

CONTENTS

	PAGE
WISE LIVING.....	5
THE ONLY SAFE USE OF HOUSEHOLD REMEDIES.....	7
Headache.....	7
Earache.....	7
Nosebleed.....	8
Toothache.....	8
Colds.....	8
Upset Stomach.....	8
Diarrhea.....	9
Constipation.....	9
Heartburn.....	9
Dysmenorrhoea.....	9
ACCIDENTS—WHEN TO CALL THE DOCTOR.....	10
HOW TO TREAT EMERGENCIES UNTIL THE DOCTOR COMES.....	10
Patient Not Breathing (drowning—artificial respiration).....	11
Dangerous Bleeding.....	13
Shock.....	13
Unconsciousness (fainting, fits and convulsions).....	14
Moving the Patient.....	14
INJURIES (Skin Not Broken).....	15
Fractures.....	15
S. s.....	16
Dislocations.....	16
Sprains.....	18
Strains.....	18
Bruises.....	18