

HEALTH AND SAFETY SECTION**SOME SIMPLE REMEDIES**

IN this article, which is compiled from United States government sources, some simple remedies are given for bites and stings of mosquitoes, fleas, scorpions, spiders, centipedes, etc.

Mosquito Bites

The mosquito is one of the worst insect pests as every one who has lived in mosquito districts well knows.

Spirits of camphor rubbed upon the face and hands, or a few drops on the pillow at night will keep mosquitoes away for a time.

Another remedy is oil of pennyroyal. Camphor and pennyroyal may both be obtained at any drug store. Neither of these remedies is durable; that is, a single application will not last through the night.

Oil of peppermint, lemon juice, and vinegar have all been recommended, while oil of tar has been used in regions where mosquitoes are especially abundant.

Oil of citronella is one of the best substances to be used in this way. A good mixture is as follows: Oil of citronella, one ounce; spirits of camphor, one ounce; oil of cedar, one-half ounce. Rub a few drops on the face, hands, and exposed parts of the body.

Stings of Spiders, Centipedes, and Scorpions

The stings of spiders, centipedes, and scorpions may cause weakness, headache, sweating, and vomiting, but they hardly ever cause a person to die.

The wound should first bleed as much as possible. Then tincture of iodine should be applied. An ice compress should be

placed over the wound. A moderate stimulant may be given. This may be aromatic spirits of ammonia, 30 drops in water every hour. Also give half a cupful of strong black coffee if necessary.

Bites of Fleas

These pests are often met with in camps and elsewhere.

It is said that oil of pennyroyal applied to the body will keep fleas away. Kerosene will kill them.

The itching and irritation from the bites may be relieved by a lotion of carbolic acid and boric acid. It should be applied by dabbing it on with a small wad of cotton.

To make the lotion, add a level tablespoonful of boric acid powder and 20 drops of pure carbolic acid to a half-pint of hot water. Stir the mixture well, or shake it until the boric acid is dissolved. Cool before using.

This lotion also soothes the irritation caused by mosquito bites.

It is said that cigar ashes, applied when still fresh, will relieve the pain and swelling caused by insect bites and stings.

Place a small portion of ashes on the parts stung, add a drop of water, and rub the resulting paste thoroughly into the skin. It is preferable to use fresh ashes of tobacco, as the recent heat guarantees freedom from impurities. The action of the tobacco ashes is due to the presence of the chemical known as potassium carbonate, which deadens the effect of the small wound made by the insect.

Menthol in alcohol, 1 part to 10, is an excellent lotion for bites and stings which cause a great deal of itching.