
HOW TO USE THIS BOOK

When you get this book:

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

To look up an illness or other health subject:

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

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

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

Before using any medicine:

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

To be ready for emergencies:

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

To help keep your family in good health:

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

To improve health in your community:

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