

3. *Nosebleed*—This may be due to a slight injury or may come on without an injury, especially in children. Slight nosebleed does no harm and does not require treatment. It may prove difficult to stop severe bleeding, though this is not usually the case. Put the patient in a chair with head hanging back. Loosen collar and apply cold applications to the back of the neck. This can be done by means of a cloth wrung out in cold water. A roll of paper between the gum and the upper lip will help, as will pinching the soft part of the nose. If bleeding continues, you need a doctor or an ambulance at once. While waiting, make a cotton plug and push it with the end of a pencil into the nostril from which the blood is coming.

4. *Toothache*—Go to your dentist as soon as possible. A toothache is a sign that the hard part of the tooth has decayed, leaving the nerve exposed. If it is not treated, the destruction of the tooth will continue, the tooth and its nerve will die, and the tooth may become a hiding place for germs which may poison the whole body. A drop of oil of cloves on a bit of cotton in the aching cavity may give temporary relief from pain, but will not cure the decayed tooth. Do not delay seeing your dentist. See him at least once a year even if your teeth seem all right.

5. *Colds*—If you feel a cold coming on, you may sometimes be able to head it off in the following manner. If you are constipated, take one or two tablespoons of castor oil. Take a hot bath and a glass of hot lemonade and go immediately to bed. The resulting sweat may help to head off the cold. Do not allow your skin to become chilled while it is perspiring. This treatment is especially good at the very onset of a cold. Rest, a light diet, plenty of water are the important things. If the cold in your head does not clear up in a week, or if you have a fever, sore throat, severe cough, or discomfort in the chest, consult your doctor at once. A sore throat should never be neglected. A baby that has croup should be seen by a doctor at once. It is very often a sign of diphtheria.

6. *Upset Stomach*—For a stomach upset with nausea and discomfort in the abdomen, the first thing to do is to get rid of the food substance which is causing the irritation. If the pain is not severe, take one or two tablespoons of castor oil and lie down and rest. A hot water bottle on the abdomen may help. During the rest of the day eat nothing, or only very light food. You should have such upsets very seldom if your diet is a sensible one. Do not eat heartily when you are overtired or nervous, or