

FIRST AID IN ILLNESS AND INJURY

The Following Lecture was Given to the Newcastle Women's Institute by Mrs. Mabel D. Richards of The Miramichi Hospital

When asked to talk with you on some subject pertaining to nursing, I was somewhat at sea; but decided that emergency cases would probably be as useful a subject as I could talk on.

The great and most important point in an emergency case is to keep cool. Do not get excited, for if you do you are of absolutely no use to the one to whom the accident or injury may have occurred. Emergency cases would come under the following heads which we shall take up consecutively: Burns and Scalds, Fainting, Epileptic fits, Hysterics and Hysteria, Convulsions in children, Nose bleed, Dislocation, Fracture, Drowning, Removal of foreign body, Dogs or animal bites, Freezing, Chills, Chills.

Scalding or Burns

We have three classes of burns, 1st, mere reddening, 2nd, blisters and charring. We also have burns caused by fire, by chemicals, or water scalds. We always have reddening of skin in first class, blisters second, and destruction of skin and more or less underlying tissue in third. With some burns we get great prostration such as symptoms of shock. First remove clothing by cutting it away with knife or scissors or whatever is at hand. If it sticks in burn cut it, do not pull it off but cut around it, and flood the part with oil. If only reddening occurs, apply cloths to exclude the air wet in soda solution (common baking soda) (teaspoonful to pint of boiling water). Keep this up for three days, then apply Boracic Acid ointment. If large area is burned call Dr. at once. If blisters, boil a needle so as to have it sterile and prick at the loose edge being careful not to expose the surface under the blister. If you are to use oil take any you have at hand such as olive oil salad oil, sweet oil, fresh lard or unsalted butter, vaseline or carbollized vaseline but be very sure they are absolutely clean. Carbol oil is used in hospitals; generally, this is made by adding equal parts lime water and kerosene oil. Always exclude the air, this will lessen the pain. Burns with carbolic acid are best treated by Alcohol externally or whiskey or brandy would do internally if no alcohol at hand. Burns caused by caustic soda or ammonia should be drenched with water then vinegar and treated as any other burn. If shock, give whiskey.

Fainting

Fainting is the variety of insensibility most frequently seen and occurs in a number of conditions in all of which however weakness of the heart's action is present. Many conditions may cause this, such as hunger, indigestion, pain, fright, heat and fatigue, bleeding excessively, a close atmosphere such as an overcrowded church hall or any gathering when a person is especially apt to become weak. Mental emotion may cause it such as bad news. Even good news may throw delicate persons in a faint. The loss of consciousness is due to a small amount of blood going to brain or even temporary stopping of heart action. The treatment must be to restore the blood to brain. If person was where you could, put them on their back and elevate feet, sending blood to brain. If in a chair just tip the chair by so doing lowering the head and feet will be kept higher than same. Or if in an assembly and seats are close together you can have patient lean forward with head between knees for a minute. If patient does not return to consciousness in a few minutes send for a physician at once. Meanwhile if where you can, inject whiskey or brandy (2 tablespoonfuls in cup of water) into bowels. Artificial respiration may need to be resorted to.

Epileptic Fits

Epilepsy is a disease of the brain which manifests itself in fits or convulsions, recurring at more or less frequent intervals sometimes as many as two or three a day. Patient usually experiences symptoms such as headache, dizziness, terror or peculiar creeping sensation. He usually utters a peculiar cry just before falling and becomes unconscious immediately, falls foaming at the mouth grinding teeth and biting tongue or lips. Face becomes livid, the eyeballs roll, the pupils are unaffected by light. The fit may last four or five minutes and is usually followed by drowsiness or deep sleep sometimes by headache and debility. Nothing can be done to stop the fit. Place patient so he cannot injure himself, loosen clothing about neck making breathing and circulation as free as possible. Tie a handkerchief between teeth about back of head to prevent

the teeth closing upon the tongue. Give patient plenty of fresh air. Keep as quiet as possible after fit has ceased. Hysterics is similar but not serious. Partial unconsciousness is assumed not real as you may determine by the attempt to open their eyes. Patients rarely injure themselves in hysterics nor do they bite their tongues as in epilepsy. There is no one-sided paralysis flapping of cheeks or apoplexy. No treatment is necessary. They will soon recover if left alone. Hysterics must not be taken for Hysteria which is an actual nervous disease demanding medical skill of the best obtainable for treatment.

