

and linen, bandages, a roll of inch-wide rubber adhesive plaster, a bottle of tincture of iodine, well corked, a small brush with which to apply it, a tightly-covered box of oxide of zinc ointment and a box of baking soda. If to these is added a roll of pieces of white flannel she is prepared to apply hot fomentations without delay.

#### BANDAGES.

These can be bought ready rolled made of cheese cloth, but for household use very good ones can be prepared by tearing a sheet into strips of from one inch to two and a half inches in width. For the wider ones it is well to join two lengths, by laying the ends flat on one another, a raw edge on each side, and basting them together. This makes a smooth joining with no hard ridge. After a little practice the bandages can be rolled by hand into a tight roll ready for use. Cheese-cloth bandages are cut, a thread being drawn to insure their being straight.

#### BURNS AND SCALDS.

If air can be excluded from a burn the pain is very much relieved. When the skin is not broken make a thick paste of baking soda with a very little water, cover the part with it and lay over it a piece of cotton. Wind a bandage round it and moisten frequently by squeezing a little cold water over it. Renew as required.

When the burn is more serious, smear the oxide of zinc ointment thickly on pieces of linen or cambric, as an old handkerchief, and cover the parts until the doctor can arrive. Carron oil, two parts oil, one part lime-water, is an old and useful remedy.

If flour or any powder is used it cakes on the injured surface and is hard to remove. In extensive burns the most merciful treatment is to keep the part immersed in water until medical assistance can be obtained. In these severe cases heat should be applied to the feet, strong coffee given, and fresh air without drafts supplied. The shock is so great the sufferer needs to be sustained in every way.

#### SPRAINS.

These occur at joints, when the ligaments that hold the bones together are twisted by a blow or wrench, and the tissues are more or less displaced. The most modern treatment is to rub and massage the part and let the patient exercise it immediately. The most soothing is to soak the injured part in hot water if it is a wrist or ankle, and to apply flannels wrung out of boiling water if the joint cannot be immersed. It is then bandaged and not used until the soreness is gone. It is surprising what relief hot applications will give; they should be applied frequently at first.

A serious sprain should have medical attention, as some bone may be displaced.

#### DISLOCATION.

In a dislocation the bone is pushed out of place and home treatment is not of much avail. Hot fomentations will help to keep down the swelling and make the reduction easier when the doctor comes, besides giving a little ease.

#### BROKEN BONES.

Here, too, only first aid can be rendered. If there is no wound the important thing is to prevent the sharp ends of the fractured bone from poking through the skin and making one. Pieces of thin board, two shingles, stout paste board, or anything that is strong enough to give firm support, should be tied on each side of the limb, extending as far as possible above and below the break.

In case of emergency, where no splints are to be had, one leg can be tied to the other above and below the injury, or an arm bound to the side. When the collar-bone is fractured, place the hand of the injured side on the opposite shoulder, put a firm pad in the arm pit, and bandage round the arm and body. When the hand or wrist is hurt, improvise a sling, making it large enough to support the elbow, and tie it around the neck.

If the jaw is fractured, put a bandage underneath, letting it come over the chin, and passing it behind the ears, tie it on top of the head.

#### WOUNDS.

Perhaps the most alarming accidents to the spectators are those involving the loss of blood. They often lose their

presence of mind and do not do the right thing.

Keep cool, and remember that blood does not run at large through the body, but is contained in the blood vessels. These are tubes, arteries and veins, some of them have been cut and the contents are escaping. Pressure will stop it, and when the flow is checked a clot will form in the cut ends and after a time repair takes place. If pressure is made in certain places the flow of blood is interrupted and bleeding stops. Not everyone knows just where these spots are, but anyone can see the wound. If possible wet a cloth in cold water, if not take a dry one, and press firmly directly over the cut; this compresses the severed vessels and checks the bleeding.

The old remedies of cobwebs, etc., filled the open ends of the vessels and gave the blood an opportunity to clot. We do not use them now because we know the wound should be kept clean and free from germs.

Paint the injured part with iodine, as this is a valuable antiseptic, and bandage tightly at first, loosening the bandage after a time when the bleeding has stopped.

In lacerated wounds, where the parts are torn, indeed in any wound, iodine is a preventive of blood poisoning.

In small injuries, when it is possible, let the patient suck the part frequently. Animals lick the wounds they can reach and have no more trouble with them.

#### A CUT FINGER.

Bandage tightly for a few minutes until the bleeding stops. Remove the bandage, paint the cut with iodine and

of the flow of blood to the brain. In treating it there is one cardinal point to bear in mind, keep the head low.

When a person feels faint in a church or hall and fears to stand, bending the head forward until it almost touches the knees will usually relieve the feeling.

If the person is lying on a bed or couch, pull the head over the side and let it hang down for a few minutes. Tight bands about the neck, waist and wrists should be loosened and fresh air admitted to the room.

If this is not sufficient to revive the patient, cold water may be sprinkled on the face, smelling salts held to the nose and the hands rubbed. If unconsciousness continues, apply hot bottles to the feet, wrap in blankets and send for the doctor.

#### FROST BITE.

The part should be rubbed with snow and cloths wrung out of ice water laid over it until sensation begins to return to it. No heat should be applied, as the flesh must thaw gradually. Strong hot tea or coffee or ginger tea should be given.

#### SUNSTROKE.

After exposure to the direct rays of the sun the temperature is very high, the face flushed deeply, the person unconscious. The first thing is to bring down the fever. If out of doors pour water over the body, keeping the head cool with ice cap, or ice wrapped in cotton and sponging with ice water. If in the house place on a rubber sheet or oilcloth and sponge freely with ice water.

After prolonged heat persons sometimes suffer from heat exhaustion. The hands

before the emetic could act. There are many antidotes for the different poisonous substances, but they are seldom at hand when they are wanted.

For carbolic acid give Epsom salts stirred up in water, or whiskey, brandy, gin, rum, any drinkable form of alcohol. Avoid giving oil, as it causes the acid to be more readily absorbed by the system.

If the poison is an alkali, give weak acids, as vinegar and lemon juice.

Should iodine be swallowed, give laundry starch, cornstarch, or flour mixed with water.

Milk and soothing drinks should be given after severe poisoning, no solid food.

In the case of acids other than carbolic, give baking soda, magnesia, or chalk, followed by white of egg and milk. Keep cool, and don't frighten the patient more than can be helped.

## Hope's Quiet Hour.

### Opportunity.

They do me wrong who say I come no more  
When once I knock and fail to find you in;  
For every day I stand outside your door,  
And bid you wake and rise to fight and win.  
Wail not for precious chances passed away,  
Weep not for golden ages on the wane;  
Each night I burn the records of the day,  
At sunrise every soul is born again.  
Laugh like a boy at splendors that have sped,  
To vanished joys be blind and deaf and dumb;  
My judgments seal the dead past with its dead,  
But never bind a moment yet to come.  
Though deep in mire, wring not your hands and weep,  
I lend my arm to all and say: "I can!"  
No shamefaced outcast ever sank so deep  
But he might rise and be again a man.  
—Walter Malone.

### Attending to Business.

Study to be quiet, and to do your own business, and to work with your own hands.—1 Thess. iv.: 11.

"Let me but do my work from day to day,  
In field or forest, at the desk or loom,  
In roaring market-place or tranquil room;  
Let me but find my heart to say,  
When vagrant wishes beckon me astray,  
'This is my work, my blessing not my doom,  
Of all who live, I am the one by whom  
This work can best be done in the right way.'

"Then shall I see it not too great nor small,  
To suit my spirit and to prove my powers;  
Then shall I cheerful greet the laboring hours,  
And cheerful turn, when the long shadows fall  
At eventide, to play and love the rest,  
Because I know for me my work is best."

The collection of more than sixty books which we call "The Bible," though written by more than forty people in many different ages of history, shows a wonderful unity of purpose and ideals. Lyman Abbott says: "The Bible was formerly regarded as a letter from God; it is now regarded as a personal introduction to God. And it is not a letter, it is the Person, that humanity wants; not an infallible message about God, but God Himself. In the Bible, as a book of human experience, God is attested as having His dwelling-place with men as truly in the twentieth century after Christ as in the twelfth century before Christ; as truly in America as in Palestine; as truly with the men of vision to-day as with the prophets and apostles of the older time."

The Bible lifts the veil and shows us what is going on all the time behind the



A Visitor.

cover with a strip of rubber adhesive plaster. The cut will probably heal without difficulty. If after a day or two there is a feeling of soreness and an appearance of redness near the wound, soak off the plaster, paint again with iodine and bandage. To fasten a finger bandage, tear the end down for about four inches, pass one end behind the other, twist around the finger and tie. The bandage is too small to pin, and this obviates the use of thread.

#### BLEEDING FROM THE NOSE.

This is usually not a very serious matter, though there may be alarming hemorrhage requiring the attention of a surgeon to stop it.

Do not let the sufferer sit with the head bent over a basin. He should lie flat on the back with something cold at the back of the neck. In winter a bunch of steel keys, or some metal object, in summer a piece of ice, wrapped in cotton and laid on a towel. The cold contracts the blood vessels and lessens the supply of blood to the head. With the finger and thumb make firm pressure on each side of the nose where it joins the face. This compresses the little arteries that supply blood to the nose and arrests the flow of blood. If these measures are not successful the doctor should be sent for.

#### FAINTING.

Fainting is caused by an interruption

and feet are cold, face pale and pinched. Keep the patient quiet and warm and in a dark room, and give a little stimulant until the doctor comes.

#### DROWNING.

If possible send for blankets, hot water and stimulants. Remove the clothes from the upper part of the body, turn on the face, having a coat or something under the chest. Wipe the mucous from the mouth. Turn on the side that the air may enter the lungs, then on the chest again, making pressure on the sides with the hands to help force the air out. Keep this up, 16 times to the minute, for at least two hours. Meanwhile, have hands and feet rubbed, wrap in blankets, removing wet clothes, place hot bottles, hot irons or heat in any form as close as possible. Give brandy, or whiskey, mixed with half water, if it can be poured down. Don't despair, as the apparently drowned have been revived after a long period of unconsciousness, and don't give up too soon.

#### POISONING.

As a rule the first thing to be done is to get the poison out of the stomach by means of an emetic. A tablespoon of mustard in a cup of warm water is effective.

When a strong acid or irritating alkali, like ammonia, has been taken, this is not much use. The mischief has been done