

### **Broken or Injured Arm, Leg or Foot.**

14. If the bones are pushed through the skin, they should be gently replaced after being carefully washed, with, if possible, clear running or boiled water, and the injured limb be placed in as nearly the same position as the uninjured one, and kept there by a splint on either side, held in place by bandaging. In the case of a broken arm, the hand should be put in a sling. A patient should never be lifted by an injured limb, nor the limb be allowed to remain unsupported.

15. In order to keep a restless or delirious person who is badly injured about legs, feet, or arms quiet, long stockings, bags, or pillow cases should be filled with dry sand or earth and placed beside and bandaged to the injured limbs. This will tend to prevent the parts jerking, and is especially useful in moving persons a long distance by train or otherwise.

### **Broken Collar Bone.**

16. A small pad should be put in the arm pit, the elbow raised by a bandage placed beneath it, and the whole arm bound to the body by bandaging.

### **Burns or Scalds.**

17. The clothes should be cut off and sweet oil, castor oil, linseed oil, vaseline, or flour, covered with cotton batting or linen so as to exclude the air, be applied.

### **Frost Bites.**

18. The frozen parts should, on no account, be rubbed, but should be kept in cold water until the frost is out of them. The temperature of the water should then be gradually raised to 99°.