Children's Fits

Fits in children are due to irritation of nervous system caused by constipation, indigestion, worms cutting teeth, fright, etc. Convulsions are not as serious in children as adults. Symptoms usually for a fit; child is fretful, restless and grinds teeth in sleep. During the fit the child is absolutely unconscious. The muscles of face twitch, the body stiffens, at first then passes into a series of jerking motions, head draws backward, limbs draw up and straighten. Put child in bath as fast as can be done with a teaspoonful of mustard in it and leave it for several minutes and repeat if it occurs. Give an injection of small amount of oil or a larger soap and water injection. Summon the Dr. at once.

Nose Bleed

Nasal hemorrhage proceeds from the vessels of the mucous membranes of the nose. And while this usually is of no great danger and it will stop spontaneously, it may be so severe and prolonged as to be very alarming. Usually however it need not be the source of the least anxiety for sufficient clot will form to hold it in check. If not, cold water or a solution of salt or alum or some vinegar can be snuffed into the nose. The arms should be lifted above the head. If these methods fail, plug the nose with strips of gauze or old linen 1/2 inch wide. Use a pencil or pen holder and pack it firmly as far up as it will go. In removing plug if dried moisten with warm water. Better not remove it for twenty four hours.

Sprains and Dislocations

A sprain is a violent twist or strain of the soft part about a joint. Usually we get great pain at joint. Swelling, discolorations similar to a bruise. Put the joint in position of complete rest. Apply hot water as hot as can be borne freely about the joint, and increase temperature as much as it can be endured. Continue this for half an hour then substitute ordinary hot fomentations for another half hour. Then put joint up in wet bandages. Keep it elevated and consult surgeon. Ice cap or ice packs are helpful.

Dislocation

A dislocation is a displacement of end of a bone from its proper contact with another. With sprain we get a strain twist or wrench but with dislocation the ligaments tear and allow the bone to slip out of place. Usually the shape of the joint will tell the trouble. One limb will be shorter or longer than the opposite one. Great pain in joint. Patient cannot move the limb. Send for surgeon at once. Place patient in as comfortable a position as possible, support the injured side with pillows and pads and surround the joint with hot moist fomentations. Do not handle joint. Ice packs or ice cap can be applied.

Fractures

A fracture is a break in one bone. We have many kinds which should always be treated by surgeon at once. If surgeon cannot be gotten at once place patient in as comfortable a position as possible. Support the injured part with pillows or pads made from cotton.

Drowning

Loosen clothing about neck, turn patient on face, raise body at waist line slightly. Clear out mouth. Then turn patient on back and try artificial respiration.

Removal of Foreign Bodies

To remove cinders, grains of sand, bits of metal or grain of gunpowder, the tears usually flow freely. You can sometimes see the body embedded in the cornea or conjunctiva. Close the eye for a minute and allow the tears to so-

cumulate and the body may be washed out with the tears. Then you open the eye again. If the body lies under the lower lid make patient look up and at same time press down upon the lid when the inner surface of eye-ball is exposed and the foreign body can be brushed off into soft cloth. If body lies under upper lid grasp lash of upper lid and pull it down over the lowered at same time with other hand to push up under upper Repeat this and foreign body will be brushed out on the lower lid. The eye may still have sensation as if it were still there. If this continues better call Dr's attention to it.

Foreign body in the ear

Usually insects in adults but children may insert such articles as buttons etc. If the body is a living insect hold a bright light to the ear. The insect will go to the light. If this fails syringe the ear with warm salt and water or pour warm oil with a teaspoon and the intruder will generally be drawn out. If the body be a bean or a pea or any substance that would swell do not syringe the ear for fear it will cause it to swell and soften and render it much more difficult to extract. If the body is not liable to swell syringing with tepid water will often wash it out. If simple remedies fail consult Dr. at once.

Foreign body in nose

Children may introduce small articles into nose. Close the clear side by pressure with finger and have patient blow not hard. Do not syringe if body is liable to swell. A hair pin may be passed beside it to hook it out of the nose if foreign body is in sight.

Foreign body in throat

If body be mass of food, bones from fish, false teeth etc. in children coins, buttons etc. usually we get difficult in breathing, a distressing cough, retching, the face purple, eyes starting from sockets. It is often difficult to tell where the foreign body lies. If patient can swallow it is safe to presume body lies in larynx or windpipe. If in gullet there is little or no coughing. Although swallowing is impossible. If in the pharynx there is both coughing and inability to swallow. Slapping the patient on back will often dislodge if body is larynx or windpipe. When this does not succeed open mouth and pass two fingers down the throat and grasp object if possible. Summon a Dr. telling him what trouble is when he is called.

Dog Bite

Dogbite or the wounds inflicted by the teeth of other animals are usually simple, wounds, unless the animal be mad. In this case the saliva of the animal contains a poison which is carried into the wound by the teeth to pass into the circulation and produce a similar disease in man. Absolute safety to person who has been bitten can only be secured by immediately cutting or burning the wound out of the body. Always call surgeon immediately.

