

BURNS AND SCALDS.

If the burn or scald is not so serious as to raise a blister, there will be no special requirement for treatment, except to quiet the nerves and exclude the air.

The part may be oiled with any kind of oil, or it may be covered with molasses, or anything to exclude the air. Cotton-wool bound on will often be all that is required. If a blister is formed, the water should be removed by pricking the skin with a fine needle. Care must be taken not to remove the skin, however, as this would permit the air to come in contact with the flesh, and serious consequences might follow. After letting the water out, as directed, the part should be oiled and bound with cotton, as directed above.

If a fever arises, the patient should take a bath at 70° or 75° for a few minutes, and then take a dry pack to induce sweating if possible, giving water to drink freely. In deep burns, where the skin is removed, starch or flour may be sprinkled over the part and allowed to remain until it is removed by the formation of pus, when the surface may be gently washed, and the flour again applied. Instead of using the flour, oil and cotton may be used.

After once dressing the wound, it is best not to remove the bandage any sooner, nor oftener, than is required to keep the part clean, as the admission of air causes mischief.

When a person's clothes take fire, the flame can be speedily extinguished by wrapping him in a blanket. This will exclude the air, and extinguish the flame.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 358-59 by M. G. Kellogg

*Another helpful remedy for burns is placing the burned part in **distilled** water as long as patient can sit. This relieves the pain quickly and brings healing with minimal or no scarring the longer the burn is in contact with water. Can saturate cotton bandages in distilled water and wrap the part and cover to keep moist and leave on overnight.*