

to avoid inflammation so far as is possible. A surgeon should at once examine the parts to make sure that the injury is only a sprain; for, if there be also a fracture, splints must be applied to ensure union of the broken bone. Should the injury be only a sprain, the joint must be kept constantly covered with some cold application, such as layers of lint steeped in an evaporating lotion of spirits and water or vinegar, or with a cold vinegar and bran or linseed poultice. In either case the cold and moisture must be continuous for several days, and it must not be left off so long as there is acute pain and swelling. When these symptoms have passed off the ankle will require to be compressed with calico bandages, or by strapping with layers of adhesive plaster spread on leather or on moleskin—a specially strong fabric of cotton. The swelling will lessen under continuous pressure, and so the bandages or strapping will need occasional change. When the swelling has all subsided the ankle will be weak for a time from the necessary confinement it has undergone, and then there must follow a period of shampooing with baths of cold salted water, used every morning. —Health.

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