Freezing

Treatment: rub part with snow or cold water until blue color is replaced by natural color and anaching pain is felt in parts. Then treat like burn.

Chilblains

Chilblains are the result of too rapid warming of cold feet. The blood having been to a considerable extent crowded out of feet by the cold, when they are rapidly warmed it finds its way back in so large a quantity that it cannot all be disposed of and the excess can be seen collected in small patches scattered over the sole of the foot. This form of congestion sometimes becomes chronic in persons of poor circulation. An individual subject of chilblains should never come in out of the cold and toast his feet at a warm fire. He should warm them by stamping them or briskly rubbing them. As stringent applications such as alcohol or alum and water will control them.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh, Catarrh being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Catarrh Cure is taken internally and acts thru the Blood on the Mucous Surface of the System thereby destroying the foundation of the disease giving the patient strength by building up the constitution and assisting nature in doing his work. The proprietors have so much faith in the curative powers of Hall's Catarrh Cure that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. Cheney & Co. Toledo, Ohio. Sold by all Druggists, etc.

Florence Wickless Oilstoves

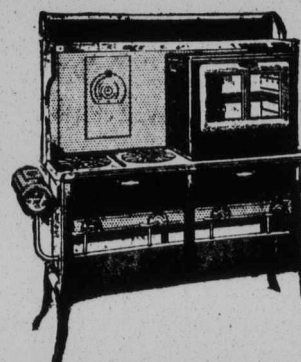
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EVANGELINE'S LAND TO HAVE A SHRINE



A giant of the orchard in full bloom. The fisherman doing his bit. Memorial Park, Grand Pre, N.S. The railway company has purchased this meadow and will make it into an old-fashioned garden surrounded with a rustic fence and has deeded a portion of the ground to the Societe L'Assomption, composed of French Acadians, of whom the Rev. C. V. Landry of Buteche, N.B., is President. The only consideration for this transfer is the promise of the Societe to erect a chapel. This they are eager to do and plans are now under consideration. With the dedication of the new shrine, large numbers of French Acadians from Quebec, Montreal and Upper Canadian points, will make pilgrimages to Grand Pre similar to those made yearly to Ste. Anne de Beaupre. Their numbers will be swelled by many others who cherish a fondness for the gentle Evangeline and who will be eager to visit the scene of her story and to walk under the ancient willows that still guard this storied spot.

COAL GAS FOR AUTOMOBILES

Fuel Costs Only Twelve Cents for Charge Equal in Power to One Gallon of Gasoline.

Arthur H. Jackson, an English mechanical engineer, who arrived in New York from London on his way to Hong Kong, said that the high price of gasoline in England, where it sells at \$1.10 a gallon, has caused motor power experts to experiment with compressed coal gas for motor trucks and automobiles. The point in its favor is that the gas fuel costs only 12 cents for a charge equal in power to a gallon of gasoline.

"The ministry of munitions," Mr. Jackson said, "favors the coal gas fuel, as its manufacture increases the output of by-products needed for explosives. The Glasgow Corporation has been advised by a special commission that coal gas is practicable for commercial motor vehicles. Any engine can be fitted for its use in a few hours without interfering with the use of gasoline, should any change be desired. In closed cars and motor trucks the gas is carried in containers on the roof, and in open cars it may be carried on canopies running the length of the body. Containers now in use hold only 250 feet of gas, which is about equal to a gallon of gasoline, and that is one of the objections to its use."



Mail Contract

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 19th July, 1918, for the conveyance of His Majesty's Mails, on a proposed Contract for four years, three and one times per week on the Boiestown Rural Route No. 2, commencing from the pleasure of the Postmaster General. Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Boiestown and Bloomfield Ridge and at the office of the Post Office Inspector.

H. W. WOODS, Post Office Inspector, St. John, N. B. June 4th, 1918.

Dominion Express Money Orders are on sale at five thousand offices throughout Canada—(1)



Tenders For Coal

SEALED TENDERS, addressed to the undersigned, and endorsed "Tenders for Coal for the Dominion Buildings," will be received at this office until 12 o'clock noon, on Thursday, June 27, 1918, for the supply of coal for the Public Buildings throughout the Dominion. Combined specification and form of tender can be obtained at this office and from the caretakers of the different Dominion Buildings. Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures.

Each tender must be accompanied by an accepted cheque on a chartered bank, payable to the order of the Minister of Public Works, equal to 10 p. c. of the amount of the tender.

By order, R. C. DESROCHERS, Secretary.

Department of Public Works, Ottawa, June 6, 1918. 24-25