



WHAT TO DO IN EMERGENCIES.

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When an accident happens there is too often valuable time lost in frantic rushing hither and thither, or in hasty application of unsuitable remedies that do more harm than good. A little self-possession, and the exercise of a certain amount of common sense, will enable one to be of the greatest use at such times and perhaps even the means of saving life itself.

Every household should have a store of simple remedies, and also antidotes for some of the more common kinds of poisons.

In very severe cases of burns or scalds the nervous system is so prostrated by the shock that there is often less suffering than when the injury is slighter. The pulse will be small and quick, and a stimulant should be administered without waiting for the doctor. The whole theory of dressing is to exclude the air. The more effectually this is done the greater will be the relief afforded. When only a small surface is injured, an artificial skin may be formed with flexible collodion; or if that is not at hand common mucilage or gum arabic dissolved in warm water will answer. As one layer dries another should be painted over it.

Carron oil is an excellent remedy. It is a mixture of lime water and sweet or linseed oil in equal parts. It is said to derive its name from a town in England, the seat of large iron works, where its virtues were first discovered and where there was ample opportunity to test its merits.

The honor of introducing ether to the world as an anesthetic belongs, in part at least, to a Boston dentist, and it was one of the same fraternity who discovered the efficacy of bi-carbonate of soda in the treatment of burns and scalds. It is related that in order to demonstrate its good effects he suffered a stream of boiling water to be poured on his wrist, then applied the soda, and in a miraculously short space of time every trace of soreness had disappeared.

The common kind used for cooking purposes may be employed. A thick layer should be spread over the part and covered with a light wet bandage, keeping it moist and renewing it when necessary.

When the clothing takes fire it is well if the victim have presence of mind to stand perfectly still. Motion fans the flame and causes it to burn more quickly. He may throw himself on the floor and roll over and over, but never move from place to place seeking help. A woollen shawl, piece of carpet, or rug, may be wrapped tightly around the person, not covering the face, and if there is time to wet it so much the better, but there is not an instant to lose, particularly if the clothing is of cotton. The great object is to prevent the flames from getting down the throat and the chest from being burned.

In a severe cut on the finger, when the flow of blood renders dressing it a matter of difficulty, it may be checked by tying a string tightly around the base of the finger. It must then be washed in cold water and the cut can be dressed at leisure with diachylon or court plaster, and the string removed.

Bleeding from the nose may be stopped by lying flat on the back, with the head raised, and the hands held above it. The nose must be covered with a cloth filled with pounded ice, or wrung out of ice water. The head should never be held over a basin, as the position encourages bleeding. The blood may be received in a wet sponge.

In hemorrhage from the lungs the head and shoulders must be raised. Some physicians recommend a tablespoonful of table salt to be given in a tumbler of water. It is always safe to give cracked ice.

Bleeding from the stomach may be checked by the application of a mustard plaster over the stomach; cracked ice should be given and the doctor sent for.

In bleeding from wounds or recent amputation there are three things that may be done:

First, press the finger or the hand over the bleeding point.

Second, press on the main artery supplying the wound, or, if this cannot be found,

apply a bandage as tightly as possible above the wound. An excellent tourniquet may be improvised by knotting a handkerchief loosely around the limb, thrusting a short stick through it and twisting it tight.

The blood from an artery is bright red and comes in spurts with each beat of the heart, while that from the veins is a dark purplish color and flows in a steady stream. When the bleeding is from an artery the pressure should be applied between the wound and the heart, when from a vein the limb must be compressed beyond the wound.

Third, raise the part above the rest of the body, and support it on pillows. It should be bathed in ice water and have ice wrapped in cotton cloths laid on it.

If faintness ensues the sufferer should not be immediately roused, as this is nature's remedy and acts by lessening the force and activity of the circulation.

A physician should be called in as soon as possible.—*Christian Union*.

SOMETHING ABOUT MILK.

Every known substance is capable, in a greater or less degree, of both diffusing and imbibing effluvia or vaporous compounds which are often beyond the reach of any chemical estimation. These become known to us, if at all, through the sense of smell, and only subsequently by their action on surrounding matters. Probably but few persons outside the scientific world would be prepared to hear that it would be next to impossible to devise a compound liquid more susceptible to effluvial influences than fresh milk.

