

## FIRST AID—Continued

**BLEEDING, or Hemorrhage.** To stop the flow of blood in a severe cut, roll up a piece of clean cloth (or better gauze, cheese-cloth or mosquito netting will do) into a hard lump and press into the cut. If no clean cloth such as cheese-cloth or gauze can be obtained, a clean piece of tissue paper will do. Over this put a larger fold of cotton and still other pieces until a thick compress is placed hard down upon the cut, and over this bind a bandage as tightly as possible—the pressure is important. After the bleeding has stopped dress the cut with tincture of iodine.

**NOSE-BLEED.** Don't bend over a

bowl of water and apply water to the nose. Sit erect with the head back with cold compresses on the nose and on the back of the neck. A roll of paper placed under the upper lip sometimes stops bleeding. A weak solution of salt or vinegar with water snuffed up the nose will frequently stop the flow of blood. Roll up plugs of cotton, of cloth or paper, place in nose; lie on back. Sometimes it is stopped by merely sitting or standing erect with the head well back and holding the arms above the head. If the bleeding persists after several or all of these treatments have been tried, send for a doctor.