



A Fall May Mean a Broken Arm

You Can Be a Hero . . .

By Claire Chadwick

The first-aid information in this story was given Miss Chadwick by Miss Fern A. Goulding of the Hygiene Department. It suggests a few things that the homemaker may do for minor injuries or before the doctor arrives.

YOU can be a hero if you know what to do in case of an emergency. And the whole idea is really just as much "don't" as it is "do."

For instance, contrary to the general belief, heat is no general cure-all for headaches, tummy aches, back aches and whatever aches may be the thing of the moment. If your stomach is tied up in knots and you long for a hot water bottle, refrain until a doctor has assured you that it's not appendicitis you're dealing with—an ache which calls for an ice bag and not heat.

Black eyes do happen now and then in the best of families. And again, cold water will help to keep the face from being swollen beyond recognition on the day after. Apply the water cold, and keep the cloth or towel constantly as frigid as possible.

It's not uncommon in these 60-mile-an-hour days to see cars piled up in the ditches, wholly void of occupants. But the time may come when you'll be within a few feet of the pile-up, and here's your chance for the hero act.

Shock is one of the primary results of accidents. Shock calls for rest. It's better to let anyone in such a condition simply lie where he is than to carry

him to another car. A few minutes' rest to allow his disturbed heart to catch up and start pounding normally means a lot more than saving 5 minutes on the trip to town. It's not a bad idea here to use any heat available—wrap the person in any coats you may find. If there's a hot dog stand within shouting distance—and that's quite the usual thing—dash over for a cup of hot, black coffee to help the heart action.

It isn't necessary to be out on the highway to prove your worth as a hero. The girl sitting next to you in class may be so weary of the lecture that she decides to stage a strange interlude and faints. Treat her rough. Shove her head down and keep it there. When she first "comes to" she may resent the action, but she'll thank you later. The fainting is caused by a temporary lack of blood in the head, and if the head is lowered, it gives the blood a chance to get back where it belongs.

THERE'S a fine treatment for burns that aren't of too serious a nature, and it's easy to apply. Tannic acid, a 5 percent water solution or the 5 percent ointment, has a way of keeping the poisons from burned tissue from circulating through the body and counteracting any after-effects which may prove serious.

Wounds come in assorted sizes, shapes and kinds. There's the simple wound, bleeding nicely and taking care of itself. It only calls for a clean dressing—no washing, please. Nature is

doing the washing process and a dash of water from the faucet may only introduce germs that otherwise would not have been present. If the wound does not bleed freely, wash it in boiled water. Just remember that there is time to boil the water; don't hurry.

Punctured wounds, caused by nails or slivers, must be made to bleed. A hearty pinch will generally produce the desired results. Be sure that a doctor treats the punctured wound, for blood poisoning and lockjaw are the diseases that thrive in such cases. Treat all wounds, irrespective of kind, with a good antiseptic.

Too much bleeding is worse than not enough and must be controlled at once. A tourniquet, although very technical sounding, is merely a scarf, handkerchief or anything that can be tied in knots, wrapped around the arm or leg between the wound and the heart, with a knotted handkerchief or stone placed directly above the artery for more direct pressure upon the artery and the bone. Caution here: Never leave a tourniquet in position for more than 5 or 10 minutes without reducing the pressure for an interval. It may be applied again after the rest period, but too long pressure at once may do serious damage.

Even emergency treatment for broken bones is not hard if you are "in the know." Apply a splint, a "bone substitute," to keep the broken ends from rubbing and injuring the tissue. Any straight stick that will hold the break in an even line will do. Put the broken part at rest and, above all, avoid unnecessary motion.

BABIES have convulsions. Convulsions call for a doctor. But, until he gets there, a warm bath will help to relax the contracted muscles, and while the baby is in the warm bath, apply cold cloths to its head.

There are general first aid rules that never fail. Remember, only two instances call for immediate action—putting out fire and controlling excessive bleeding. Everything else allows time to think. Use your head. Be sure you're right and then act. But keep thinking and do not be afraid to delay until you have done a good job of this mental process. The result is sure to be gratifying. Then don't be too cocky about your ability. Eyes and ears call for delicate treatment. In this day and age doctors are usually within calling distance. Leave such jobs to them.

The expensive grades of canned fruit cost more than others because of "looks" and added sugar. The standard grades are just as useful for salads, fruit cups and general family use.

When rolling in egg for deep frying, dilute the egg with 1 or 2 tablespoons of water or milk.