Imbued at its outset with a slight and agreeable effluvia of its own, it possesses every condition of structure favorable to the reception and retention of every volatile matter approaching it. Most persons are aware of the affinity of all oily matters for odoriferous principles of any kind, and to such as are acquainted with the composition of milk, an illustration of daily occurrence cannot seem overdrawn. A can of milk is received into the house in the evening, and according to a tradition, commendable as far as it goes, is at once poured into a clean earthenware jug; there is no cover, perhaps, but the vessel is clean. This is stood, say on a stone shelf in the larder, to keep cool and free from taint. Its companions there are a joint or two of cold meat (in its gravy), a few unfinished tarts and blanc-manges, a large bowl of scrap-bread (with incipient fungoid growth), a couple of dozen of eggs (not all fresh); underneath, the cheese; overhead, a jar of onions in pickle; in the near distance a few head of game in an advanced stage of—well, “keeping,” and last, but not least, a closed window. Now, what is the “action” hereupon? A thousand to one, the temperature of the milk is, when received, different to that of the air in the larder (whether higher or lower). Immediately that it comes to rest, the surface next the air becomes warmed or cooled as the case may be, and by giving place to other portions, sets up a series of gentle currents, by means of which every part of the fluid is successively brought into contact with the air, and its countless crowds of butter-corpuscles, containing fatty matter in a high state of sub-division, are enabled to expose the greatest possible extent of surface. Now it is scarcely the fault of that milk if in ten hours' time it has failed to lay by at least a trace of every shade of effluvia which has had a chance of circulating near it. And yet when the pardonable nastiness of the milk is commented upon at breakfast, there will not be found wanting some one to exclaim, “What can those people feed their cows on?”

Is it necessary to follow the case further? into the nursery or sleeping-room, for example, where the half-breathed air, kept in active movement by the human lungs, and laden with suspended moisture condensing carbonic acid from every direction, heightens even further still the conditions of contamination, while the temperature is such as to place the unfortunate milk upon the very tender-hooks of absorptiveness. Indeed, one must repeat that a plan could scarcely be devised, short of actually pouring in acetic acid, to communicate the taint of sourness with such absolute certainty and rapidity.

In every grievance, therefore, that arises on the score of bad or tainted milk, let us at least learn to distrust the last place it has been in rather than the first; and ask ourselves whether it is not possible that a sub-

stance which has already gone so far out of its way to serve us may not have been finally “put upon” in a manner for which our own end of the transaction is alone responsible. Let it be borne in mind that our own care of the milk we purchase is more important than that which precedes it, for two obvious reasons—first, that we receive it at a late period of its life, when it has already suffered from previous ill-usage, and is therefore more susceptible of injury; and secondly, that we receive it in small quantities, and thereby expose a proportionately larger surface to contamination.—*Nature*.

REST AND SLEEP FOR CHILDREN.

BY DR. J. H. HANAFORD.

Youth is characterized by activity, rapid growth, rapid changes and development of tissues, rather than by strength and power of endurance. Like the sapling, vigorous and thrifty, yet easily broken, the young lack consolidation, real and reliable stamina, from which fact they easily yield to the attacks of disease. No better proof of this can be adduced than the fact that about one-half of the human race, “under favorable circumstances,” or what should be regarded as such, die before reaching the age of five years!

Among the many causes of this prodigal waste of vital force and life of the young, are a want of sufficient rest and sleep, particularly among the younger girls. This follows from the strong tendency of the age to “drive,” though to do so it is needful to “work on nerve,” to stimulate, to goad the nervous system by irritants—as strong tea, coffee, etc.—till twice the proper amount of labor can be performed for a short period, to be followed, as penalty, by “nervous prostration”—by what we call sickness, instead of penalty. A certain amount of work is fixed upon, the clock watched, every power aroused, the whole household kept in excitement, help and children commanded, urged, pushed, scolded, driven, till the deed is done. Such drivers need an abundance of sleep, they and their children, and yet too many of them seem to regard the time spent in rest and recreation, in sleep, “nature's sweet restorer,” as wasted, spent in idleness—almost a sin. There is but little, if any, danger from too much sleep, and that little is by no means of a dangerous character. It is possible that the weary may become still more so by sleeping more than is needful, while too little sleep is one source of many forms of fatal diseases. It is safe for the young to imitate the example of the fowls, securing as much sleep as possible during the hours of darkness. And that such sleep may be refreshing and invigorating it is needful that no heavy supper or unpleasant recollections shall destroy the profoundness of such sleep. The last meal should be the lightest of the day, and taken at least two hours before retiring. “Early to bed,” is all well, but Franklin's idea about early rising may have had in it more of the financial than the philosophical.

