

raised from the ground. One of the best applications in such cases is cloths dipped in cold water, to which a little whiskey has been added, placed round the affected part, and covered with a bandage, the cloths being renewed frequently. The limb should not be used for some days. If swollen and painful, fomentation with hot decoction of poppy heads will be found useful, and if necessary a Medical man should be called in.

CHAPTER IV.

BANDAGING.

Bandaging is an operation in which some practical illustration is necessary. A bandage is applied to give support to a certain limb, or other part of the body, or for fixing splints, dressings, and allaying muscular action. The two most commonly in use are the *triangular*, which is usually made of unbleached calico cut triangular in shape—or a large size pocket-handkerchief folded corner ways will answer the purpose—and the *roller*, which may be composed of linen, calico, flannel, stocking net, or rubber, etc., in width from one to three inches, and from six to twelve yards long. The triangular bandage is used for the neck, the eye, the ear, the forehead, or cheek, to fasten on pads or splints, or may be used to form a sling.

When applying the roller bandage always remember to commence below and work upwards, roll from within outwards, taking care to make every turn smooth, and avoid all wrinkles.

There are three methods of applying the roller bandage. First, that known as the *spiral*, should be used when the limb is of one thickness, or increases gradually in girth. Commence by making one or two turns to secure the end, then work upwards, each turn overlapping the other by about two-thirds the width of the bandage. Second, the *reverse spiral* should be employed if the limb rapidly increases in girth. The bandage must be turned back upon itself, each time it is carried round the limb, and so on upwards, in order to prevent the folds slipping.

Third, the *figure 8* is used to carry the bandage round a joint. Begin by placing the bandage over the upper part of the joint, then draw it under, and across the lower part, then across the upper part again, so as to form a figure 8, the one loop coming above, and the other below the joint, the cross being over the centre of the joint.

Before replacing a bandage it should always be first firmly rolled afresh.

(To be continued.)

Malt Extract Lozenges, containing the largest possible percentage of Loefflund's Pure Hordeum Malt Extract; excellent for children's throat affections, coughs, &c. Sold by Chemists, or Loefflund, 14, St. Mary Axe, E.C.

Common Poisons and their Detection.

BY H. BELCHER THORNTON, F.C.S.
Author of "How to Analyse," &c.

CHAPTER II.—ACONITE.

(ACONITINE.)

THIS plant possesses a number of popular names amongst which are Monkshood, Wolfsbane, and Blue Rocket, whilst to the scientists it rejoices in the name of *Aconitum Napellus*.

Its poisonous properties occurring in root, seeds, and leaves, are due to the presence of a most dangerous alkaloid—Aconitine. So powerful is this alkaloid that experimental work has to be carried on with the greatest care and caution. Its energies vary according to the country in which the plant is grown, and are most virulent in the root after the leaves have fallen.

Cases of Aconite poisoning are generally the result of accident, amongst which the following have been noted:—

- (1.) Eating root in mistake for that of Horse-radish.
- (2.) Using sauce made from Aconite instead of Horse-radish.
- (3.) Drinking the tincture in mistake for sherry, brandy, etc.

As will be seen, Horse-radish figures chiefly in the accident list, nor is the fact to be wondered at when ignorant and careless people allow the two plants to grow side by side in their gardens.

There is, it is well to know, a ready means of distinguishing the two, viz.:—

Aconite Root—

- (a.) Is short, conical, and tapers to a point.
- (b.) Has an earthy smell when scraped.

Horse-radish Root—

- (a.) Is long, cylindrical, and of the same thickness for several inches.
- (b.) Has a pungent odour when scraped.

Poisoning by Aconite is distinguished by the following features:—

- Tingling in mouth and throat, which are parched.
- Headache and giddiness, with numbness.
- Legs lose power.
- Frothing at the mouth.
- Pains in the abdomen.
- Vomiting.
- Purging.
- Eyes staring and brilliant—pupils widely dilated.
- Skin cold and livid.

Sterilized Milk is now most strongly recommended for feeding infants. All Loefflund's Milk products are sterilized on the most approved principle, and their unsweetened Sterilized Alpine Cream Milk is by far the richest and most perfect condensed milk produced. Sold by Grocers and Chemists or apply to Loefflund, 14, St. Mary Axe, E.C.

[previous page](#)

[next page](#)