

SOME HEALTH INFORMATION

By HOWARD BROWN

IS THERE *any way of preventing the annoyance of mosquitos?* The most effective local application (which any druggist will prepare) is made as follows: one-half ounce of citronella, one-fourth ounce of spirits of camphor, one-fourth ounce of cedar wood oil, mixed with two ounces of vaseline. Rub on the exposed skin and repeat frequently.

WHAT *should be done about the sting of a bee or a wasp?* Pull out the sting carefully if it remains imbedded in the flesh. Then apply a drop or two of dilute ammonia water to the wound. Encourage bleeding to wash out as much of the venom from the wound as possible. Apply cold compresses for the relief of pain.

IF YOU *are forced to be physically active on very warm days, what common substance should you add to your drinking water?* Table salt. When you perspire freely, as much as half an ounce of mineral matter can be lost from the body in a single day. Muscle cramps, fatigue, and stomach upsets result when too much salt is lost from the body. To prevent this condition, add one salt tablet to every glass of water you take, or dissolve a fourth of a teaspoonful of table salt in the water.

CAN *the pain of sunburn be treated effectively?* Usually cold compresses of a saturated solution of boric acid will relieve the stinging. Then dab the skin dry and powder thoroughly—face powder will do nicely.

IS THERE *any way to prevent excessive sweating?* No safe way; nature knows best and should not be discouraged from

keeping your body at a safe temperature. Armpit pads, bathing, and mild local applications to axillary areas are about all that can be done.

ARE *swimming pools sources of infection?* Very often, unless the water is frequently changed and sterilized by the addition of chlorine. Sinus and ear infections can be minimized by limiting underwater swimming.

WHAT *is the first thing to do in case of sunstroke?* Call the doctor—it's serious. The victim is unconscious, the attack comes on suddenly, and body temperature is very high. Loosen tight clothing, especially around the face and the chest, and throw water *forcefully* over the body. Ordinary cool water is just as effective and less of a shock than ice water. A daily bath or shower is a good temperature control to help prevent sunstroke.

WHAT *should be done if a foreign body gets in the eye?* Wink; never rub. Pull the upper lid lower, blow the opposite nostril. Wrap the end of a toothpick with absorbent cotton, dip in a solution of boracic acid, and wipe gently across the eyeball. If the foreign body can be seen, touch the swab to it lightly, and usually it will come away with the swab. Be careful not to press on it, however, for this may drive it into the eyeball.

How *may nosebleed be stopped?* Keep the head upright. Raise the arm on the bleeding side. Apply cold cloths to the back of the neck and across the bridge of the nose. If bleeding continues, plug the nostril with cotton saturated in hydrogen peroxide.