

The Home Doctor



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What to Do in an Ice Accident

When any one breaks through the ice in skating, he is usually paralyzed by the sudden shock of the intense cold and unable to help himself. To be able to render effective aid, it is necessary that the would-be rescuers keep their heads.

If the ice is thick, and the break is merely through an air-hole or at the edge of a newly frozen area, it is only necessary to dig the heels of your skates into the ice, and pull. But the crowd must be kept back. Even thick ice, which will support two persons pulling out one, may break under a crowd.

A light and speedy skater may skate safely for some distance over thin ice, only to break through when he slows up, far from solid ice. In such a case, especially if the ice is very thin, a rope is essential.

First, however, if a pole or fence-rail is at hand, carry it quickly to the edge of the thin ice. Then lie down at full length, and wriggle and crawl to the break. Often ice which is not strong enough to support you when you are standing on a small surface, will hold when your weight is distributed over a larger surface.



Cleverly Concealed Russian Artillery

In the earlier days of the war, German aeroplane scouts easily located Russian batteries and revealed their positions to their own forces, who soon silenced the Russians with their heavier metal. Now the Russians have learned how to conceal their guns from aeroplanes. The photo shows a particularly clever disguise. To an aviator, the gun coverings would appear like little peasant huts, as the thatched coverings are used by the Russians for roofs.

Try to find a corner of the break across which the pole can be put, so that the boy to be rescued may support himself with the pole under one arm, and with his other arm on the ice, until a rope can be brought. If a board is at hand instead of a pole, the task becomes easier, for you can stand on a board and pull, even when its support is thin ice, too weak to hold you when standing directly upon it.

It is possible for the rescuer to get the pole or rope to the person in the water in the same way he got himself so far from safety, by a flying start and much speed, trusting to motion to prevent breaking through. By calculating distance well, diving forward on his stomach and sliding to a stop at the edge of the break, he may come safely to the spot. But the risk is very great, and a rescue of this sort should not be attempted unless as a last resort.

In case you reach the open water in safety, remember never to try to stand up or to allow the probably terrorized victim of the accident to try to climb up. To do either will result simply in throwing both of you back into the water. Wait for the pulling of the rope to drag you both to safety, or, if it be but a pole you have, for some one to bring or throw the rope which should never be far from a skating place.

In pulling a person from the water over the edge of the ice, grasp his wrist, not his hand. If he has strength enough left, let him grasp your wrist. But do not pull too suddenly—the ice may be jagged and rough and catch in the clothes of the person to be rescued.

When you finally get a person who has been in icy water out of danger, insist upon his keeping in motion. The greatest danger to fear is of congestion. Make him walk home or run home, or skate home, but do not carry him unless he is absolutely helpless.

Do not allow him to be in a hot room; throw open all the windows of the room,

strip him and rub; rub hard with the hands and with snow if necessary. What is wanted is circulation, not warmth from without. The blood must be driven back into the veins and arteries from which it has been shocked; it must not be coaxed back by warmth.

If such rubbing and exercise is kept up for half an hour, and the victim is then wrapped up well in blankets and given hot drinks, ill effects may be entirely averted. If the exposure to icy water has been more than a few minutes, the services of a physician will probably be needed.

If you are the victim yourself, remember, if you can, what are the conditions of the surrounding ice. Do not attempt to climb out of the water on ice which will simply break beneath your weight. Every time you fall back you are in danger of coming up under the ice. To prevent this, remember always, when you feel the ice giving beneath you, to spread your arms. Then as you go down, try to catch on the edges of the ice. About the only other thing you can do is to keep your head and wait for help.

A sixteen-foot pole, a long board and a rope should be kept close at hand wher-

ever you skate much and often. They cost little, need no care, and may mean much.

Corns

Soak the feet every day in warm water, to which a little borax and baking soda has been added, and in about a week the corn can be picked out.

For Callouses on the Feet

For a callous on the bottom of the foot bind on cotton wool, wet in olive oil, and it will soon disappear.

A Cure for Warts

For all kinds of warts saturate an ounce of alcohol with salicylic acid and add fifty drops of castor oil. Apply it often and within a week the warts will disappear.

Eye Water

A good eye water is made of equal parts of camphor water and rose water in which is dissolved five grains of boracic acid.

For Sore Throat

Eight drops of carbolic acid, and one teaspoonful of baking soda in a glass of water, used as a gargle, is almost an instant relief for sore throat.

For Scalds or Burns

Apply carbolized vaseline olive oil, and exclude the air from the injured part.

Costiveness and Its Cure.—When the excretory organs refuse to perform their functions properly the intestines become clogged. This is known as costiveness and if neglected gives rise to dangerous complications. Parmelee's Vegetable Pills will effect a speedy cure. At the first intimation of this ailment the sufferer should procure a packet of the pills and put himself under a course of treatment. The good effects of the pills will be almost immediately evident.

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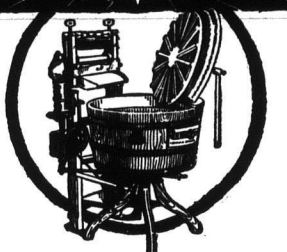
Chocking

If a fish bone gets lodged in the throat, insert the fore-finger, press on the roof of the tongue so as to induce vomiting. If this fails swallow a large piece of soft bread or potato.

For Fainting

Loosen the clothing, bathe the temples with cold water, admit plenty of fresh air, and apply a hot water bag to the feet.

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Catalogue Notice

Send 10c in silver or stamps for our up-to-date 1915-1916 Large Fall & Winter Catalogue, containing over 400 designs of Ladies', Misses' and Children's Patterns, as well as the latest embroidery designs, also a concise and comprehensive article on dress-making, giving valuable hints to the home dressmaker.

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Winnipeg