

the face with water, and apply warmth to the heart and stomach and friction to the limbs.

9. Warmth. Keep the body warm. See to this even in summer.

FRACTURES.

The varieties are important because by a description of these we learn the importance of First Aid treatment of fractures.

A. Simple; where the bone is simply broken with little injury to the surrounding tissue.

B. Compound; where in addition to the broken bone the skin over the fracture has been broken either by the force applied or by the ends of the bone being forced through the skin. This is a serious variety because germs may enter at the wound and cause blood-poisoning, or the formation of pus or may interfere with the union of the bone.

C. Complicated; where in addition to the broken bone some important structure in the neighborhood has been injured, e.g., nerves, arteries or organs. When nerves are torn paralysis of the muscles supplied by the nerve often results and when arteries are injured dangerous hemorrhage may occur or if the circulation to a part is entirely cut off gangrene may be the result.

The important thing to remember is that by careless handling of a simple fracture it may become compound by the jagged ends of the bone being forced out through the skin, or it may become complicated by the sharp bone cutting an artery or nerve piercing the lung, bladder or other organ. Thus we see that the first duty of anyone rendering First Aid in these cases is to prevent all movement of the broken bone on the part of the patient himself or of the bystanders. Another variety is called impacted. This occurs where the ends of the bone are forced into each other and a solid union results. In the robust this impact is reduced because the limb is shortened and is not as useful. But in the old where non-union is common, an impacted fracture is considered a happy result. The old person gets in this way a solid union which he would not get in all probability in the ordinary way. Careless handling of one of these fractures may undo the good work.

The signs of fracture are pain, loss of power, swelling, deformity, unnatural mobility at the site of fracture, and crepitus which is the name given to the grating of one fragment of bone on the other, this grating being felt or heard.

In the treatment remember the object is to prevent the fracture becoming more serious. Proceed as follows: