palfrey's Zinc and Alum

injection. The best Syringe for this purpose is "Lambert's Improved Vertical and Reverse Current Enema Syringe," it being specially constructed for this use, and when used according to directions is most effective. This cannot be used without the knowledge of the husband. A full description of the Syringe, and price of the injection powders, is given on pages 70 to 75.

These are the methods most advised for the wife's use. With a little care any of them are perfectly reliable and quite harmless. For simplicity and absolute reliability the Quinine Tablets are the best of any.

The various kinds of Sheaths and Caps are the only preventatives that can be used by the husband. The principle of them is that they entirely prevent any male fluid from entering the female. With a little practice in adjusting they can, if so desired, be used without the female's knowledge, and are a most reliable preventative, as, if no male fluid enters the female, it is impossible for conception to occur. They are also very valuable in cases where the female suffers from any affection that is likely to be at all injurious to the husband, or *vice versa*, as when they are used nothing can be transmitted from one to the other during connection. The only objection to them is that they are noticeable to the husband when used. To those who do not object to this I cannot recommend a better preventative. For full description see pages 66 to 69.



MANUFACTURERS UNDER ROYAL LETTERS PATENT.

---

— A LIST —

OF

❖ Surgical Appliances, ❖

SUPPLIED BY

LAMBERT & CO.,

MANUFACTURERS OF

SURGICAL INSTRUMENTS & APPLIANCES,  
BELTS AND BANDAGES.

AIR & WATER BEDS, CUSHIONS & PILLOWS,  
ELASTIC HOSIERY

TRUSSES, EAR TRUMPETS, ETC., ETC.

---

*Every description of Surgical Appliance, of the finest London make,  
supplied at the Lowest Prices.*

---

DALSTON HOUSE,

90, DALSTON LANE, LONDON, N.E.

## Instructions to Purchasers.

**W**HEN ordering, please give name and address as plainly as possible, and distinctly say if goods are to be addressed to Mr. or Mrs. to ensure correct delivery.

All orders are executed on the day they arrive, if received before 4 p.m. Customers receiving no reply to their orders within four days should write for an explanation.

All articles sent carriage free, and if not approved of will be allowed for in full, less cost of carriage. Articles to be changed or allowed for must be returned unused and in perfect condition, otherwise no allowance can be made.

## Remittances.

For security sums of One Shilling and over should be sent by Postal Order, the number of which should be taken, and the Order filled in as follows :

*THE MONEY ORDER OFFICE at \* Dalston Lane,*  
*PAY to ~ LAMBERT & CO.*

Particular attention is drawn to the necessity of taking the number and filling in Postal Orders as described above. When sent in this way they are perfectly safe, as, if lost, we can obtain a duplicate from the Post Office.

All communications are kept strictly private, and all articles are sent securely and secretly packed and sealed, with plain address labels.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Introduction.

IN submitting this our list to our patrons, we would beg to draw their attention to the fact that we are practical manufacturers, and that perfect trust and confidence can be placed in any of our Appliances, when used as directed.

They are made of the finest materials, by experienced mechanics, where possible under our own personal supervision, thus enabling us to guarantee the quality of all articles supplied.

## Caution.

*We would particularly draw attention to the above, as there are, at the present time, inexperienced persons supplying articles for the same purpose but who have little or no knowledge as to how they should be made so as to make them reliable. These persons, by copying our designs and printing, frequently succeed in passing off a worthless article, which generally cause bitter and serious disappointment to those using them.*

We shall be pleased to give advice free to persons who are doubtful as to which is the best appliance for their particular use. All applications for advice must enclose a stamped addressed envelope when a reply is required.

All communications are treated in strict confidence, and will receive prompt attention.

Ladies who prefer it can address their letters to MRS. LAMBERT, who attends to all communications so directed, and can be consulted personally, by appointment, between the hours of 10 a.m. and 6 p.m. any day, Saturdays excepted.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

**Lambert's**  
**Quinine**



**Soluble**  
**Tablets.**

*This Illustration shows one full size.*

**A**S some Preventatives are not always reliable, principally when used by inexperienced persons, who sometimes find a difficulty in adjusting them in a proper position, we have introduced these Tablets to meet the demand for one that is *absolutely* reliable and *unfailing*, that is quite harmless, causes no inconvenience to the user, and can be used by the wife without the knowledge of her husband.

All these requirements, so difficult to meet, are fully satisfied with these Tablets, which are made under our personal supervision.

Their active properties is a special preparation of Quinine, which has been proved under careful microscopic examination, and experience of many years, to be the most perfect of any for instantly destroying the generative nature of the seminal fluid. We can confidently recommend them as being one of the most simple and at the same time a *positively unfailing* and *perfect* preventative.

### PROOF OF THEIR EFFICIENCY.

Particular attention is drawn to the testimonial from a Physician and Surgeon, on page 61.

For a considerable time we have recommended these to numbers of ladies in delicate health, and although we have sold over one million (1,000,000) of our own manufacture, we have not had a single complaint of failure, while the grateful letters we are constantly receiving convince us that we do not over-rate their wonderful properties.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## STRENGTHENING & INVIGORATING PROPERTIES.

**I**N preparing these, we have also taken advantage of the well-known strengthening properties of Quinine, and by treating the ingredients in a way known only to ourselves, have produced an article which is not only a most perfect preventative, but is at the same time a wonderful *strengthening and invigorating* tonic, which is imparted direct to the most delicate organs of the female.

The value of these properties cannot be easily over-rated, and should always be considered when selecting a preventative, especially by ladies in delicate health, so frequently brought on by rapid child bearing.

*Sent out, with full directions for use, in Boxes of*

1 doz., ... 2/-    3 doz., ... 5/-    6 doz., .. 9/-    12 doz., .. 15/-

When kept in a cool place these Tablets will retain their properties any length of time and in any climate.

---

### IMPORTANT.

**P**ARTICULAR attention is drawn to the following letter from a Physician and Surgeon.

MR. LAMBERT,

BARTON HOUSE, LONDON,

*August 5th, 1893.*

DEAR SIR,

I have analyzed your "Soluble Quinine Tablets," also recommended them to a number of my patients, and find that they are perfectly satisfactory and do all that you claim for them.

RICHARD WADSWORTH,

*Lic. Roy. Coll. Phy. &c. &c. &c.*

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Lambert's Improved Secret Spring Check Pessary.

*Reliable, Safe and Durable.*

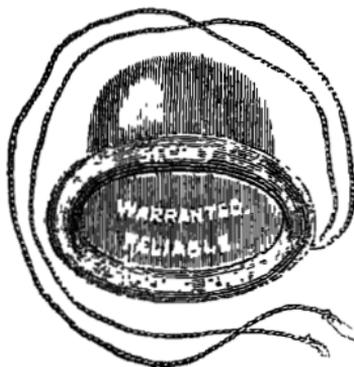


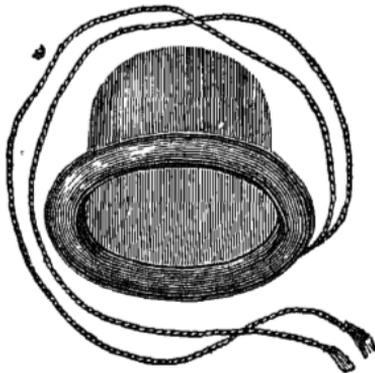
Fig. 1. It is a simple appliance of pure soft rubber, medicated, to be worn by the female for covering the womb. It is constructed strictly in accordance with the female organization, can be worn any length of time, is easily adjusted and removed, adapts itself perfectly and no apprehension of its going too far, or doing the slightest harm need be felt, and with care will last for years. It is the only article of the kind that can be used without the knowledge or inconvenience of the husband. The improvement of this Pessary over other kinds, is that it has a spring of special construction secreted in the rim, which makes its adjustment simpler, and causes it to more accurately adapt itself to the female organ, so that when adjusted, it is practically impossible for it to alter its position. In our opinion, this is the most reliable Check Pessary there is. When used with the Quinine Compound, this is recommended as one of the most reliable Checks ever brought out.

