

BLEEDING AT THE NOSE—EPISTAXIS.

This should not cause alarm unless the patient is known to have thin, watery blood (see under head of Anaemia), or unless it occurs in advanced life, or comes on during the progress of some disease. But if it comes on in advanced life, it should cause alarm, unless the person has a tendency to apoplexy, in which case it may do no harm.

Treatment.— Apply cold -water or ice to the bleeding part and to the back of the neck; keep the head exposed to cold air. Elevating the arms will frequently stop nose bleeding. Another good way is to press on the facial arteries. These may be found by moving the finger along the under side of the lower jaw from the chin backward, until a notch is felt about three-fourths of an inch forward of the angle of the jaw; at this point, the facial artery, which supplies the nose with blood, passes over the jaw bone. By pressing firmly on the artery on both sides of the face, the blood is prevented from reaching the nose, consequently, the bleeding must cease. There are, however, occasional cases in which these arteries connect with arteries within the head after entering the nose; in such cases, pressure on

the facial arteries will be useless; in all other cases it will be successful. When other means fail, the **hot foot-bath** should be resorted to, also plugging the nostril, being careful to insert the plug back of the bleeding vessel, otherwise, the blood would run into the mouth and throat.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 229-230 by M. G. Kellogg