

What to Do Before the Doctor Comes

Sprains
By DR. W. H. BAILEY
of the Kansas University Medical School at Rosedale

In order to facilitate our moving about and performing our various duties, the body has been supplied with numerous movable joints. These are primarily of two kinds, hinge joints, which allow motion only backward and forward in one plane, as at the knee; and ball and socket joints which allow motion, to a certain extent, in all directions, as at the shoulder. The movements of the joints are accomplished by the action of the various muscles that stretch across them and are fastened at a greater or less distance on each side. Some muscles run across two or more joints, and so in a measure assist in controlling the movement in each of them.

The most common injury to a joint is a sprain. It is usually caused by a sudden twist or wrench of one of the bones that goes to make up the joint. It may, however, be produced by slow over-bending (extension or flexion) of the joint as when a person is trying to bend backward as far as he can or take some unusual position.

The degree of the injury done is variable and depends upon the kind of sprain, the direction of the force applied, and what joint is affected. The effect may be only slight so that the pain subsides in a short time, or it may be that enough damage has been done so that a dislocation at the joint occurs, a dislocation being merely a severe sprain that has torn enough ligaments and structures around the joint to allow one of the bones to slip out of its place.

Dislocations

Dislocations are severe sprains that have stretched and torn the ligaments and tissues around the joint to such an extent as to allow the end of the bones to become misplaced. Some dislocations are known as congenital, that is, they have existed since birth and are due to some malformation of some part of the joint.

The symptoms of a dislocation are (1) pain, which is usually dull, but may be acute on attempting to move the joint; (2) more or less deformity, depending upon the degree of the dislocation; (3) swelling, due to the escape of blood and serum from the ruptured blood vessels; (4) a certain amount of disability; (5) limitation of motion.

If the dislocation is not reduced (replaced) within a few days, there is danger of the bones becoming fixed in their unnatural positions.

In simple dislocations it is permissible for the person giving the first aid to attempt to reduce it by pulling on the bone, at some distance from the joint, and at the same time attempting to push the end dislocated back into place. This should only be tried two or three times, and if not successful, the patient should be seen by a doctor.

Injuries From a Fall.
In injuries from a fall or other accident, where there is a possibility of one of the vertebrae being dislocated, the patient should be moved very carefully. If necessary to turn the patient over, be sure to turn the hips and shoulders and head at the same time and very slowly. This is very important, because if a dislocation exists, the spinal cord, which runs through the vertebrae, is always pinched to a certain extent and any additional pressure upon it by the twisting of the vertebrae may destroy it altogether at that point and cause permanent paralysis of the body below that level, or if high up in the spine, it may cause immediate death. The patient should not be picked up by the shoulders and legs and carried or moved at all until his head and shoulders and hips are firmly fastened to a long board or shutter so that there is no possibility of the spine being twisted while he is being moved.

The Shoulder Joint.
Dislocations at the shoulder joint are quite frequent. The head of the

At times the whole joint may appear loose and relaxed. In a very short time swelling takes place and then the pain which may have been lessened for a time, returns. Movement of the joint now may be greatly lessened or prevented altogether. It is very desirable that the physician see the sprain before the swelling becomes too marked, because when it is present, it is next to impossible to tell whether or not a partial dislocation or a fracture also exists.

In treating a sprain we want to limit the degree of swelling as much as possible. This will tend to lessen the pain and the time of disability on account of the sprain. In slight sprains the part may be bandaged tightly or strapped with adhesive plaster (which is usually kept at all drug stores and is a handy thing to keep in the household), and the patient allowed to use the part the same as before.

Severe sprains should be put at rest for 24 to 36 hours and the part kept elevated so as to lessen the amount of blood to the part. Soaking the part in cold water while it is gently rubbed is usually the most effective way of reducing the swelling. Sometimes very hot water is more comfortable and often acts as efficiently as cold. The part should then be bandaged tightly as the pressure in a measure prevents swelling. Care must be exercised here not to get the bandage too tight. The injured part should be watched closely so that the swelling does not make the bandages too tight. Quite serious harm can be done by too much pressure being applied. After the acute pain has subsided and the swelling has ceased getting great, usually about the beginning of the second 24 hours, gentle massage and passive movements (working and moving the joint with the hands) should be begun and the force used should be gradually increased. After a few days the part may be strapped with adhesive plaster or bandaged and used a little as normally. Although severe sprains should be put at rest for a day or two, it is not advisable to put them up in splints or plaster of paris casts or delay the massage and movement too long, as there is danger of a stiff joint resulting.—William H. Bailey, A.M., M.D., Kansas University School of Medicine, Rosedale, Kan.