In box, with full directions for use .. .. .	3/-
In strong cloth covered box, with small Quinine Compound . . . . .	4/-
Ditto, ditto, with large Quinine Compound . . . . .	5/-

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## The Improved Mensinga Check Pessary.



**T**HIS Pessary, with a slight modification, is the first and original Check Pessary introduced. It is so named after its inventor, an eminent French medical gentleman, and has been largely and successfully used for many years. It is on the same principle as the Secret Spring Pessary, with the exception of the rim, which is of solid rubber. It thus requires more careful adjust-

ment, but is preferred by some ladies on account of its extra softness.

In Box, with full directions for use .. .. . 2/3 each.

In strong covered Box, with Quinine Compound, 3/6 & 4/6 ,,

## Dr. Patterson's

### Inflated Rim Check Pessary.

**T**HE principle of this Pessary is the same as the two previous kinds, but in place of either a solid or spring rim, it has a hollow one, inflated with air. It requires rather more care in adjusting than either of the previous, as the rim is soft and very flexible. It has the advantage of being beautifully soft, so that when adjusted as directed it is almost impossible to feel its presence.

In Box, with full directions for use .. .. . 2/6 each.

Ditto, with Quinine Compound .. .. . 3/6 & 4/6 ,,

The three previous kinds are all made in three sizes, small, medium, and large. The medium size is the one usually used, and we always send this size unless otherwise ordered.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## The "Sanitas" Sponge.



**T**HIS appliance is a small completely grown, fine Turkey Sponge. It is one of the simplest, and when used with our Quinine Compound, a most certain preventative. We can confidently recommend this appliance to all who wish for a perfectly simple and reliable preventative. Those who are doubtful about being able to adjust the Check Pessarie cannot do better than use the Sponge and Quinine Compound (or the Quinine Tablets). They are both so simple and reliable, and give greater satisfaction than almost any other appliance. When a sponge is used, to ensure success, it must be used with the Quinine Compound, as when used alone it is liable to fail at times.

Complete, with directions, in cloth covered Box, with small  
 Quinine Compound ... .. 2/-  
 Ditto, ditto, large ditto ... .. 3/-  
 Sponges .. .. 1/- each ; 3 for 2/-

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Lambert's Quinine Compound.

*For use with the Pessary and Sanitas Sponge.*

**E**XPERIMENTS and experience of the last few years having proved Quinine most valuable as a destructive agent to the seminal fluid, our Quinine Compound is strongly recommended to be used with the Pessary as an additional security. It is perfectly harmless to the person, being composed of pure Vaseline, Cocoa Butter and Quinine, and involves no extra trouble or inconvenience. It is most valuable for use with the "Sanitas Sponge" in place of Quinine dissolved in water, as it remains in the fine pores of the sponge after adjustment, whereas the greater part of the Quinine when dissolved in water, must be squeezed out, and is thus really useless.

### STRENGTHENING AND INVIGORATING PROPERTIES.

In preparing it we have also taken advantage of the well-known strengthening properties of Quinine, and by treating the ingredients in a way known only to ourselves, have produced an article which is not only a most perfect preventative, but is at the same time a wonderful *strengthening and invigorating* tonic, which is imparted direct to the most delicate organs of the female.

The value of these properties cannot be easily over rated, and should always be considered when selecting a preventative, especially by ladies in delicate health, so frequently brought on by rapid child-bearing.

We now put it up in glass jars. The small contains sufficient for 30 applications with the Pessarie, or 20 with the Sponge; the large 80 with the Pessarie, or 50 with the Sponge.

Price 1/- and 2/-

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

TRADE



MARK.

## Malthus Sheaths.

WE would particularly draw attention to these Sheaths, as they are the simplest and most perfect preventative for the husbands use. They are made of a very fine quality thin elastic, on the same principle as those so successfully used by the French peasantry.

These Sheaths are usually rolled up in cigarette form, and are then most suitable when required to be carried about in a small space. They are also put up in circular form, and are then called MALTHUS CIRCULAR SHEATHS. The latter have the advantage of being the most suitable shape for adjusting, and are not so liable to be broken or torn when removing the wrapper. Made in three sizes, *small*, *medium* and *large*, indicated by Nos 1, 2, or 3 on the wrapper.

Per doz. rolled or circular, 3/- ; Three doz., 8/- ; Six doz., 15/-  
Sample 5d.

The same made of pure pink rubber are of equal strength, but have the advantage of being thinner in texture, and are scarcely perceptible in use.

Per doz., 4/- ; Three doz., 10/- ; Six doz., 18/- ; Sample 6d.

Special strong quality with a small receptacle at the end, can be used six to eight times.

Per doz., 5/- ; Three doz., 12/- ; Six doz., 21/- ; Sample 7d.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Transparent Skin Sheaths.

TRANSPARENT SHEATHS are on the same principle as the Malthus, but are a foreign manufacture from animal skin, and sent out in their normal form unrolled. They are drawn over loose and then damped with a soft pad or sponge; when so adjusted, they are almost imperceptible. We supply the two best qualities only, one a very strong quality, especially to meet the requirements of those who use and re-use them several times, and the other a very thin one, which is equally reliable, but is almost imperceptible in use. Made in two sizes, medium and large.

Per doz. Strong Skins, 4/- ; Three doz., 10/- ; Six doz., 18/- ;  
Sample 6d.

Per doz. Thin Skins, 5/- ; Three doz., 12/- ; Six doz., 21/- ;  
Sample 7d.

When economy is a consideration, any of the Sheaths (elastic or skin) can be used several times, by cleansing with cold water according to directions supplied.

---

### Important.

As many persons fail to obtain the full benefit to be derived from these most useful articles, and at times discard them, which is usually for want of perfect knowledge of how they should be used, we send full and plain directions for use with every packet. The Trade Mark is printed on the wrapper of all Sheaths sent out by us. They are made of very fine quality specially prepared rubber, and every care is taken to make them the finest articles of the kind produced.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Malthus Caps.

**M**ANUFACTURED from the same material as Malthus Elastic Sheaths, but to cover the end of the male organ only. Highly recommended by eminent medical men as a most perfect preventative, quite harmless and imperceptible, being free from the objection usually raised against sheaths in general. They are portable, and can be kept any length of time. Although they require rather more care in adjusting than the Sheath, they have the advantage of being imperceptible when in use, and are perfectly reliable when used as directed. Made in three sizes, small medium and large.

