

## First Aid in case of Accidents.

The following hints are only intended as a reminder to assist you when in doubt.

**To Stop Bleeding.**—Place a pad of clean cloth on the wound and bandage firmly. Raise the part affected. If raising the limbs or applying a pad does not control the bleeding, compress with your two thumbs *over bone* and as near the wound as possible. Give no stimulants as long as bleeding remains uncontrolled.

**Burns and Scalds.**—Exclude the part from the air *at once*, by *dusting* flour on it and covering with cotton wool. If there is a blister do **Not** prick it for 24 hours.

Soothing applications are Carron Oil, Salad Oil, Vaseline, Lard, etc. If there is severe shock, give it immediate attention, even before attending to the burn or scald.

**Fractures.**—The two main classes of fractures are simple and compound and the first aid treatment you give is to prevent the simple fracture from becoming the more serious compound fracture, which has a wound caused by the jagged end of the broken bone.

Attend to the patient on the spot, and fix the injured limb, *at once*, by splints and bandages. Use great gentleness.

If there is a wound, cleanse it and apply antiseptic dressing before putting limb in splints.

Disturb the limb as little as possible and make the patient comfortable until arrival of doctor.

**Snake Bites.**—Tie something tightly round the limb, between the wound and the heart. Give patient a good dose of brandy or some other spirit.

*Encourage* the bleeding by squeezing the bitten part and bathe with warm water. If breathing is bad, use artificial respiration.

**Poisons.**—In the first place endeavour to find out the poison. If you cannot, and there are no stains

## First Aid in case of Accidents—*continued.*

about mouth or lips and no burning sensation in mouth and throat give an emetic or tickle throat to make patient vomit. Emetics are: three teaspoonfuls of mustard in pint of tepid water; salt and water, two tablespoonfuls to pint of warm water. (*See First Aid for Poisoning.*)

When there are stains, etc., give cream, white of eggs, olive or linseed oil (*no oil with phosphorous poisoning*). Antidotes to follow.

**Grit in the Eye.**—Do not rub the injured eye. By rubbing the other eye you will bring tears, which may wash the grit out. If not, roll back the upper eyelid over a match or pencil, and remove the grit with the corner of your handkerchief or small camel hair brush.

If lime in eye, wash out *at once* with water (or, better still, if available, with a strong solution of sugar), then drop olive or castor oil between lids.

Do not attempt to remove anything deeply imbedded—drop in olive oil and bandage.

**Fainting.**—The patient is very faint and partially or completely unconscious. Pulse is weak and rapid and breathing quickened. *No convulsions.*

Place the patient in a lying-down position with the head lower than the rest of the body. Loosen his clothing at neck and chest. Give patient plenty of fresh air. Sprinkle face and chest with cold water and apply smelling salts to nose. Rub the limbs towards the body. Give stimulant when patient is able to swallow.

**Sprains.**—A sprain is the tearing of the ligaments or capsule of a joint and bursting of small blood vessels, and swelling.

Apply cold water dressings so long as they give comfort, and afterwards apply hot fomentations. Rest the part in an easy position. If movement of limb be essential, bandage it tightly. If in doubt, treat as a fracture.