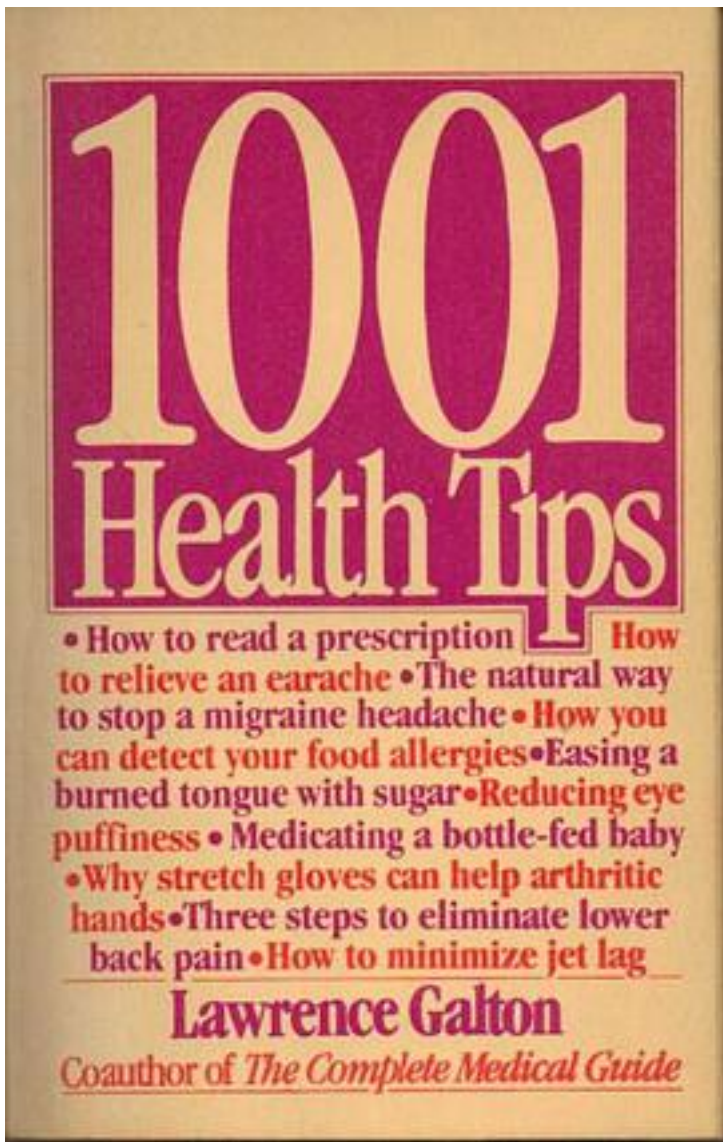


# 1001 Health Tips



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## INTRODUCTION

This book brings together--for the first time--brief, pointed tips drawn from the medical literature that are almost certain to be of use, day in and day out, in any household.

The emphasis is on everyday concerns, not esoteric problems, and a very broad range of those concerns is covered.

They extend, for example, from a strategy for getting a good night's sleep before a "Big Day," Cleopatra's remedy for stubborn itching, and positions to assume to eliminate painful gas to a simple maneuver to stop air swallowing and bloating, getting an insect out of an ear, using stretch gloves to help arthritic hands and cheese to aid asthma, tilting a bed to ease chest pain, how to medicate a bottle-fed baby, and--flat-footed or not--using arch supports to relieve back pain.

Few people are aware of the following remedies:

~ When you burn your tongue with hot food or drink, a few grains of sugar sprinkled on the site can sweetly undo the misery.

~ Carsickness in a child often can be prevented by elevating the child's riding position ten inches.

~ The pain, burning, and itching of shingles can be greatly relieved by the slight pressure of an elasticized binder worn around the chest.

~ A migraine attack often can be aborted just by exhaling into and rebreathing from a bag placed over the nose and mouth.

~ While swallowing a tablet is easy with the head tilted backward, swallowing a capsule that way is difficult since the capsule, being lighter than water, will float

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