White Rubber, One doz. 2/6 ; Three doz , 6/6 ; Six doz., 10/6.  
 Extra fine quality, Pink Rubber, One doz., 3/6 ; Three doz., 9/- ;  
 Six doz., 15/-

---

## Sample Packet for Trial.

So that intending purchasers may decide which will suit them best before ordering a quantity, we advise them to send for a sample packet of Malthus Sheaths, which contains One Malthus Cap, One Malthus Rolled, One strong Malthus Sheath with receptible end, One Pink Circular, and One Transparent Skin Sheath.—1/9, post free.




---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Lambert's 1894

### New Permanent Malthus Sheath.

*Specially made and designed for continual use.*

HAVING had frequent requests for a very strong Sheath, that can be used and re-used continually, we have much pleasure in introducing the above. We have designed and manufactured them especially so that they may be continually used with perfect safety. They are made of a very fine quality thin sheet rubber, with small shaped recepticle at closed end, that cannot be drawn over the person using them, thus making them very simple to adjust and perfectly safe, as it is *absolutely impossible* for any of the male fluid to escape. By simply washing after use, they can be used and re used a great number of times, and are positively reliable.

Made in five sizes, No. 1 small,  $1\frac{1}{4}$  inches in diameter; No. 2, small medium,  $1\frac{3}{8}$  inches in diameter; No. 3 medium,  $1\frac{1}{2}$  inches in diameter; No. 4 large medium,  $1\frac{5}{8}$  inches in diameter; No. 5 large,  $1\frac{3}{4}$  inches in diameter, and the lengths in proportion.

The medium size, No. 3, is always sent unless otherwise ordered.

Particular care should be taken to insure that the correct size is ordered, as a sheath of this kind if either too large or too small, does not give satisfaction, and we cannot make any allowance for one that has been used.

Price 3/6 each.

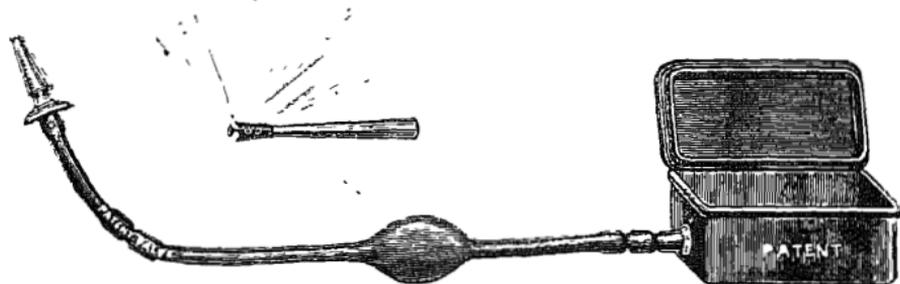
Special sizes to order, 4/6 each.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## The Patent Safety Enema Syringe

*(Vertical and Reverse Current)*



**T**HIS Syringe is specially designed so that it can be used in all cases with absolute safety. The box which holds the Syringe when not in use, is made of finely enamelled metal, and forms a reservoir to hold the fluid. The suction end of the Syringe screws into the hole in the bottom of the box, thus the fluid can be used to the last drop, without any fear of injecting air. It is fitted with patent non-corrosive valves, and our latest pattern Vertical and Reverse Current Vaginal Tube, the construction of which directs the current as shown, producing a powerful continuous stream, thoroughly cleansing the parts applied to, and will not cause the slightest harm to the most delicate female. The barrel and tubes are made in one piece of fine quality rubber, and is entirely without parts to get out of order. We can recommend this as being the most perfect Syringe ever introduced.

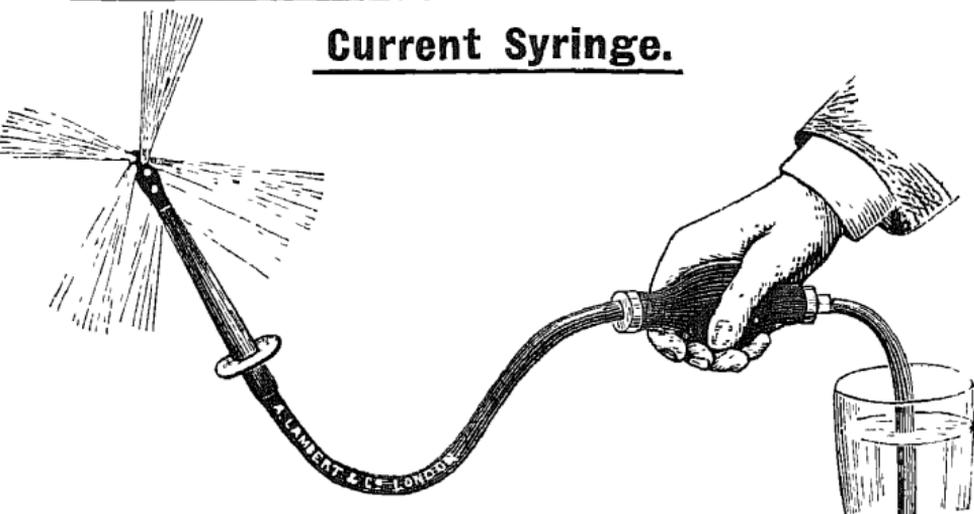
Price, with full directions for use . . . . . 8/6

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Lambert's Improved Vertical & Reverse

### Current Syringe.



**T**HIS Syringe is a great improvement on the ordinary Enema in general use. The construction of the Vaginal Tube directs the current as shown, producing a powerful and continuous stream, thoroughly cleansing the parts applied to, and will not cause the slightest harm to the most delicate female. Great comfort and benefit to health is derived by using one with about two pints of slightly warm water after the periodical use of the Sanitary Towels. It is also very useful in cases of obstinate constipation, when an injection affords instant relief.

Complete in box, with directions, drab rubber ...	3/6
Ditto, ditto, best black rubber . . . . .	4/6
Fitted with Nickel Plated Mounts, in polished box	5/6

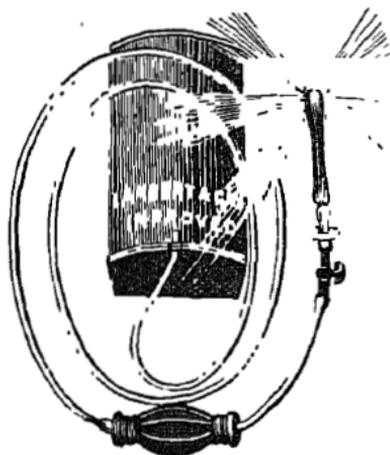
These Syringes are made with screw mounts, so that the Tubes can be unscrewed from the barrel and placed in the box separately, thus preventing the Tubes breaking, which so frequently occurs with those that are fixed to the barrel.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Irrigators and Douche Apparatus.

*Vertical and Reverse Current.*



**T**HIS Appliance is similar in action to the Syringe. It is designed so that it can, (with the aid of a bed pan), be used either in or out of bed, according to the requirements of the case, and is a most valuable appliance for use during the lying in period and in any case of illness when it is necessary to douch out the female passage. The current is produced by the weight of water, the reservoir being hung up close to the ceiling when in use, by this means an easy and steady flow is obtained, and there is no fear of any air being injected. It can also be used for any purpose when a sharp current is required such as for prevention of conception, as by our improved barrel a very powerful current is produced where desired. For prices see next page.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

No. 1.—Two-pint canister with six feet of diab tubing, vulcanite tap, regulating barrel, vertical and reverse current tube, in card box, complete with full directions for use ... 8/-

No. 2.—Three pint canister, with six feet best black tubing, vulcanite tap, regulating barrel, vertical and reverse current tube, in wood box, and full directions for use . . . 10/-

With lock and key, 1/- extra.

