

FIRST AID NOTES . . .

delirious, or unconscious; the skin is very hot, the face is flushed, the temperature is high, and the pulse is quick and bounding; the breathing becomes difficult, loud, and snorting.

Carry the patient to a cool place immediately. Lay him down, raising and supporting the head and shoulders.

Remove clothing from the waist up.

Bathe the head, neck, and spine freely with iced or cold water and apply ice to the head.

Do not give stimulants, but if the patient is conscious, water may be given.

Call a doctor as soon as possible.

Fainting

Fainting is a condition of collapse caused by blood leaving the head. The patient falls down, generally passing into a state of unconsciousness without convulsions. It may be caused by shock, fright, injury, sickness, weakness, the effects of disease, over-exertion, heat, deficiency of oxygen in the air, starvation, or excitement.

Symptoms are: The patient yawns (a sign known as air hunger); he feels cold and shivering, the skin becomes pale, and the lips take on a bloodless colour; beads of cold sweat break out on the forehead and skin, which develops a goose-flesh appearance; the breathing becomes panting and the patient falls into a state of collapse; the pulse is weak and almost imperceptible.

Carry the patient into fresh air immediately.

Loosen tight clothing round the neck and chest, making sure that breathing is possible.

Lay the patient flat if possible, with the head low and turned to one side. In severe cases raise the feet.

Keep the patient warm to prevent further shock.

Ammonia, sal volatile, or smelling salts on cottonwool may be held near the patient's nostrils as a form of stimulation.

When the patient regains consciousness, but not before, a stimulant may be given if the faint has not been caused by bleeding or head injuries.

Arrest any bleeding immediately and attend to any other injuries.

Call a doctor if the case appears to be serious.

WISDOM

By keeping silence when we ought to speak, mer; may be lost.

By speaking when we ought to keep silence, we waste our words.

The wise man is careful to do neither.

—Confucius.

RURAL HOUSING SURVEY

PLANNING THE NEW: IMPROVING THE OLD

A RECENT article in a Canadian agricultural periodical gives some interesting facts about farm housing in that Dominion. The writer says: "The present standard of farm houses has reached such a low level that remedial action has become a matter of primary importance." He reports the findings and recommendations of one of the sub-committees of the Advisory Committee on Reconstruction set up to investigate housing problems in Canada and which devoted a special section to the needs of the farm population. This sub-committee found four types of need: Replacement of farm houses in such a poor condition that they should be rebuilt; new homes for farm families who are at present sharing their houses with other families; replacement and repair of homes which are becoming obsolete and run down; and the provision of cottages for farm employees. Surveys showed that nearly 40 per cent. of farm dwellings were obviously in need of repairs to foundations, walls, roofs, chimneys, doors, and windows.

The sub-committee realised that a farm house must be designed quite differently from an urban house because it is an integral part of the farm plan. The kitchen, dining-room, and porch are often turned into workshops where farm products are prepared for market. Washing, cooking, making butter, preserving fruits and other foodstuffs, and storing them for winter use must be managed in the farm home, and it should be built to meet these needs. In its report the sub-committee calls for the co-operation of the various Departments of Agri-

culture across Canada, architects familiar with rural conditions, farmers, and farm housewives.

The state of rural housing in New Zealand is not accurately known, but it is certain that many new farm houses will be built in the next few years, and many families will alter and adapt their present homes. The Department of Agriculture is constituting a new service for farm people which will provide plans for homes and helpful suggestions about installing up-to-date facilities in older houses.

To prepare these plans in accordance with requirements for comfortable living in rural areas information is required, some of which can be obtained only from farm families. A questionnaire has been drawn up by the Rural Sociology Section which asks about the age, size, and equipment of the house, and the preferences of the family in such respects as size and type of rooms, equipment, porches, and type of cooking facilities.

Country families are invited to help with this survey, and any information given will be greatly appreciated and regarded as confidential. Fill in the application form for a questionnaire below, post it to the Rural Sociologist for the district, and have the family help in completing it.

The Rural Sociologists will also answer enquiries from country women about nutrition, preparation and preserving of food, and home management generally. Make use of this service.

North Auckland and Auckland:

Rural Sociologist,
Department of Agriculture,
AUCKLAND.

Taranaki, Wellington, Hawke's Bay,
Gisborne, Nelson, and Marlborough:

Rural Sociologist,
Department of Agriculture,
WELLINGTON.

Canterbury, Westland, Otago, and
Southland:

Rural Sociologist,
Department of Agriculture,
CHRISTCHURCH.

The Rural Sociologist, Department of Agriculture,

Please forward me.....copies of the questionnaire on Rural Housing.

Name (Mr., Mrs., Miss):.....
(Block letters)

Address: