

HEALTH AND SAFETY SECTION

HELPING IN CASE OF AN ACCIDENT

SOME TIME AGO in a small village a man met with a serious accident, and was in danger of bleeding to death. But a boy helped the injured man by making a bandage and pad from a stone and a handkerchief and tying these on the wounded man in such a way that the bleeding was stopped. A doctor was able to reach the man in time to save his life.

Young people, especially older boys, should be ever on the alert, so as to render help immediately when an accident occurs. One must be full of resource, so that he can make use of whatever may be at hand, just as the boy used his handkerchief and a stone for a bandage and a pad.

Here are a few suggestions: It is important that an injured person should have plenty of air, and if breathing seems to have stopped, one must take steps to restore it. Then one must always see that any injured part is carefully supported.

For broken arms and legs, splints are needed—that is, something solid and firm to which the arm or leg may be bound, so that the injury may not be increased. For this purpose all kinds of things are useful—canes, umbrellas, baseball-bats, pieces of bamboo, and so on. Before being used, they should be padded with handkerchiefs, shirts, undershirts, or similar articles.

When anyone meets with an accident, it is often necessary to remove some of his clothes, such as a coat, or a shoe, or a stocking. This has to be done very carefully, and there is a regular method

to be followed. In removing a coat, we take it off the uninjured side first, and then, if necessary, cut the stitches of the seam in the sleeve, and lift the coat away.

A shoe should be unlaced and the back seam cut open carefully. Stockings or socks can be cut off an injured foot with scissors or a penknife. In burns and scalds the clothing must never be dragged from the injury. Cut around any part adhering and leave it for a doctor to attend to.

In lifting and carrying an injured person the greatest care must be exercised, and in serious cases, such as those of injuries to the back, it is better to wait for a doctor's arrival.

When placing a patient on a stretcher there must be a gentle, steady effort without any jarring, and if an arm or a leg is injured, some helpers must support the wounded limb. The head should also be supported. The stretcher should be carried horizontally, and the bearers should, as far as possible, be of the same height. They would walk carefully and take short steps.

We must distinctly understand that first aid is not intended to take the place of the doctor's work, and in all cases of serious accident we should call a doctor to the patient as soon as possible. But while someone has gone for the medical man, it is important that the very best should be done for the patient. If he has broken his leg, the broken bone must not be allowed to do any further injury; if he has cut himself, the bleeding must

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MAKING BRICKS

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the picture on page 65 workmen are shown firing one of the kilns.

Bricks have been made and used in the Philippines ever since Spanish days. If you will examine the old wall around Manila (built more than 300 years ago) you will find that bricks were used in making some parts of the wall. In some of the churches and other buildings of the Philippines, bricks were used to some extent. The use of cement is now rapidly replacing the use of bricks.

MAKING USE OF THIS ARTICLE

1. Read the article about *Making Bricks* very carefully two times.
2. Prepare a talk from what you have read.
3. Make this talk to your parents or to your class at school.
4. If you live in or near Manila, or can go there, go and inspect some of the bricks in the old wall. Where do you think they were made? Why were they used?
5. Are there any brick houses in the town in which you live? If so, where were the bricks made? What was the source of the material?

HELPING IN AN ACCIDENT

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be stopped at once; and in all cases the patient must be placed in such a position that he will suffer as little pain as possible.

If we remember these instructions accurately, we may be of assistance in case of an accident.

REVIEW

Study this information. Then write it in your own words.

OBSERVING ANTS

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holes in it for air. I left the jar undisturbed in the light, and soon the ants began tunneling, particularly along the sides of the jar.

Occasionally I dropped into the jar a little sugar, small pieces of meat, and dead flies, and sprinkled a few drops of water on the earth.

A week later I drew off the paper cylinder from the jar, and was amazed to see the ants scurrying about in the network of tunnels they had made. I watched them a little while, and then covered them up again so that they would not disappear into the center of the jar.

COLLECTING TOY DOGS

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United States and different countries. I wrote to each of these boys, told about my dog collecting hobby, and offered to trade a toy dog for another "breed" of toy dog. Almost always I was able to make a trade and secure another valuable specimen.

And so my collection has grown and grown; it has now become large and interesting. I have toy dogs of all sizes, materials, colors, and knids. Collecting toy dogs is, I find, a most interesting hobby. Try it.

A GEOGRAPHY BOOKLET

(Continued from page 75)

drew the Philippine coat-of-arms and on the front wrote the words "Philippines, My Philippines."

We all liked our booklets very much.

After our booklets were all finished, our teacher placed a long table in the hall near our room. On this table she put all of the geography booklets which were well made. Then we invited parents as well as teachers and pupils from other rooms to come and inspect our booklets. Everyone praised them very highly. My father was so pleased with mine that he gave me five pesos.