

## Domestic and Miscellaneous.

### SPEAK GENTLY.

BY D. BATES.

Speak gently!—It is better far  
To rule by love, than fear—  
Speak gently—let not harsh words mar  
The good we might do here!

Speak gently! Love doth whisper low  
The vows that true hearts bind:  
And gently friendship's accents flow;  
Affection's voice is kind.

Speak gently to the little child!  
Its love be sure to gain;  
Teach it in accents soft and mild;—  
It may no longer remain.

Speak gently to the young, for they  
Will have enough to bear—  
Pass through life as best they may,  
'Tis full of anxious care!

Speak gently to the aged one,  
Grieve not the care-worn heart.  
The sands of life are nearly run,  
Let such in peace depart!

Speak gently, kindly, to the poor;  
Let no harsh tone be heard;  
They have enough they must endure,  
Without an unkind word!

Speak gently to the erring—know,  
They may have toiled in vain—  
Perchance unkindness made them so;  
Oh win them back again!

Speak gently! He who gave his life  
'To bend man's stubborn will,  
When elements were fierce with strife  
Said to them, "Peace, be still."

Speak gently!—'tis a little thing  
Dropped in the heart's deep well;  
The good, the joy which it may bring,  
Eternity shall tell.

**ACCIDENTS IN THE FAMILY.—Fractures.**—The most inexperienced eye can often detect that a bone is broken, for sometimes the skin is wounded, the muscles are torn, and the bone is plainly seen, with perhaps one end protruding through the wound; but independent of this, when the skin is not broken, the limb is evidently seen to be deformed, bent, one portion forming an angle with another, and it is obvious this cannot occur without fracture of the bone. But whether a fracture is plainly discerned or only suspected, the treatment to be employed till the arrival of a medical man is very simple. The limb, if it be a limb, is to be laid in the position easiest to the patient: the easiest position must evidently be that in which the limb is, as nearly as possible, in its natural condition, when the broken bone has no weight to support, and the ends of the bones are prevented from rubbing on each other and the surrounding parts. Therefore, if the leg be broken below the knee, the plan is to put the leg and thigh quite straight, while the patient lies on the back; but if left to itself in this position, the foot must evidently fall to one side or the other, and turn one broken end of the bone upon the other, so it is necessary to

keep the foot straight up, either by holding it there, or by means of pillows placed along each side of the limb; and it may be convenient to know that, when the assistance of a surgeon cannot at once be procured, very excellent pillows may be formed extempore, by making some large linen bags, and half filling them with sand, previously dried and sifted; one large bag should be laid under the leg from the knee to beyond the heel, and depressions made in it for the calf and the heel; two or three other bags, longer and less broad, should then be laid on either side of the straightened leg; and by this means the limb is kept quiet, and in a convenient position, till such time as the surgeon can arrive and "set" the limb by applying splints, which are merely mechanical contrivances, of a less rude kind than the sand pillows described, but serving the same purpose, viz., to keep the ends of the bones together without permitting movement.

Again, when the collar bone is broken, and which may be suspected when the patient cannot raise the hand to the head, it is obviously very important to take off the weight of the arm by means of a sling, and this often gives much relief. A sling should also be used if a fracture of the upper arm is suspected. If a fracture of the lower arm is suspected, the best way is to lie down in bed, and to place the fore arm on the large sand-bag already mentioned, with the arm bent, and the thumb kept up, or, indeed, in any easy position. With regard to all fractures, it is difficult to go wrong, if it be remembered that the principle is to put the limb in the position it would be in were it not broken, and to prevent one end of the broken bone from rubbing upon the other. If the surgeon cannot at once attend, it is often very useful to apply cold water or cold lotions continually to the part, by means of linen rags, to keep down the inflammation, in addition to employing the means just mentioned.

**Dislocations.**—When a limb is out of its socket, it is advisable to replace it as soon as possible, and therefore medical aid should be immediately sought for; beyond this simple remark we shall say nothing, because without much description it would be impossible to tell when a dislocation had occurred; and even then such imperfect knowledge would be dangerous, as a dislocation might be mistaken for, or complicated with, a fracture, and the remedies necessary for the former would do incalculable mischief to the latter.

**Contusions, or Severe Bruises.**—In all contusions the dark appearance, and the successive changes of colour which occur in this, are owing to blood poured out from ruptured vessels. In the treatment of contusions, the first thing is to keep down inflammation by means of leeches, cold evaporating lotions (such as one part of spirit of wine and six parts of spirit of Mindererus), and to mitigate pain by laudanum fomentations in the intervals of the applications of the lotions. When the colour begins to change, the absorption of the blood may be accelerated by rubbing the part briskly with camphor liniment, or any common stimulating application.

**Sprains.**—In the treatment of sprains the most agreeable remedy is rest, with constant application of warm flannels dipped in warm laudanum, or warm poppy fomentations; afterward the part may be bandaged with a broad linen roller.

**Wounds.**—When a severe incised wound (i. e., a cut with a sharp instrument) has been inflicted, and medical attendance cannot immediately be obtained, the attention must first be directed to the bleeding; supposing the wound to be on the arm or leg, if there be a mere oozing, a simple trickling of the blood down the limb, then it will probably soon stop of itself; linen dipped in very cold water may be applied, and it is of great importance to elevate the limb, so that gravity may not assist the flow of blood: thus if the wound be on the leg, the person should lie on the bed, and the