Vertical and Reverse Current Tubes, with Bone Pipe, fit any Enema Syringe, 1/- each.

## **Injection Powders for use with Syringe or Irrigator,**

*FOR THE PREVENTION OF CONCEPTION.*

Dr. PALFREY'S ZINC and ALUM POWDERS—

In 6-oz. packets ... .. 1/-

A dessert spoonful makes a pint of solution sufficient for one injection.

Dr. ALBUTT'S QUININE POWDERS, 20 grains each—

One doz., 2/6 : Three doz., 6/- ; Six doz., 10/6.

Each packet sufficient for one injection.

“I believe if a Quinine solution is used, conception would seldom occur. The strength should be 20 grains to a pint of water.”

Dr. ALBUTT (*vide* “*The Wife's Handbook.*”)

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Sets of Appliances,

### *FOR THE PREVENTION OF CONCEPTION.*

**S**PECIAL attention is drawn to the following sets of appliances, all of which are for female use. They are fitted in polished boxes with locks, and are made so that they give no indication of their contents from the outside. They can be specially recommended to ladies who travel, and to those who at all times wish to keep this matter strictly private. They embrace the three best methods of prevention for female use.

SET A. Is for those who prefer to use the Quinine Tablets, which method we recommend first. It consists of a wood box fitted with lock and key, and contains 1 dozen Quinine Tablets and a best quality Vertical and Reverse Current Syringe, price 9/-.

SET No. 1 consists of polished wood box, fitted with lock and key, containing best Syringe with screw mounts, improved Spring Pessary, and large jar of Quinine Compound, price 10/6.

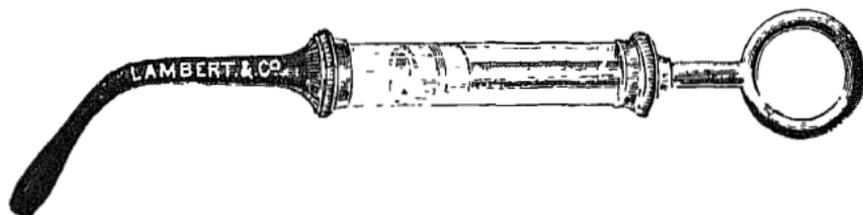
SET No. 2 consists of polished wood box, fitted with lock and key, containing best Syringe with screw mounts, Sanitas Sponge, and large jar of Quinine Compound, price 9/-, with full directions for use.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Lambert's Glycerine Syringe.

*For the Relief and Cure of Piles and Constipation.*



“**C**ONSTIPATION is one of the most common of the slight ailments that a medical man is called upon to treat, and as it is frequently accompanied by, and is the cause of so many other troubles, such as indigestion, depression of spirits, want of appetite—in fact, what is generally described as ‘out of sorts’ . . . An accumulation in the lower bowel is the most common form of Constipation, and the treatment generally adopted of taking a strong pill, is the worst possible. The injection of a teaspoonful of glycerine will act infinitely better.”—Abridged from *The Family Doctor*, August 10th, 1889.

This Syringe can be used for either child or adult. They are now used in most hospitals, in preference to taking pills or draughts, to which they are superior in many ways. One should be in every family.

Complete, with full directions for use, both for the cure of Piles and Constipation, 2/6 each, post free.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Spring Ring & Inflated Ball Pessaries.

*For affording support in cases of Prolapsus (Falling of the Womb.)*

**F**ALLING of the Womb is an affliction that is very prevalent with married women. It is generally brought on by too rapid child bearing, getting about too soon after confinement, or compression of the waist by too tight lacing during pregnancy. Women suffering from this affliction will derive great relief by supporting the part with either of the above appliances.

The RING PESSARY is the one most generally used for this purpose, and is recommended at nearly all hospitals for supporting the womb. They are made in six sizes, No. 1 being  $2\frac{1}{2}$  inches in diameter, and No. 6, the largest,  $3\frac{1}{2}$  inches. Nos. 3 or 4 is the most useful in ordinary cases, the larger sizes being for advanced Prolapsus.

The INFLATED BALL PESSARY is the simplest to adjust, and the most comfortable to wear, as it can always be adjusted and removed by the wearer, and being inflated with air, is perfectly soft and not hurtful in any way. These Pessaries are made in three sizes, the medium size being most generally used.

Price, with directions for use, Ring Pessaries, 2/6.

Inflated Ball Pessaries, complete with our Improved Pump  
for Inflating, 5/6.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Bandages.



COTTON NETT, WITH TAPES  
TO TIE, FOR WOUNDS AND SWOLLEN  
OR BAD LEGS.

Width.	Yard Rolls,		
2 in. ...	3 yds. ..	1/	
2 " ..	6 " ..	2/	
2 " ..	12 " ..	3/	
2½ " ...	3 " ..	1/3	
2½ " ...	6 " ..	2/3	
2½ " ...	12 " ..	3/6	
3 " ...	3 " ..	1/6	
3 " ...	6 " ..	2/6	
3 " ...	12 " ..	4/	
3½ " ...	3 " ..	2/6	
3½ " ...	6 " ..	2/9	
3½ " ...	12 " ..	4/6	

DR. MARTIN'S PURE INDIA RUBBER, WITH TAPES TO TIE.

*For Varicose Veins and Swollen Legs.*

Width.	ft rolls.	Width.	ft rolls.
2½ in. ...	5 ... 2/	3 in. ...	5 ... 2/6
" ...	7½ ... 3/	" ...	7½ .. 3/6
" ...	10½ ... 4/6	" ...	10½ ... 5/
" ...	15 ... 3/	" ...	15 ... 7/6
" ..	21 .. 8/6	" ...	21 ... 10/

These widths and lengths are those generally used in this kind of Bandage, but any width and length can be made to order.

Made perforated for ventilation id. per ft. extra on the above price.

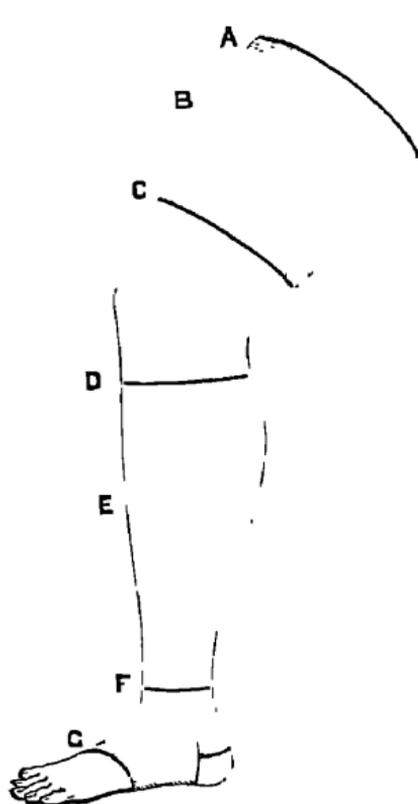
Flannel, Linen, Calico, Plaster of Paris, and all kinds of Bandages to order.