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WASHINGTON GOSSIP

Uncle Sam Is Loser in Cash Account

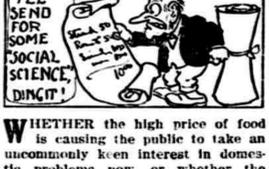


WASHINGTON.—One of the mighty few instances on record of the United States having been "done" in its cash accounts came to light at the treasury department the other day in a decision handed down by the controller of the treasury. In this particular instance the government is short more than \$4,000 and has no way of helping itself. It became a victim through the carelessness of its own officers, and the victimization, too, was not criminal in its nature.

Prior to 1879 the late Samuel J. Little of Georgetown owned four certificates of 6 per cent. stock of the old corporation of Georgetown. Upon his death he left a life interest in the stock to his sister, Mrs. Eliza A. Ricketts, and the residue to his minor children, J. C. Little and Julia A. Little. In the settlement of the case before the probate court the actual possession of the four certificates of stock was passed to Mrs. Ricketts, so that she might collect from the treasurer. From time to time, the interest due her.

Shortly after this United States Treasurer Gilliam issued a circular order not to make the bankages too tight. Quite serious harm can be done by too much pressure being applied. After the acute pain has subsided and the swelling has ceased getting great, usually about the beginning of the second 24 hours, gentle massage and passive movements (working and moving the joint with the hands) should be begun and the force used should be gradually increased. After a few days the part may be strapped with adhesive plaster or bandaged and used a little as normally. Although severe sprains should be put at rest for a day or two, it is not advisable to put them up in splints or plaster of paris casts or delay the massage and movement too long, as there is danger of a stiff joint resulting.—William H. Bailey, A.M., M.D., Kansas University School of Medicine, Rosedale, Kan.

Hall of Fame Statuary Not Artistic



THERE is a determined effort being made in Washington to have old Representative hall in the capitol cleaned out. This is the room now known as the Hall of Horrors to those who have seen the statuary in it, but which is artistically titled the Hall of Fame.

This hall is almost circular. It has a tiled floor, many pillars and a low gallery all across one end. It is also known as the "whispering hall," for the reason that standing on certain blocks of the tiled floor you can hear the sound of your voice coming to you from the floor on other blocks, over your shoulder into your ear on other blocks, from the winged-victory clock that faces you, and there are many other blocks which give forth strange echoes when you stand upon them. No one has ever been able to tell why these echoes are or why other tiles give forth nothing at all. They just do it; that is all there is of it.

There are a lot of statues that are freaks from way back. There is only one piece of really good sculpture in the whole bunch of some 25 or 40, and that is Father Marquette, which was presented by Wisconsin. It is an exquisite piece of work. The rest of the statues are practical caricatures. There is one of Fulton, who is seated in a chair with a piece of machinery in his hand. He looks all over the chair, his legs are sprawled in all sorts of ways, and it is about as woe-begone a piece of marble as can well be imagined. There is a marble of Webster, whom everybody knows was not a large man, but the statue makes him a regular giant. There is a statue of John J. Ingalls, the only one as yet sent by Kansas, and excepting that it is like a line, has neither breadth nor thickness, which was a good description of Ingalls. It is the limit for ugliness. There is a statue of Frances Willard in a basque and ill-hanging dress, which bears not the slightest resemblance to that dainty, sweet-faced woman. There is a statue of Phil Kearny in bronze, which is very pretty to look at, but has very little artistic merit, and there is one of Shoup, of Idaho, which looks as though it might have been sandpaped out of a piece of marble. And then there is Washington, a dapper little darling with sloping brow, as fashioned by Houder.

Widow Healy Indulges in Some Plain Speaking to Her Devoted but Timid Lover.

