1923

Vacation First Aid

Mary Sheldon
Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
Sheldon, Mary (1923) "Vacation First Aid," The Iowa Homemaker: Vol. 3 : No. 3 , Article 9.
Available at: http://lib.dr.iastate.edu/homemaker/vol3/iss3/9
With the approach of the summer months and vacations everyone is planning how and where to spend these weeks. A large proportion of the girls will want to spend a part or all of their vacation months in a girl’s camp or with some other camping party in the woods near a lake or stream. For these who will be kept least removed from the usual home treatment for emergencies, a few hints on first aid may be useful. In this it will be well to limit the subject matter to the common ails and accidents occurring on summer vacation trips.

**Fainting** is as frequent as under other living conditions. If a girl feels that she is about to faint she may prevent it by sitting down, folding the arms across the abdomen, bending the body forward so that the head hangs as low as possible between her knees and taking a deep breath. This forces the blood to the brain and restores the patient promptly. A person who has fainted should be placed on her back with her head, low clothes should be loosened, aromatic spices of ammonia may be inhaled and the face and neck bathed with cold water. There should be no crowding around the patient for she needs all the air she can get.

**Insect bites and stings** demand immediate treatment for relief of pain. Bathe the part in ammonia water and apply cold wet packs. Wet salt makes a satisfactory dressing.

**Poisoning from oak or ivy** is common in most localities and varies with the susceptibility of the individual. The first appearance of the skin irritation comes from direct contact with the poisoning leaf. Early in the disease one may carry the infection from one part of the body to another by scratching. The skin is irritated and swollen and blisters may form. The soreness and itching is intense. The parts should be thoroly washed with lime water or a saturated solution of boric acid. The surface is then dried and the inflamed areas smeared with zinc oxide ointment or instead carbolic salve and a thin cloth should cover this but not a heavy dressing.

**Sunburn** is a most frequent discomfort of the first days in camp. As a protection against the sun’s rays a good powder dusted on the skin will help to a limited degree. To sooth the skin after burning has occurred a toilet cream will be of value. Vaseline plain or carbolized may also be used. A preparation of two water is a good application for sunburn. It may also be used. A preparation of two water is a good application for sunburn. It may also be used. A preparation of two water is a good application for sunburn. It may also be used. A preparation of two water is a good application for sunburn. It may also be used.

A firm pad or even a smooth round stone should be placed over the artery above the injury and a band handkerchief, towel, bandage or whatever is at hand is wrapped once or twice around the limb over the pad and tied loosely. A stick is put thru the loose band and twisted around until the blood flow ceases. A tourniquet should be loosened if this proves possible. Unchecked hemmorhage will result from prolonged obstruction to circulation. It may be left in place and tightened again if hemmorhage recurs. Constriction at the base of a finger by a rubber band or bandage will check excessive bleeding distal to it. A tight bandage around the head, over the temples and forehead just above the ears will control hemmorhage from the scalp. In locations where other means are impractical pressure may be applied directly over the site of injury and the hemmorhage checked.

**Artificial respiration**. It will be wise for each person to keep in mind one method of artificial respiration which can be used at any time and in any place. This will be imperative in case of airless respiration from drowning, from inhalation of gas, or from electric shock. The patient is laid on his stomach face down with his head turned to one side so that the nose and mouth are not covered, his arms extended beyond his head. The operator kneels astride the patient’s thighs facing the patient’s head. The operator places his hand on the chest and the other hand on the shoulder and is used unless under medical direction.

**Wounds** may vary in kind being cut, torn or punctured depending on the agent causing the injury. It is of first importance that you do not touch a wound with your hands and so not wash it as by this means pus forming organisms may be washed into and not out of the wound. Pressure caused by the dressings is greater than the skin. Tincture of ammonia next to the surface as this is necessary. A sterile dressing may be applied to any wound as a temporary one until medical aid is secured.

**Bleeding** is the common accompaniment of all wounds being greatest in incised wounds and least in punctured ones. A moderate amount of bleeding is beneficial as by this means dirt, dirt and germs may be carried out of the wound. Pressure caused by the dressings is enough to control ordinary bleeding but unchecked hemmorhage will lead to great weakness and even loss of life. Constriction at the base of a finger by a rubber band or bandage will check exsanguination. Artificial respiration should not be given up as useless only after one and one-half hours. When the patient begins to breathe he should be watched carefully and artificial means again used if he stops breathing. Hot water bottles and blankets should be used as soon as possible. A hot drink such as coffee should be given when the patient is able to swallow. He should be allowed absolute rest until he recovers from this condition.

For comfort in moving a patient with a fracture or otherwise injured arm a sling may be improvised to hold the arm still by using the sleeve of the garment worn if wrist length and of fairly firm material. Place the forearm across the breast so that it lies at right angles to the upper arm. The arm and hand should lie so that the thumb is up. Now pin the sleeve over the thumb and fasten it with a bandage. A firm pad or even a smooth round stone should be placed over the artery above the injury and a band handkerchief, towel, bandage or whatever is at hand is wrapped once or twice around the limb over the pad and tied loosely. A stick is put thru the loose band and twisted around until the blood flow ceases. A tourniquet should be loosened if this proves possible. Unchecked hemmorhage will result from prolonged obstruction to circulation. It may be left in place and tightened again if hemmorhage recurs. Constriction at the base of a finger by a rubber band or bandage will check excessive bleeding distal to it. A tight bandage around the head, over the temples and forehead just above the ears will control hemmorhage from the scalp. In locations where other means are impractical pressure may be applied directly over the site of injury and the hemmorhage checked.

(Continued on page 19)
to be more difficult than you at first supposed.

5. Try to make your will and the expression of it always the reflection of the everlasting right.

6. Habitually connect some sort of pleasure with obedience and some sort of pain with disobedience."

I wonder if in conclusion I may suggest two or three books that will be very helpful along this line and also contain well-selected bibliographies which are very valuable:

"Child Study and Child Training," Forbush, (Scribners, Pub.'s.)


"Education by Plays and Games," Johnson.

These books should be in the hands of every parent and thoroughly mastered.

Vacation First Aid

(Continued from page 9)

cloth. Immobility of an injured part by means of splinting greatly decreases the pain caused by motion in carrying the individual.

Considering all the possible requirements for first aid it might seem that quite an equipment was essential but by careful choosing the necessities may be cut down to a fairly reasonable minimum. We can briefly summarize those which are needed and make a list as follows:

1. Aromatic spirits of ammonia. 2. Lime water or boric acid. 3. Carbolized vaseline. 4. Olive oil. 5. Tincture of iodine. 6. Two 2-in bandages.

1½-in. bandages
1 small package sterile gauze
1 package cotton
1 card safety pins.
Various things as salt, baking soda and perhaps the olive oil may be secured from the cooking equipment.

Extravagant Economics

(Continued from page 11)

or do you buy freshly sliced bulk dried beef at 60 cents a pound?

And finally, do you measure your economies by those of your next door neighbor, forgetting that no two families have the same needs? Buying in large quantities may be economy for a family of seven with a large basement store room, but would be most extravagant for a family of two living in a small apartment. The profits would go into the garbage can in the form of spoiled food.

With your own eggs and milk a bread pudding may be a very cheap dish, but in a city with eggs and milk and gas at top prices, a plain bread pudding may become a very expensive luxury.

In other words, there is no set formula or rule by which economy may be judged. It is an individual problem to be solved by each family by the use of a little careful figuring and a whole lot of common sense.