

# Medicine Box



The objects in this reminiscence box might be of particular interest to people with a nursing or medical background, but most could have been found in any home medicine cabinet or first aid kit.

There are medicines, creams, ointments and appliances for looking after the health and well-being of the whole family in the 1940s.

Some of these ointments and creams are well-known brands, with strong, recognisable smells which might trigger memories of using them. A particular medicine or appliance might bring back memories of a certain family member... Even a simple hands-on activity like bandaging a doll could trigger a significant conversation.

Our health and well-being – and that of our family – is central to our lives. This box of home treatments provides opportunities for people to reflect on their own experiences of health or illness, and also their parents' or grandparents' health.

Remember that objects can stir both good and bad memories and strong feelings in all of us; use your own judgment wherever necessary.



First Aid Tin



Jar of Vicks



New Skin Bottle



2 Fabric Braces



Tube Gauze and Applicator



3 Packs Elastoplast



4 Surgical Bandages



1 Eye Bath and 2 Golden Eye Ointments



3 Tins of Healing Creams



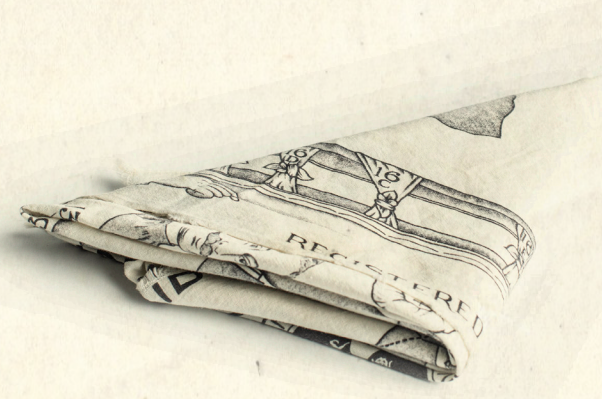
Tin and Box of Digestive Tablets



Empty Bottle of Glycerine



Boxed Hearing Aid



St Johns Ambulance with Instructions



Absorbent Lint Box



Triangle Bandage



Dressing Pack



Tin of Paraffin Gauze Dressing



Zinc and Caster Oil Cream



Leather Brace

## Some Online Resources

These websites will provide supporting information for your sessions and give you further ideas for activities.

<https://peopleshistorynhs.org/galleries>

<https://www.youtube.com/watch?v=qGkyJucXG3U>



# Bocs Moddion



Efallai y bydd y pethau yn y bocs atgofion hwn o ddiddordeb yn benodol i bobl o gefndir nyrsio neu feddygaeth, ond byddech wedi dod o hyd i'r rhan helaeth ohonynt mewn unrhyw gwpwrdd moddion neu focs Cymorth Cyntaf mewn cartrefi pobl.

Mae yma foddion, eli ac offer ar gyfer gofalu am iechyd lles y teulu oll. 1940au

Mae rhai ohonynt yn frandiau adnabyddus, a gydag arogluon unigryw a fedrai brocio atgofion o'u defnyddio. Efallai y bydd moddion neu offer penodol yn dwyn i gof rhyw aelod arbennig o'r teulu. Gall hyd yn oed rhywbeth syml fel rhoi rhwymyn ar ddol danio sgwrs bwysig.

Mae ein hiechyd a'n lles ni – a'n teuluoedd – yn ganolog i'n bywydau. Yn y bocs hwn o driniaethau cartref mae cyfleoedd i bobl fyfyrto ynghylch eu profiadau eu hunain o iechyd neu afiechyd, a phrofiadau eu rhieni a'u neiniau a theidiau.

Cofiwch y gall gwrthrychau godi atgofion melyn a chwerw, a theimladau cryf – defnyddiwch eich synnwyr cyffredin lle bo angen.



Tun Cymorth Cyntaf



Jar o Vicks



Potel New Skin



2 o Fresys Defnydd



Gwe Tiwb a Thaeuwr



3 Paced o Elastoplast



4 Rhwymyn Meddygol



1 Bath Llygaid, 2 Eli Golden Eye



3 Thun o Hufen Iachael



Tun a Blwch o Dabledi Treulio



Potel Wag o Glycerine



Cymorth Clyw mewn Blwch



Ambiwlans St Johns gyda chyfarwyddiadau



Blwch Lint Amsugol



Rhwymyn Triongl



Pecyn Rhwymyn



Tun Rhwymyn Gwe Paraffin



Hufen Sinc ac Olew Castor



Bresys Lledr

## Adnoddau ar-lein

Ar y gwefanau hyn fe gewch chi wybodaeth i seilio'ch sesiynau arnynt, a syniadau am swy o weithgareddau.

<https://peopleshistorynhs.org/galleries>

<https://modgovcym.conwy.gov.uk/ieListDocuments.aspx?Cid=207&Mid=7593&Ver=4>