

vented by a long splint made fast behind the knee.

As to broken ribs, if there is bleeding from the lungs, it is a bad case. The

must take care to march with "broken steps," that is to say, out of step with each other, with a gliding movement, with bent knees. A great coat

more so than when the bone is simply broken in two. There are simple and compound dislocations, as in fractures; but the sure sign that the injury is a dislocation, and not a fracture, is the absence of "crepitus"—there is no grating of the broken ends of bones.

What's to do? Generally, one can only make the patient comfortable until surgical aid arrives. If a man has dislocated a finger, so that one joint is forced back on to the top of the next—a common accident—a sudden smart pull when he is not looking, and his muscles are therefore not prepared to resist, may restore the joint to its proper place; but to do this requires moral bravery and physical strength. But usually, if a doctor can be called in soon, all that should be done is to put the injured part into splints and bandages and apply hot fomentation. If the arm is dislocated, secure it firmly to the

body with a sling; if the leg, put into splints, and tie the two legs together.

SPRAINED ANKLE.

Who has not sprained an ankle? Everyone can vouch from experience it is a terribly painful accident and an unmitigated nuisance. The pain is great, there is swelling, and, later, discoloration.

Fortunately, the treatment is simple. Always support a sprain; the part must be raised, never allowed to hang. Perfect rest is essential; on a sprained ankle you should never walk a step.

Cold water poured on relieves the pain—or a lotion composed of equal parts of methylated spirit and water, applied to the place on a folded handkerchief. By elevating the part, the blood is drained away, and the intolerable throb-

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ARRESTING HAEMORRHAGE IN THE ARM.

by digital pressure on the brachial artery. You can tell when you have found it by the cessation of the pulse in the wrist. A good guide to find this artery is the inside seam of the coat sleeve.

inexperienced can do no more until the surgeon comes, than to keep the patient quiet in bed, giving him small pieces of ice to suck, to stop the bleeding, or sips of cold water. But when it is a simple fracture, it is necessary to bandage the chest completely with a binder, wound round and round, to support the ribs, without interfering with the breathing.

A TEMPORARY STRETCHER.

To improvise a stretcher, on which to carry an injured man, is the easiest thing. Coats or sacks laid on anything in the shape of a shutter, or a ladder, make a comfortable bed. When carried, it must be kept level, and the bearers

serves as an excellent stretcher. The arms should be turned outside it, and all the buttons fastened. When two broom-stick handles are inserted down the length of the coat on either side, through the arms, the patient may be borne on the coat very comfortably. Two buttoned-up waistcoats used something in the same way, make an excellent stretcher.

DISLOCATED JOINTS.

A dislocation is like a fracture—there is pain, and alteration in the shape of the part injured—but instead of the more than usual power of movement, as in a fracture, there is less. The deformity in dislocations is very marked,



A TOURNIQUET ON THE BRACHIAL ARTERY

can be improvised out of a handkerchief knotted over a lump of paper or any hard substance, and twisted with a stick.



W. Deverell, photo.

MAGNIFICENT OLD POHUTUKAWA (CHRISTMAS TREE) NEAR LAKE TAKAPUNA, AUCKLAND.