

If the injury is very severe, if mud-stained clothes have to be removed, or if extensive dressings have to be applied, it may be necessary to have another bed, a couch, or a table placed near the bed to lay the sufferer on in the first instance. This should be so arranged that soiling may do no harm; old sheets, waterproof material, cloths, or even newspapers, may be used as a protection.

LIFTING AND CARRYING.

If present at the place where the accident occurred, it will be necessary to see that the patient is carefully lifted after proper "First Aid" has been rendered.

The following rules should be remembered:—Select the proper number of persons to assist, and do not let them lift the patient until they thoroughly understand how they are to do it.

For ordinary cases, where the injured person has to be lifted a very short distance, three helpers are sufficient. Two (who should be as far as possible of equal height) are to bear the weight, the third is to support and take charge of the injured part. This is best done by a person who has been through a "First Aid" course.

CHAPTER XIX.

THE ESMARCH TRIANGULAR BANDAGE.

This bandage, known as the "Esmarch" Bandage, is a triangular piece of linen or calico, made by taking a piece of either of these materials, 37 inches square, and cutting it diagonally into halves. Of the three borders of the bandage the longer is called the *lower*, and the others the *side* borders. Of the three corners the upper one opposite the lower border may be named the *point*, the two others the *ends*. (See p. 52 of this Hand-Book.)

When not in use it should be folded perpendicularly down the centre, placing the two ends together. Then the ends and the point should be brought to the centre of the lower border or base of the perpendicular line, thus forming a square. This should be folded in half, and again twice, until it assumed the form of a small packet $6\frac{1}{2}$ by $3\frac{1}{4}$ inches.

For use it is folded *broad* or *narrow*. Having spread out the bandage, commence by carrying the point down to the lower border; when it is required broad, fold it lengthways into two, and when narrow into three.

The bandage is fastened either by pinning the ends together, or by tying them into a reef knot.