

solution of carbolic acid, just before going to bed. This plan usually acts most successfully in keeping these irritating intruders away. In cases of severe bites from fleas, etc., equal parts of vinegar and water sponged on the spot will allay the irritation. Stings from wasps and bees should be touched with strong solution of ammonia, which soon relieves the pain. If swollen, the part may be bathed with Goulard water.

Bites of Animals.—For first aid in case of a bite from a dog or other animal, immediately suck the wound well, if possible, and tie a piece of string or a band, above and below the wound to prevent circulation. Wash the wound well under a tap or stream of water, then apply caustic freely to the part where the skin is broken, and afterwards strap with plaster if necessary.

CHAPTER VI.

Drowning.—In case of drowning prompt action is extremely necessary. The first thing to do is to prevent unnecessary crowding round the body. The patient should not be placed on his back unless the tongue is secured. Do not hold the body up by the feet on any account, but having placed it on the face, with one of the arms bent underneath the forehead, so any water may escape from the mouth, at once proceed to take off all the clothes, wipe the skin dry, cleansing the mouth and nostrils with a handkerchief. Place in a bed, applying hot water-bottles or hot cloths to the armpits, between the calves of the legs, and the feet. Ammonia or smelling salts should be applied to the nose, the chest and face rubbed with hot cloths, dash hot and cold water alternately on them, and beat the chest with a wet towel. If, however, there is no sign of breathing, artificial respiration should, *at once*, be resorted to by the following method, taken from Doctor Silvester's instructions issued to the National Lifeboat Institution.

Place the patient on his back, on a flat surface, inclined a little upwards from the feet. Raise and support the head and shoulders on a small firm cushion, or folded article of dress, placed under the shoulder blades. Draw forward the tongue and keep it projecting beyond the lips, a piece of string or tape may be tied round them, or by raising the lower jaw the teeth may be made to retain the tongue in that position. Remove all tight clothing from about the neck and chest.

Now standing at the patient's head, grasp the arms just above the elbows, and draw them gently and steadily upwards above the head, and keep

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them upwards for two seconds—by this means, air is drawn into the lungs—then turn down the patient's arms, and press them gently and firmly for two seconds against the sides of the chest, the air being thus expressed from the lungs. Repeat this process alternately and deliberately about 15 times a minute, until a spontaneous effort to respire is noticed, then cease the movements, and proceed to induce circulation and warmth as before described.

It is necessary sometimes to persevere for some hours with the artificial respiration in bad cases. When consciousness returns, give a little hot beet tea or soup, with wine; rest and quiet will do the rest.

CHAPTER VII.

HINTS FOR PEDESTRIAN AND CYCLING TOURS.

There are few more pleasurable and healthy ways of spending a holiday for those who are robust and strong, than a walking tour through some fine and picturesque country. With knapsack on back, and a stout stick in hand, one feels independent of railways, or other rapid means of locomotion, along with a delightful feeling of freedom in being able to wander hither and thither wherever fancy leads. On such a tour the chief danger is in walking too far at a stretch, and so over-doing it. When fatigue begins the pleasure ends, and the benefit to health is endangered. For the average man living in town, 12 or 15 miles a day is usually sufficient for one day's walk, taking it easy, and resting when necessary. As regards suitable dress, a short jacket of good woollen tweed with plenty of pockets outside, knickerbockers of the same material, soft woollen stockings, singlet of wool, and flannel shirts are the most comfortable for an expedition of this kind. The head should be properly protected. A light soft felt hat with a broad brim, will be found to answer better than the close fitting cap, as it affords greater protection from both rain and sun, and will not so easily get soaked through as the latter.

A belt will be found more comfortable than braces, while it also allows free play to the chest and arms. Proper attention should be paid to the feet.

Lace-up boots will be found to give the most support to the ankles, the leather not being too thick and harsh, but soft enough to give to the foot. A small waterproof knapsack that can be easily carried on the back, just large enough to hold what is absolutely necessary, with a light macintosh coat folded under the flap in case of rain, is all that is needed for baggage equipment. Do not make a start immediately after eating a hearty meal, and

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