PREFACE

This little book has been written in the hope that it may be of use to the woman who is making her home in India or in one of the tropical colonies of our Empire.

The first part of the book treats of social and domestic conditions; the second deals with the child in health and in sickness; and the third part gives information about tropical diseases and what to do while awaiting the doctor, whose arrival in a distant station may sometimes be delayed for hours and even days.

Although climate and country may be very varied in different parts of the tropics, the general principles of hygiene, housing and sanitation are everywhere the same.

Many women who intend making a home in the tropics have relatives or friends from whom they can obtain first-hand information. This will be a most valuable help in the making of plans and the preparation of outfit. Others, less fortunate, may find it difficult to get into touch with reliable sources of infor-
mation, and it is especially for these that the first section of the book is intended.

It is very desirable that a woman should have some knowledge of the surroundings of her new home and of the ever-recurring domestic problems connected with it; also of possible emergencies and the best means of meeting them. If her destination is an isolated station, far away from the conveniences of Western civilization, there may be no one at hand from whom she can obtain advice or help in case of need; consequently she will be thrown on her own resources.

The chapters dealing with the care of children are meant to supplement, not to supersede, any other book on the same subject which the mother already possesses. Details of nursing are not given; special points only are emphasized. It is taken for granted that the equipment of the medicine cupboard will include the manuals on Home Nursing and First Aid to the Injured, issued by the Indian branch of the St. John Ambulance Association, and adapted for use in India and the tropics.

In a tropical climate illnesses may develop with alarming rapidity; early recognition of their nature and immediate treatment are all-important and may avert a tragedy. For this reason, symptoms of tropical diseases are described in some detail, more especially of those generally prevalent, and others, more or less serious, which occur in epidemic form. A description is included of common infections, not peculiar to the tropics, by which children are liable to be attacked.
It must be clearly understood that any indications given as to treatment are intended for emergency use, and in no way to take the place of the medical man or woman on the spot, should one be available. The advice of a skilled doctor, experienced in the treatment of the prevailing diseases and conversant with local conditions, should, in case of illness, be obtained at the earliest possible moment.

K. P.

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