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Elastic Stockings, Knee Caps, etc.

FOR PERSONS SUFFERING FROM VARICOSE VEINS AND RHEUMATISM.

### Directions for Self Measurement



	Size round at	Length from
Thigh Piece	A B C	A to C
Thigh Stocking	{ A B C D } { E F G }	A. to knee and from knee to G
Knee Stocking	{ C D E F } { G }	G to C
Knee Cap	C & D	C to D
Stocking	D E F G	D to G
Legging	D E F	D to F
Anklet	F & G	G to F

### EXPLANATIONS.

A Thigh Piece usually extends from the top of thigh A, to within about three inches of knee. A Thigh Stocking from A to G. A Knee Stocking from above knee C to G. A Knee Cap from C to D. A Stocking, the kind most generally used, from just under knee D to G. A Legging from under knee D to ankle F. An Anklet from above the ankle to G. In measuring a Knee or Thigh Stocking, the length should be given from sole of foot to knee, then to length above that is required. It is best to take measurements soon after rising in the morning from the bare limb. *We allow for compression.*

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Prices of Elastic Hosiery.

WE supply all the following in two qualities, the medium, or second quality, a very good one for general use, and the first quality, a very superior article made of superfine materials. The third or common quality we do not supply, as we cannot recommend them. All these are made to draw on as ordinary stockings do, but can be made to lace up at the side, prices for which will be given on application.

	THREAD ELASTIC.		SILK ELASTIC.	
	<i>Med. Qual.</i>	<i>Best Qual.</i>	<i>Med. Qual.</i>	<i>Best</i>
Thigh Piece ..	2/6	3/6	4/-	6/-
Thigh Stocking ..	7/6	11/-	14/-	20/-
Knee Stocking .	5/-	7/6	10/-	14/6
Knee Cap .	2/6	3/6	4/-	6/-
Stocking .	3/6	5/-	6/-	9/6
Legging ..	2/6	3/6	4/-	6/-
Ankle .	2/-	3/-	3/6	5/6
Wristlets ...	1/6	2/6	3/-	4/-

We stock all the above in eight sizes. In order to prevent mistakes, if there is any doubt about the correct way of measuring, we will forward special measurement forms post free.

The above prices are for stock sizes. Extra large sizes, or when required to be made specially, are charged extra. Prices will always be furnished by return post.

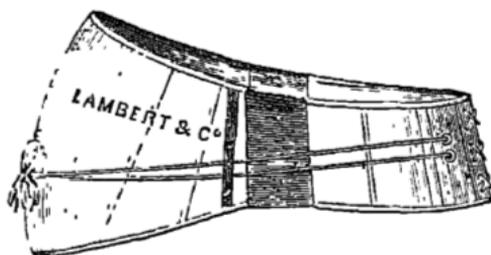
When ordering it should always be stated for what purpose the article is required, whether for Varicose Veins, Rheumatism, Swollen Leg, or other complaint, also the position of the affected part. This enables us to supply an article that will give perfect satisfaction.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Ladies' Abdominal Belts.

FOR ladies suffering from Corpulency, and for use before and after accouchment. Also for support in cases of Tumors and other affections of the abdomen, and for improving the figure.



No. 1.

No. 1, a good plain serviceable Belt made in Diab or Dove Sateen, with elastic sides to lace at back and tie in front, specially adapted for use after confinement, for corpulency, and improving the figure.

In three qualities 6/-, 8/- and 10/6.

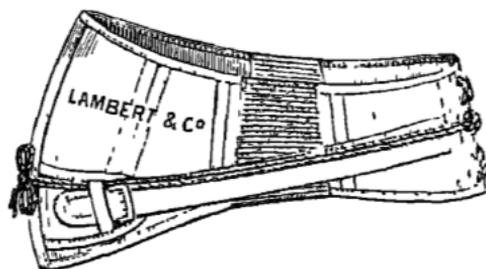
### *Directions for Self Measurement.*

When ordering a Belt, it should always be stated for what use the Belt is required; whether for use before or after accouchment, or for corpulency. We also require two measurements to be given, one for the top of Belt taken round the body about one inch below the waist, and one for the bottom of Belt taken round the lower part of abdomen.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Ladies' Abdominal Belts.



No. 2

No. 2. a very superior Belt made of stout dove brown or pink sateen, with elastic sides and real whalebone stiffening. To lace at back and with supporting band to buckle in front. Specially designed for use before and after accouchment, the buckles in front enabling the wearer to adjust it to any variation that takes place. It can also be made to suit any other use that is required.

In three qualities 8/6, 10/6 and 12/6.

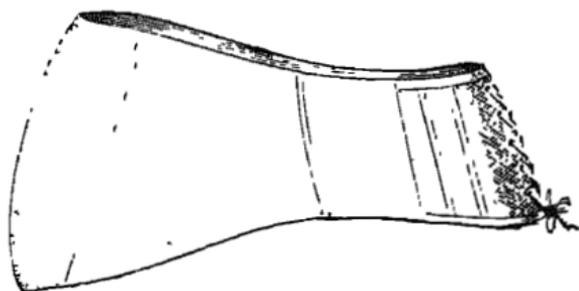
To lace at both sides, 2/- extra.

*Directions for Self Measurement are given on page 80.*

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Ladies' Abdominal Belts.



No. 3.

No. 3. Made of Elastic Hose, the same as elastic stockings, gives a very even and comfortable support for all purposes, laces at back.

These Belts are very light, and can be made for all purposes for which a belt is required. Especially recommended for use after confinement, or cases of Prolapsus, and for treatment of obesity. They are by far the best kind for ladies accustomed to horse riding, or those in the theatrical profession. They fit closely to the body, and are quite imperceptible.

Cotton Elastic, 12/- and 15/6.

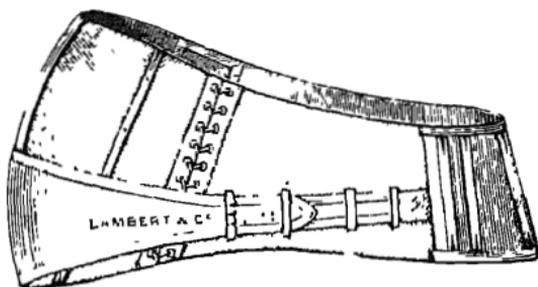
Pearl, Pink or Drab Silk, 18/-, superfine 21/-.

*Directions for Self Measurement are given on page 80.*

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Ladies' Abdominal Belts.



No. 4.

No. 4 is specially designed to give a perfect support to the base of spine and lower part of the abdomen without undue pressure. For use before and after accouchment, and in cases of Tumors, falling of the womb, and other affections of the abdomen. Made of Elastic Hose with sateen back, to lace on each side with supporting band. A perfect belt for all these purposes as the lacing at the sides and the band enables the wearer to obtain the support exactly where required, at the same time it gives to every movement of the body and is very comfortable.

Cotton Elastic 16/- and 21/-.

Pearl, Pink or Drab Silk Elastic, 24/-

In superfine Silk do. ... 30/-.