The courting of the Widow Healy by Terence Corcoran was a tedious affair to every one in Magray place, most of all to the widow herself, who tried various expedients to assist her timid admirer.

"I'm thinking I might go for a sojer," Terence announced one night, when his fancy had been stirred by a newspaper account of a military pageant. "I'm not so old but I could do it. I was wast in a school regiment."

"You go for a sojer!" cried the Widow Healy in mingled scorn and alarm. "A man that calls on a lone widow for two years and more, wid-out pluck enough to spake his mind, hasn't the makings of a drummer boy in him."

BABY'S SKIN TORTURE

"When our baby was seven weeks old he broke out with what we thought was heat, but which gradually grew worse. We called in a doctor. He said it was eczema and from that time we doctored six months with three of the best doctors in Atchison but he only got worse. His face, head and hands were a solid sore. There was no end to the suffering for him. We had to tie his little hands to keep him from scratching. He never knew what it was to sleep well from the time he took the disease until he was cured. He kept us awake all hours of the night and his health wasn't what you would call good. We tried everything but the right thing. "Finally I got a set of the Cuticura Remedies and I am pleased to say we did not use all of them until he was cured. We have waited a year and a never has and to-day his skin is clear and fair as it possibly could be. I hope Cuticura may save some one else's little ones suffering and also their pocket-books. John Leason, 1403 Atchison St., Atchison, Kan., Oct. 19, 1909."

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The Washington newspapers some time ago began a crusade to have the law placing statues in Statuary hall by the states repealed. It is to be repealed on the ground that the hall is already jammed to overflow, and if any more statuary is presented it will be necessary to make a second and inner row.

Much-Read Social Science Bulletins

the use of cheap cuts of meat, that it was the first government cook book ever printed.

This was not altogether so. It is true that it was the nearest approach to a real cook book, but the department has printed all sorts of receipts. The social science series has been running for more than a decade, and has, incidentally, taken in various domestic problems in the food line under the head of "Nutrition Investigations." The earliest of these was one on the composition and cooking of meats, issued nearly 14 years ago. Of this there has been something over half a million copies distributed.

But the most popular of all the bulletins was the recent one on "The Economical Use of Meat in the Home." This has been out only a few months, and there have already been distributed 1,200,000. Calls are still coming in rapidly.

The series comprises books on all sorts of subjects—the preserving of fruits and vegetables, fish as food, the care of milk in the home, the value of peas, beans and legumes in general as food, the cooking of vegetables, and more than a dozen other subjects.

NOT CUT OUT FOR SOLDIER

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PIMPLES

"I tried all kinds of blood remedies which failed to do me any good, but I have found the right thing at last. My face was full of pimples. After taking Cuticura they all left. I am continuing the use of them and recommending them to my friends. I feel fine when I rise in the morning. Hope to have a chance to recommend Cuticura." Fred C. Witten, 76 Elm St., Newark, N. J.

STOCKERS & FEEDERS

Choice quality; reds and rears, white faces or Angus bought on order. Cows of various breeds, select from. Satisfaction Guaranteed. Correspondence Invited. Come and see for yourself.

National Live Stock Co.

LIVE STOCK AND ELECTROTYPES

PATENTS

WOMAN'S POWER OVER MAN

Woman's most glorious endowment is the power to weaken and hold the pure and honest love of a worthy man. When she loses it and still loves, there is no one in the world who can know the heart agony she endures. The woman who suffers from weakness and derangement of her special womanly organization soon loses the power to sway the heart of a man. Her general health suffers and she loses her good looks, her attractiveness, her comeliness and her power and prestige as a woman. Dr. R. V. Pierce, of Buffalo, N. Y., with the assistance of his staff of able physicians, has prescribed for and cured among thousands of women. He has devised a successful remedy for women's ailments. It is known as Dr. Pierce's Favorite Prescription. It is a positive specific for the weaknesses and disorders peculiar to women. It purifies, regulates, strengthens and builds. Medicine dealers sell it. No honest dealer will advise you to accept a substitute in order to make a little larger profit.

IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL.

