

THE GOLDEN HOUSE BOOKS

The Household Medicine Chest

*Care of health and home remedies as they were used a hundred
years ago*



From the book «The New Golden House Book»
Riga, about 1905

BLUSABOOKS

The Household Medicine Chest

Care of health and home remedies as they were used a hundred years ago

Book 4 of the series «The Golden House Books».

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Important. This book is a historical document, not a book of advice. It describes household remedies used around 1900, among them substances now known to be poisonous or dangerous (lead, mercury, opium, carbolic acid and others). Use nothing that is written here. In case of illness, see a doctor.

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How they lived then

The doctor was far away, and the first thing done was whatever was already in the house: tea, a compress, a bath, a tincture of herbs, an ointment of vaseline and camphor. This is the largest chapter of the book — a whole household medicine chest of its day, from a cold and toothache to burns, wounds and children's illnesses, together with what a healthy life was understood to be: air, water, sleep and food.

HOW THIS BOOK WAS MADE

The text is *word for word* from the original. We have retold nothing, shortened nothing and “improved” nothing: the recipes, the figures, the measures and the advice are exactly as they were printed.

Only the letters have been changed — the gothic type and the old orthography have been put into modern letters, and from Latvian into English. The language itself is that of 1905, so some words and sentences sound unusual today. That is how it is meant to be.

Old, foreign and obscure words are explained at the end of each section, where they first appear. All of them together are in the glossary at the end of the book, along with the table of old measures.

Square brackets [like this] mark places where the scan was damaged or cut off and the word has been restored from the context; [...] means the word cannot be read.

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Care of health and home remedies