*Directions for Self Measurement are given on page 80.*

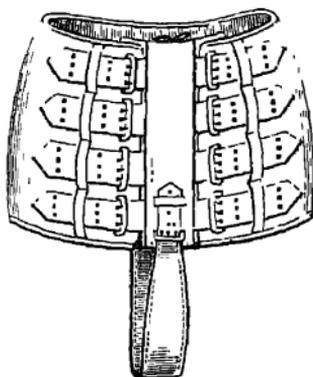
---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## **Ladies' Obstetric Binder.**

---

*For use after accouchment.*



The improved Obstetric Binder is designed to give a perfect support and to induce the various organs to resume their natural positions after delivery. Its advantages over the Towel binders generally used are many. It is easily put on, gives a perfect support and is very comfortable. It is made with a band so that any kind of sanitary towel or diaper can be used, and being fitted with buckles all pinning is done away with. It can also be worn as a belt to give support for some months after accouchment.

In Stout white Linen 6/6 each.

Superior quality 8/6 „

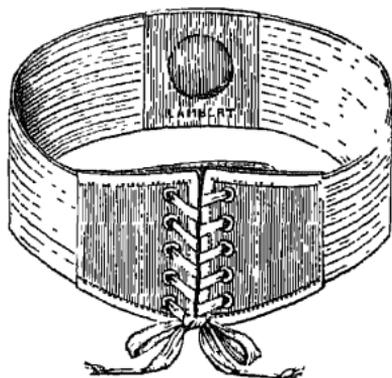
*Waist Measurement required with order.*

---

**LAMBERT & Co., 90, Dalston Lane, London, N.E.**

## **Babies' Umbilical Belts,**

*For distorted Navel.*



No. 1.

For keeping the Navel in a perfect position in young infants, and in cases of distorted Navel.

No. 1. Made of elastic Hose, with sateen fittings, to lace at back.

Cotton Elastic, 2/6 each.

Fine Silk Elastic, with Silk binding and lace, 4/-

No. 2. Made of pure sheet India Rubber and perforated to allow the heat of the body to pass through, 2/6.

When ordering send measurement round child's abdomen, we allow for compression.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

TRADE "HYGENA" MARK.

**Sanitary Towel and Waistband.**

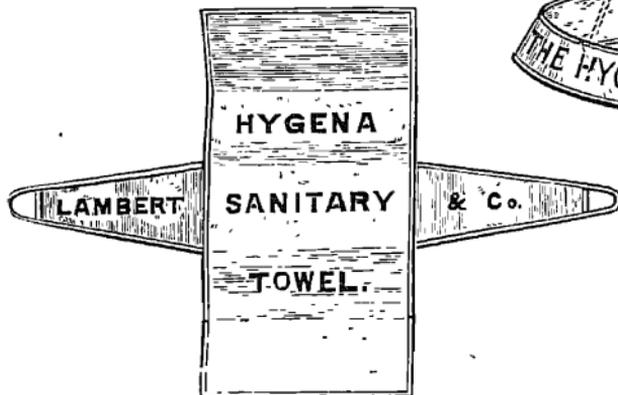


Fig. 1.



Fig. 1.

THESE Towels are the best and cheapest appliances for Ladies use ever invented. Manufactured of perfectly pure material, they are *beautifully soft and absorbent, and comfortable under all conditions.* Will wash and boil equal to linen. All the edges are bound with a special soft binding, and finished in best style. Will wear for year.

Fig. 1 shows the towel open. Fig. 2 shows it as attached to the waistband in four or six folds.

Made in two size :—No. 1, four-fold (usual size) ; No. 2, six fold (large size), invaluable after accouchment.

LAMBERT & Co., 90, Dalston Lane, London, N.E.

Attention is particularly drawn to our new Waistband. It is cut and shaped to fit perfectly, lined with a soft woollen material, *will not crease or irritate*, and is always comfortable. It is fitted with elastic attachments back and front, to which the Towels are fastened, thus accommodating itself to every movement of the wearer. Any Sanitary Towel can be adjusted to it, and removed at any time without inconvenience to the wearer.

Sample Towel for trial	...	6d.
No. 1. Half-dozen four-fold (usual size)	post free	2/-
No. 2. Half-dozen six-fold (large size)	,,	2/6
Waistbands, 1/- each	.. ... ..	1/1 $\frac{1}{2}$

When ordering a Band, the waist measure should always be sent.

*We would particularly draw attention to the following letter from a lady who has used "The Hygienic Towels and Bands."*

WEST KENSINGTON, Aug. 26, 1893

DEAR MRS. LAMBERT,

Kindly send me one dozen four-fold Hygienic Towels, and a 24-in. Band. They are for a friend, who I have much pleasure in recommending them to. I am very pleased with those I had from you now over eighteen months ago. I have used them ever since, and they are the most comfortable and cheapest diapers I know of. I find that they boil equal to linen, and your idea of binding the edges keep them from wearing out—after all this time they are quite perfect. The Band also gives perfect satisfaction, it is quite a comfort to have something that will keep flat and free from creasing. I do not have the slightest irritation or chafing that is so noticeable with the old diapers. I shall certainly recommend them to my friends.

Yours truly, E. B.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

**The "Hygena," Menstrual or Period**  
**Protector for Ladies' Use.**



**T**HIS Appliance is a simple and perfect protection for the clothing during the monthly periods, and is exactly what has been sought after by many ladies who object to using the ordinary washable Towels.

It is made of the finest quality rubber, and is so beautifully soft and smooth that it entirely *does away with the disagreeable chafing and unpleasantness* of the ordinary Towels.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

It can be quickly adjusted, and is perfectly clean and safe, and it is impossible for the garments to get soiled under any conditions. Ladies who travel will find it a great comfort and convenience. It is made so that a sponge, cloth, cotton wool, or any absorbing material can be placed in it to receive the discharge, and can be changed when required without being removed. Cotton wool, or wadding, is especially useful to be used, for it is so cheap and convenient, as it can be used and then destroyed, *thus entirely dispensing with washing* and other sanitary objections.

When once adjusted, neither the Protector or packing can possibly get misplaced, and is perfectly safe at all times.

It is very economical; its cost is soon saved, as it dispenses with all washing and bleaching. It is so comfortable and convenient, and free from all objections, that ladies who have used them pronounce them the finest article for ladies use ever invented.

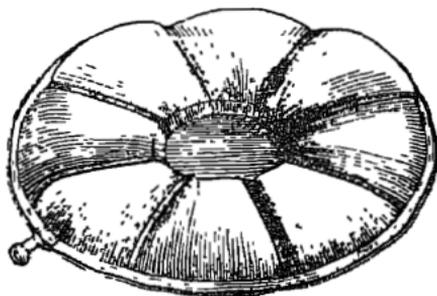
We supply special pads to use with these, made of cotton wool, and medicated with an antiseptic, which makes them perfectly free from any unpleasantness if not destroyed immediately after use. This is of great value to ladies when travelling.

Price with sample Pad	...	...	...	4/-	} Post free.
In Box with 1 dozen Pads	...	...	...	4/6	
Pads, 1 doz. 9d. ; 2 doz. 1/3 ; 3 doz. 1/9 ; 4 doz.				3/-	
Hygena Waistbands	..	..	...	1/1½	

---

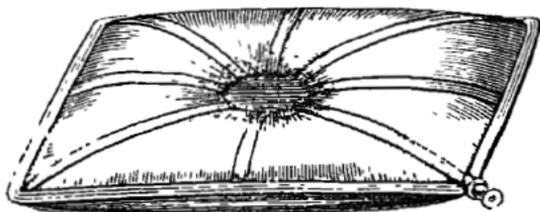
LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Air and Water Cushions.