COLT DISTEMPER

MICA AXLE GREASE

PUTNAM FADELESS DYES

AWFUL



Blanche—Poor Grace! She out-married herself.
Maude—Indeed!
Blanche—Yes. She married a duke, you know, and didn't have enough money to pay his bills.

Now They Sleep Inside.
George H. Beattie, jeweler in the old Arcade, and L. E. Ralston, auditor of the News, have jointly and severally decided that sleeping out in the open isn't all that it has been declared to be, says the Cleveland Leader. They were both in a deep snooze out at the Beattie farm, near Chagrin Falls, the other night, when a runaway team from the county fair city turned into the lane leading up to the Beattie estate and came along at full speed.

Sound asleep, but dreaming of impending danger, Ralston rolled out of his cot toward the north, and Beattie from his cot toward the south. The runaway horses dashed between the sleepers, oversetting everything in the way, but missing Beattie and Ralston by margins too narrow to be measured. Since that night Ralston has slept in his town house and Beattie has found shelter under the ample roof of his house on his big plantation.

ILLITERATE IMMIGRANTS

Ellis island records show that of 52,727 immigrants who arrived here in July 12,895, or about 25 per cent., are illiterate. Illiteracy is no bar to an immigrant so long as he appears physically able to care for himself. Only 1,127 persons who sought to enter the country were barred at this port last month.—New York Press.

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Watson* in Use For Over 30 Years. The Kind You Have Always Bought.

TRY MURINE EYE REMEDY

for Red, Weak, Watery Eyes, Smarting and Granulated Eyelids. Murine Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, \$1.00. Murine Eye Salve in Aseptic Tubes, 25c, \$1.00. Eye Books and Eye Advice Free by Mail. Murine Eye Remedy Co., Chicago.

Every Time

"What do you do when a woman asks you what you think her age is?"
"Tell her what I think it isn't."
Houston Post.

When a young man admires a girl's hair she thinks he is hinting for a bunch of it to wear in his locker.

The more mystery there is about a woman the more attractive and scary she looks to a man.

Not Strictly Orthodox

Police Justice—Young man, what is your religion, if you have any?
Chauffeur (arrested for speeding)—Something like Jim Bludso's, your honor—never has passed on the highway.

The Only Way

"How can I win you for my very own?"
"You fellows might get up a raffle," answered the summer girl. "I'm engaged to seven of you."

The World on Wheels

"Well, I mortgaged my home yesterday with a verdict of 'not guilty' as his certificate of honesty, but he is not wanted by the department any more."
"From one point of view it is wonderful that there are so few thieves among the many thousands of clerks who handle the mails first and last, for great temptations surround them, as they handle millions of valuable parcels. It is known that these clerks soon learn to tell by the very touch of a letter whether it contains money. If so inclined it would be an easy matter for the dishonest clerk to slip letters into his pocket and open them in the privacy of his room. That the cases of dishonesty are comparatively few is a high tribute to the moral qualities of the postoffice clerks."
"There are but two successful ways to catch a postoffice thief—constant watch and decoy letters. With these, and a large supply of patience, the game will be landed, though it often requires months, and sometimes years. It is one of the most annoying and difficult lines of detective work, and requires the most earnest application. Not a single circumstance or detail must be overlooked."

DOCTOR ADVISED OPERATION

Cured by Lydia E. Pinkham's Vegetable Compound

Galena, Kan.—"A year ago last March I fell, and a few days after there was soreness in my right side. In a short time a bunch came and it bothered me so much at night I could not sleep. It kept growing larger and by fall it was as large as a hen's egg. I could not go to bed without a hot water bottle applied to that side. I had one of the best doctors in Kansas and he told my husband that I would have to be operated on as it was something like a tumor caused by a rupture. I wrote to you for advice and you told me not to get discouraged but to take Lydia E. Pinkham's Vegetable Compound. I did take it and soon the lump in my side broke and passed away." Mrs. R. H. HUXY, 715 Mineral Ave., Galena, Kan.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has proved to be the most successful remedy for curing the worst forms of female ills, including displacements, inflammation, fibroid tumors, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, and nervous prostration. It costs but a trifle to try it and the result has been worth millions to many suffering women.

If you want special advice write for it to Mrs. Pinkham, Lynn, Mass. It is free and always helpful.

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