

Practical Points.

First Aid to the Injured and Sick.

Of special interest just now, when first aid lectures are being widely organised through the country, is the publication of a new edition of the very practical and useful handbook, "First Aid to the Injured and Sick," by Dr. F. J. Warwick and Dr. A. C. Tunstall, published by Messrs. John Wright and Sons, Ltd., Bristol; price 1s. in paper boards, a charming cover bearing the Red Cross, or 2s. 6d. in cloth. The book is divided into two parts, the first of which is mainly concerned with anatomy and physiology, and the second with the practical rendering of first aid. In this section, the application of bandages and tourniquets, and, consequently, the securing of knots, occupies a considerable space; and by the kindness of the publishers we are able to reproduce some of the excellent illustrations of the different methods employed.

THE GRANNY KNOT.

The knot most commonly used in daily life is that known as the "granny" knot, but it should never be employed in ambulance or nursing work. It is liable to slip, and is not easily untied,

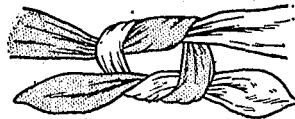


FIG. 1.

and the ends lie at right angles to the bandage, instead of in a line with it.

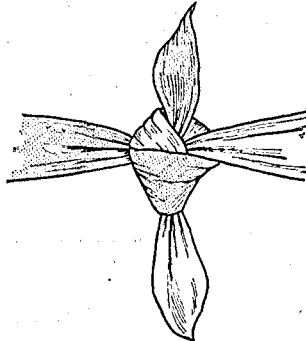


FIG. 2.

Figure 1 shows the "granny" in process of being tied, and Figure 2 the "granny" when tied. It will be noticed in the accompanying illustration that it is clumsy and lumpy, and is unsuitable for use in connection with surgical work. It is here illustrated as showing what to avoid, as it is the knot which most lay persons will naturally tie.

THE REEF KNOT.

The "reef," or "sailor's," knot is the one which should be used for securing bandages. To tie it, the directions given in the book under consideration on this page are as follows:—"Hold the ends of the bandage in the two hands; wind the end held in the right hand over that held in the left; then wind

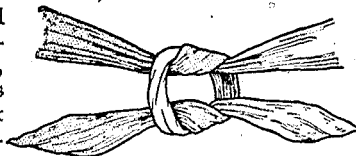


FIG. 1.

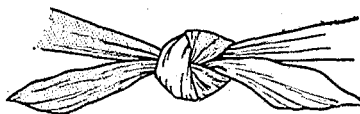
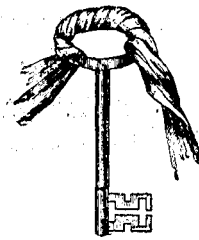


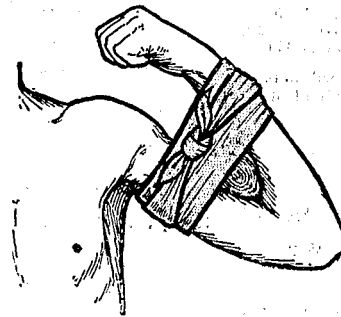
FIG. 2.

the end now held in the left over that held in the right, and bring it through the loop (Fig. 1). "The reef knot, if properly tied, should have its free ends lying in the same angle as the bandage (Fig. 2)." The advantages of the reef knot over the "granny" are that it is firmer, it is less liable to slip, and it is easily untied.

Our other two illustrations are of methods employed in the compression of arteries. The handle of door key, padded, is used in the compression of the sub-clavian artery, which passes across the upper surface of the first rib. "It can be best compressed at a point behind the middle of the clavicle, pressure being applied downwards and backwards, after first depressing the shoulder and drawing it forwards—either with both thumbs or with the handle of a door key, padded."



The accompanying illustration of a method of compression of the brachial artery, shows how this may be accomplished by forcible flexion. In this case digital compression of the artery is superseded by forcible flexion of the limb—i.e., by bending the main artery acutely over a pad placed in the joint above the wound. The joints where this method can be most effectively used are: the armpit, the bend of the elbow, and the bend of the knee.



The illustrations here reproduced indicate the very practical scope of the book, and no less than 257 such illustrations are to be found scattered throughout its pages. It will thus be seen that it is useful to members of the Territorial Force Nursing Service, and to members of classes now being formed in connection with Red Cross work, the necessities of military service being specially emphasised, and also to probationers who wish to perfect themselves in the application of bandages and the compression of arteries on the most approved methods. In addition, it contains a mass of most useful information on other points, and is a book to be cordially and confidently recommended.

THE CHILD STUDY SOCIETY.

Most interesting lectures and discussions arranged by the Child Study Society, London, are taking place from February to April at the Royal Sanitary Institute, 90, Buckingham Palace Road, S.W. The objects of the society are the scientific study of the mental and physical condition of children, and also of educational methods, with a view to gaining greater insight into child nature and securing more sympathetic and scientific methods of training the young.

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