Air or Water Cushion, circular, as illustration.

	15-in.	16-in.	17-in.	18-in.	19-in.	20-in.
Each	9/-	10/-	11/-	12/-	13/-	14/-



Air Cushion, four cornered, reeded, as illustration.

16 x 12-in.	16 x 14-in.	16 x 16-in.	18 x 15-in.	18 x 18-in.
8/-	9/-	10/-	11/-	12/-

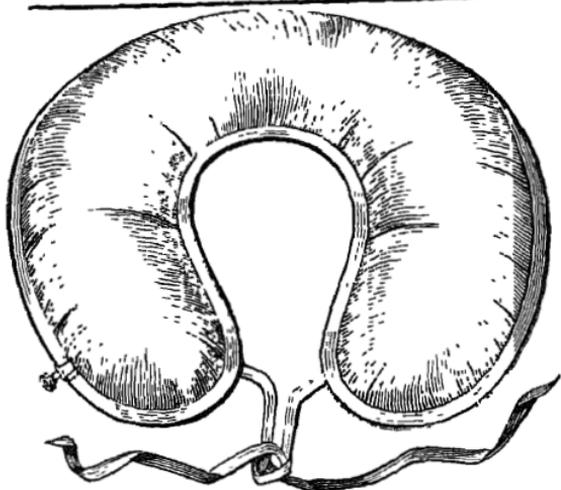
Water Pillows, plain, four cornered.

18 X 15-in.	18 X 18-in.	18 X 20-in.	18 X 22-in.	18 X 24-in.	18 X 26-in.
Each 14/-	15/6	17/-	18/6	20/-	22/-

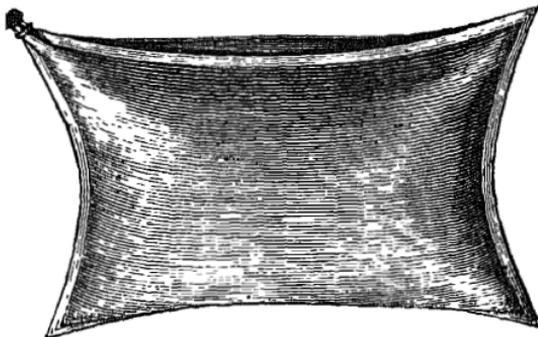
---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Air and Water Pillows.



Air Neck Pillows, in three sizes, 10/-, 11/-, and 12/- each.

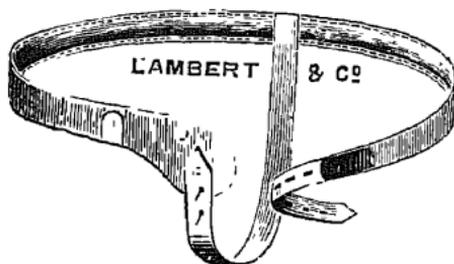


Air Pillows, plain four cornered.

	18 X 13-in.	18 X 15-in.	18 X 18-in.	18 X 22-in.	18 X 24-in.	18 X 26-in.
Each	6/-	8/-	9/-	10/-	11/-	12/-

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Children's Trusses.



**T**HIS pattern is the best and simplest for all ordinary cases of rupture in infants, and we always advise those covered with india rubber, as they are softer, do not chafe the skin, and the child can be bathed without removing the truss. The springs are made very light and at the same time give a perfect support.

Covered with india rubber, single 5/6 and 8/6. Double 7/6 and 12/6.  
Covered with soft leather ,, 3/6 and 5/6. ,, 5/6 and 8/6.

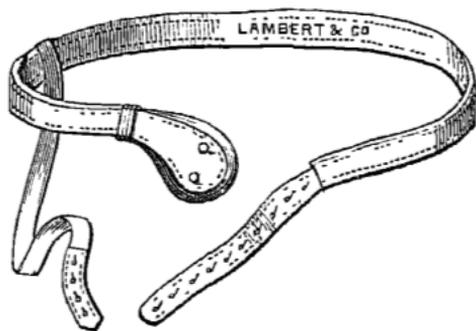
We make all the special kinds of Trusses for particular cases, and are always pleased to advise personally or by post when there is any doubt as to which is the best kind to use.

When measuring for a Truss, a tape should be passed round the waist just above the hips, and the ends brought together in front about two inches below the navel. The measurement should be sent in inches, and state whether for right or left side. Special self measurement forms free on application.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Trusses.



Circular Spring Truss.

**T**HIS pattern is a good kind, and can be adapted to all ordinary cases. They are light, strong and serviceable. Made in various qualities.

Covered in soft leather, single 3/6 5/6 7/6 and 10/6.

„ „ double 5/- 7/6 10/6 and 15/-.

Covered in Gum Elastic, a perfectly smooth and non-irritating material, not affected by water, so that the Truss can be worn while bathing.

Single, 10/6 and 15/6.

Double, 15/6 and 21/-.

Covered in Xylonite, flesh colored, very light and easy fitting, not affected in any way by the heat of the body or water, can be worn while bathing and very durable.

Single, 12/6, 15/6 and 21/-

Double, 21/- and 25/-

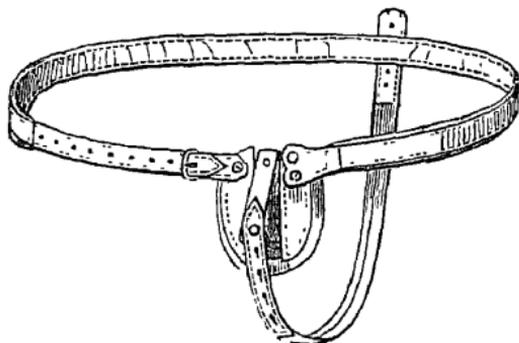
Special self measurement forms sent post free.

Directions for self measurement are given on page 94

Private fitting rooms and attendant to advise in particular cases.

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Trusses.



Moc-Main Lever Trusses.

**T**HIS Truss is made without any springs to go round the body, the support being given by the understrap attached to the lever, which presses the pad to the affected part. By altering the tension of the straps almost any degree of support can be obtained. It can be used in almost all ordinary cases, and it has the advantage that no special fitting is required.

Single, 10/6 and 15/6.      Double, 15/6 and 21/-.

*Directions for self measurement.*

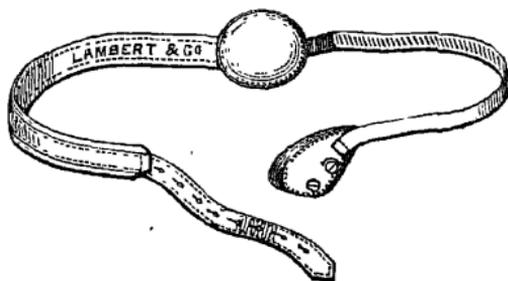
When measuring for a Truss a tape should be passed round the waist, just above the hips, and the ends brought together about three inches below the navel. The measurement should be sent in inches, and state whether for right or left side. Special self measurement forms sent post free on application.