Such children will awake as soon as sufficient sleep has been secured, at which time it is safe to arise instead of taking another “nap,” which, by the force of habit, may lead to needless sleep. The well-rested children will ordinarily awake cheerful and happy, if allowed to follow nature. If, on the contrary, they are aroused by the driving mother, and are peevish, cross and hateful for two or three hours, no better evidence is needed that they have not slept enough. Ordinarily nature will regulate this matter if allowed to do so, by an increased drowsiness in the day when the sleep is insufficient. I repeat, let children sleep till they awake good-natured and playful.—*Watchman*.

DANGEROUS LIQUIDS.—Ammonia, especially the stronger kinds, is dangerous, a few drops being enough to injure a person. When used for cleansing purposes it should be handled with great care, that the gas, which is given off freely in a warm room, be not breathed in large quantities, and do injury to the delicate lining of the nose and mouth. Benzine is a liquid, in the handling of which much caution should be exercised. It is very volatile, and its vapor, as well as the liquid itself, inflammable. When employed for removing grease, or other stains, from clothing, gloves, &c., it should never be used at night, nor at any other time near the fire. Ether is another dangerous liquid, and in other than the physician's hands it

ad best not be employed in the household. Alcohol must also be used with great care, especially at night.—*Agriculturist*.

DOMESTIC.

STOCK FOR SOUP.

The best French cooks give six rules to be observed in making every kind of “bouillon,” or stock.

1st. Fresh and wholesome meat.

2nd. Earthen or stoneware vessels instead of metal, as they require less fuel to keep the contents at a proper heat and are more easily kept sweet and clean.

3rd. As much liquid as will double the weight of the meat used.

4th. Sufficient salt to hasten the separation of the scum from the stock.

5th. Enough heat, at first, to keep the liquor at boiling point until all the scum has risen and been taken off.

6th. After all the scum is disposed of, lower the heat, but keep it at an equal state, just simmering all the time.

On a first trial it is well to weigh the water and the meat. Then when once the weight is found see how much liquid it takes to make a pound. Put it down in the kitchen note-book and ever after measure instead of weighing. It will be less trouble.

CHEESE-STRAWS.—Grate two ounces of Parmesan into a bowl. Mix with this a pinch of salt, a little cayenne, and two ounces of flour, and rub two ounces of butter into the mixture. Make the ingredients into a stiff paste with the yolk of one egg. Flour the pastry board and the rolling pin, and roll the pastry out rather thinly, till it is about half a quarter of an inch thick. As the straws are to be about five inches long, it will be well to roll the pastry to this width. Cut the pastry into fingers half a quarter of an inch wide; lift them carefully, one by one, upon a buttered baking sheet, and bake them in a hot oven. When they are a pale brown color they are done enough; they will take about ten minutes. Sometimes small rings about the size of a penny-piece are cut out of the paste, and six or eight straws are put through each of these, in imitation of a bundle of sticks; or the straws are served piled on a dish in transverse rows. They are eaten cold. If put away in a tin, they will keep awhile.

CROUSTADES.—They may be made some day when cook has been making pastry, and has a few trimmings left. The pastry should be good, and should be rolled out very thin, after which small patty-pans or moulds should be lined with it. Grate two ounces of Parmesan into a basin, and mix with it an ounce of warmed (but not oiled) butter, the yolks of two and the white of one egg, a salt-spoonful of salt, and a pinch of cayenne. Cayenne should always be used with preparations of cheese. If the eggs are small three yolks will be required instead of two. Put a small spoonful of the mixture into the lined moulds, and bake the croustades in a moderately heated oven. When they are set and the pastry is lightly colored they are done enough. Their appearance will be improved if a single sprig of fried parsley is put on the top of each, and grated cheese sprinkled over that.

COCOANUT CAKE.—One cup sugar, one-half cup butter, two eggs, one-half cup milk, two cups flour, two teaspoons baking-powder. Bake in thin layers. For paste, the whites of two eggs, one cup powdered sugar, beaten together. Spread a layer of the icing on the cake and strew it thickly with cocoanut, grated and sugared, place another cake on that and proceed as before, putting only the icing on the top of the cake, or, if you prefer, sprinkle with powdered sugar.

LEMON CAKE.—One pound of sugar, one pound butter stirred to a cream, eight eggs beaten separately, juice of one lemon and grated rind of two, the yellow only, one pound flour, sifted gradually. This makes two cakes and is very good.

LEMON TARTS.—Mix together the juice and grated rind of two large lemons, half pound powdered loaf sugar, two eggs well-beaten, two-thirds cup crumbs of sponge cake; line your pans with paste, fill and bake.