



Modern physiology, hygiene and health Volume 1

Mary S. Haviland

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This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1921 Excerpt: ...use gauze for cuts or burns. Learn to recognize a cut artery by the spurting of the blood. A cut veinbleeds slowly, and is not so dangerous. When the blood comes in spurts press on the artery between cut and heart. Tie a handkerchief or bandage above the cut. Slip a pencil or stick under the bandage and twist till bandage is pressing hard enough to stop blood. But send for the doctor at once. 4. We need some sweet oil for burns. Any good clean oil that will keep air away is used to put on burns where the skin is off. The oil is covered with sterile gauze and the wound kept clean. If it does not heal nicely at once a doctor should look at it to be sure it is free from germs. 5. Baking soda. Use this made into a paste with water on little burns that redden skin but do not break it. Use the same treatment for insect bites or stings. Any paste, like clean mud, which keeps air out, will lessen the pain. 6. Have a small pair of scissors and safety pins to help in putting on bandages. 7. Carbolized vaseline. Poison ivy often causes trouble in the spring and summer. As soon as you come in if you have been exposed to ivy wash in hot water and strong kitchen soap. Then put carbolized vaseline on the places that are red and irritated. It is much better to learn to recognize poison ivy and avoid it. Carbolized vaseline may also be used for burns. 8. Some salt and some mustard in tight, labeled bottles. 9. Some people like to keep a Bed Cross book of First Aid in the medicine chest. 10. A teaspoon and a clean glass. TO THINK ABOUT Why should iodine and listerine be kept in the medicine-closet? What do we mean by the word "sterilize %" Where should we keep the iodine? What kinds of bandages must be used on cuts or burns? What is the first rule in fixing up a cu...

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