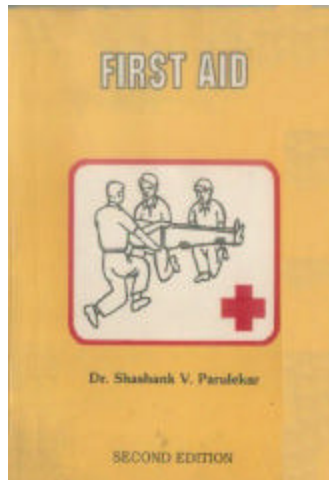


First Aid



Accidents can occur at any time and any place, usually at odd times and at places where a doctor would not be expected to be. Medical help can be obtained easily and quickly in a city but not in a village or not when you have gone for a picnic. Even in cities, some of the emergencies are such that unless immediate action is taken, a life may be lost. If a man chokes on a fish-bone in a hotel, unless the waiter or a co-diner knows how to get it out, he may die before a doctor appears on the scene. The same thing applies to a child who chokes on a cookie or a marble it swallows while playing.

The object of this book is to introduce the art and science of first aid to anyone who wishes to know it. It is intended to help people who have no medical training to learn ways and means of coping with emergencies. It should prove useful to nurses, ambulance crews, policemen, guides during their training. But more than that it is meant to be read by every common man who cares for others. It would be ideal if first aid were taught in schools and colleges, so that everyone would know it. This book will help students too, if first-aid is included in their syllabus.

I have explained the structure and function of the human body first, so that the principles of the first aid measures to be taken for various injuries and emergencies can be easily understood. The steps to be taken in any crisis are outlined in simple and precise sentences so that the possibility of any confusion does not arise. The first-aiders are usually non-medical persons and they must understand their limits. I have therefore also included a large number of "do not's". I have deliberately avoided writing the medical or surgical treatment for the same reason.

The simple line drawings should help to explain the text. Illustrations form the most important part of a book that deals with practical aspects of a subject, and hence I have included a rather large number of them. There are chapters on war, AIDS, common sicknesses and thermal and cold effects. An appendix has been added at the end, which includes information on ambulance service, emergency services, nutrition, sport injuries, routine analysis of urine and stools, and normal values of blood analysis.

The book has been translated in two local languages, Marathi and Hindi.