Private fitting rooms and attendant to advise in particular cases.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

## Lambert's Improved Spring Truss.



**T**HIS Truss is made with the spring to go only half round the body, with a supporting pad both back and front. It has also a very simple spring inserted inside the front pad which acts in conjunction with the body spring, and thus an uniform support is obtained without any unpleasant pressure. It is covered with a very superior soft leather. The springs are of the finest quality and made to suit each individual case when necessary. We can confidentially recommend this pattern as one of the very best Trusses there is, and will guarantee perfect satisfaction when personal attendance is given.

Single, 21/-.      Double, 31/6.

Special self measurement forms sent post free.

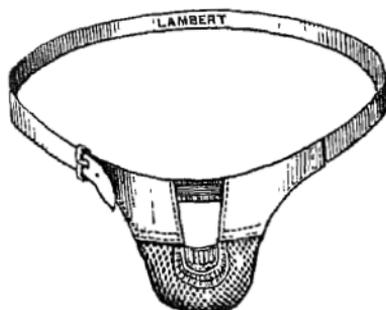
When personal attendance is inconvenient, we always advise our special measurement forms to be used.

Private fitting rooms with attendant to advise in particular cases.

---

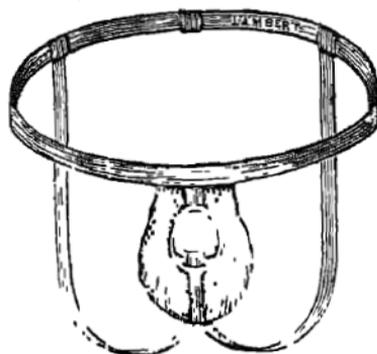
*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Gents' Suspensory Bandages.



No. 1. This pattern is made so as to do without the understraps, which are usually irritating. It is a very simple and comfortable suspender.

No. 1. With Cotton Net . . . 1<sup>1</sup>/<sub>3</sub> each.  
 " Thread Net . . . 1<sup>1</sup>/<sub>9</sub> "  
 " Sup Silk Net . . . 2<sup>1</sup>/<sub>3</sub> "



No. 2. This is made entirely of elastic, and can thus be adjusted without any buckles or buttons.

No. 2. With Sup Thread Net 2<sup>1</sup>/<sub>0</sub> each.  
 " Silk Net & bands 2<sup>1</sup>/<sub>6</sub> "

Made in three sizes. The medium is always sent unless otherwise ordered.

---

*LAMBERT & Co., 90, Dalston Lane, London, N.E.*

## Urinals.

*For Travelling, day or night, and for Bed use.*



Fig. 1.

FOR FEMALE USE.

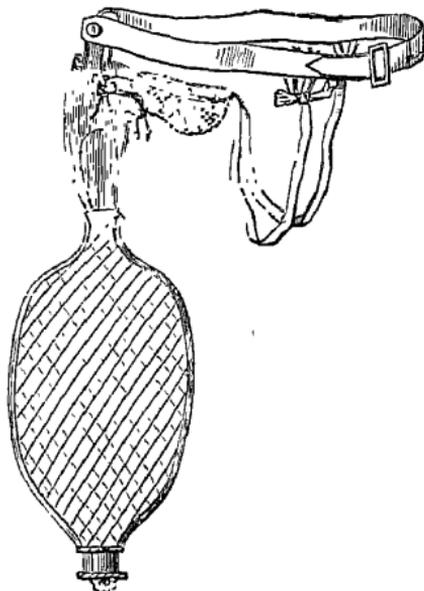


Fig. 2.

FOR MALE USE.

The above are very useful to ladies who travel, also for both male or female when weak in the urinal organ.

Price 10/6 each. Waist Bands, 1/- each.

The above are the most useful kinds, but we can make any design to order.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

*Price 3/6. Postage 3d.*

Handsomely Bound in Cloth, 250 pages, with numerous illustrations.

---

A MANUAL OF  
**NURSING (MEDICAL and SURGICAL),**

BY

LAWRENCE HUMPHRY, M.A., M.B., M.R.C.S.,  
*Assistant-Physician to, and Lecturer to Probationers at, Addenbrook  
 Hospital, Cambridge.*

---

GENERAL CONTENTS—

The General Management of the Sick Room in Private Houses—  
 General plan of the Human body—Diseases of the Nervous System—  
 Respiratory System—Heart and Blood Vessels—  
 Digestive System—Skin and Kidneys—Fever—Diseases of Children—  
 Wounds and Fractures—Management of Child Bed—  
 Sick Room Cookery, &c., &c., &c.

---

“In the fullest sense Mr. Humphry's book is a distinct advance on all previous Manuals . . . Its value is greatly enhanced by copious woodcuts and diagrams of the bones and internal organs, by many illustrations of the art of bandaging, by temperature charts, indicative of the course of some of the most characteristic diseases, and by a goodly array of sick-room appliances, with which every nurse should become acquainted.”

Sent post-free for 3/9.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

Price 5/- Postage 3d.

Handsomely bound in Cloth, 300 pages.

---

THE

# WIFE AND MOTHER,

A MEDICAL GUIDE TO THE CARE OF THE HEALTH  
AND THE MANAGEMENT OF HER CHILDREN.

BY

ALBERT WESTLAND, M.D., M.A., C.M.

---

## GENERAL CONTENTS.

The Duties and Responsibilities of Married Life—Altered Conditions  
of Life after Marriage—Signs and Symptoms of Pregnancy—  
Management of Unpleasant Accompaniments of Pregnancy—  
Miscarriage: Its Causes, Risk, Prevention, and Management—  
Premature Confinement—The Mother in Relation to the Infant—  
Moral Development of the Child—General Care of the Child—  
Nutrition—Physical and Mental Training—  
Some Congenital Defects in Children—  
Hints upon Nursing Children during Illness—  
Some Minor Troubles of the Earlier Months of Infant Life—  
Some Disorders associated with the Process of Dentition—  
Common Maladies of Children—The Management of Emergencies.

---

“Well arranged, and clearly written.”—*The Lancet*,

“A most important work on a most important subject.”

*Nursing Record*.

“Should be in the hands of every mother.”—*The Nurse*.

Sent post free for 5/3.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.

*Price 6/- Postage 6d.*

Handsomely Bound in Cloth, 950 pages, with illustrations.

---

## PLAIN HOME TALK

ABOUT THE

HUMAN SYSTEM; THE HABITS OF MEN AND WOMEN;  
THE CAUSE AND PREVENTION OF DISEASE;  
OUR SEXUAL RELATIONS AND SOCIAL NATURES;

EMBRACING

**MEDICAL COMMON SENSE,**

APPLIED TO

CAUSES, PREVENTION, AND CURE OF CHRONIC DISEASES.  
THE NATURAL RELATIONS OF MEN AND WOMEN TO EACH OTHER.

**How to Promote and Prevent Conception.**

SOCIETY; LOVE; MARRIAGE; PARENTAGE, &c., &c., &c.

BY

EDWARD B. FOOTE, M.D.

---

We can highly recommend this work to all who seek knowledge on the above subjects. Every part of the human system is illustrated and plainly and fully explained. The Physiology of Reproduction, with a full illustrated description of child development from the time of conception till birth. Every description of female and male ailments of the generative organs is treated in a plain and simple manner, with the best course of treatment for its cure, and contains a great amount of useful information that should be known by every married person.

Sent post free for 6/6.

---

LAMBERT & Co., 90, Dalston Lane, London, N.E.