

A NEW KIND OF PAGE FOR THE NEW KIND OF WOMAN

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LESSONS WOMEN MAY LEARN FROM BOY SCOUTS

By JAMES E. WEST, Chief Scout Executive.

PROBABLY no branch of common every-day knowledge is so vitally necessary to men, women, and children as a practical understanding of the methods by which quick aid may be given to anyone who meets with an accident or is taken suddenly ill. But it is also probable that no branch receives less attention from the average person.

That is why we lay such stress upon it in training our Boy Scouts and why we demonstrate by frequent drill and actual example the many ways in which the victim of illness or accident may be aided immediately and effectively, no matter where the emergency may occur or how few are the means of help within reach.

The principles which underlie Boy Scout training in first aid to the injured and the methods by which it is applied are just as applicable to Campfire Girls, to parties of school girls and their teachers camping out, and to women campers, as they are to the hundreds of thousands of Boy Scouts, among whom they have been entirely successful.

The first of these is embodied in the Scout Law which declares the boy to be "a friend to all," and in that section of the scout oath in which he promises "to help other people at all times." Thus at the very start, and in the simplest, most binding way, the young scout is made to feel the obligation that is upon him of always being willing and ready to show kindness and helpfulness to others. The Boy Scout membership is nearing the half million mark, and everywhere and in all manner of emergencies these lads have shown themselves eager to render help wherever it was needed.

Be Prepared.

Another of these underlying principles is found in the scout motto, "Be prepared." Knowing how to give first aid in cases of injury is one of the essentials of being prepared. One of the requirements to pass from the degree of tenderfoot to that of second-class scout is that he understand elementary first aid and bandaging, such as the treatment for fainting, shock, fractures, bruises, sprains, burns, scalds, injuries in which the skin is broken, and be able to demonstrate the carrying of the injured and the use of the triangular and roller bandages and the tourniquet.

When he passes on to the grade of first-class scout he must know advanced first aid, such as the methods of pain prevention, what to do in case of fire, ice, gas, and electric accidents, how to help in case of snake bite, mad-dog, or runaway horse, the treatment for dislocations, fainting, poisoning, sunstroke, freezing, sarcoma, cramp, chills, and be able to demonstrate artificial respiration.

When they go into camp or on hike the first-aid equipment that is carried depends a good deal on the scoutmaster. But the general principle is to reduce the equipment to a minimum, and so develop resourcefulness. The hospital corps pouch, specially made up by the American Red Cross Society, is that which is usually taken. It contains: one shears, one



Bandaging Wounded Head.

tweezers, one bottle carbolic vaseline, one package safety pins, two wire gauze splints, one two-ounce bottle aromatic spirits of ammonia, one A. R. C. first aid outfit, (cardboard,) two one-yard packages sterilized gauze, three one-inch bandages, three two and one-half-inch bandages, two triangular bandages, (cartons,) one U. S. A. tourniquet.

The Red Cross Manual of First Aid is the basis of all the Boy Scout training in first-aid work. The boys practice upon one another and really do, upon wound limbs and bodies, the work of bandaging and of carrying the injured. This training has made the Boy Scouts more manly, more alert, more resourceful, more kindly, more helpful, and of more use in the world. They are equally applicable and doubtless would be just as productive of good results in the training of girls.

The first thing that is impressed upon the Boy Scout in case of accident is that he must keep cool. He must first find out what is the matter, and, if it is necessary and possible, send for a doctor. If he must do all that he can, quickly, coolly, efficiently.

A good example of this was found in an accident that happened not long ago. Two of the members of a party of scouts on hike dropped behind their comrades and were taking a short cut through the woods to overtake them. They heard a loud cry for help, and following it up, found a boy somewhat older than themselves lying on the ground under a tree. He had trusted his weight upon a dead limb, it had broken, and he had fallen to the ground. He said there was much pain in the middle of his thigh, and he thought he had felt something break when he fell.

The two scouts quickly ripped his clothing to a point above the place of the pain. They thought it was probably a bone fracture and knew that the safest way was to treat it as such. They gently stretched out the injured leg, being careful not to pull or haul it about, into the same position as the sound one. Then they broke some limbs of a tree and made splints. This being a thigh fracture, the outer splint was made very long, extending from the armpit to below the foot, while the inner one reached below the knee. The splints they tied on firmly with handkerchiefs and strips torn from their own shirts, putting leaves underneath the splints to serve as padding.

Then one of them ran after their comrades, and some of these came back and improvised a stretcher from two coats and a pair of poles. The coat sleeves were turned wrong side out and the coats were placed on the ground with the lower sides touching each other. The poles were passed through the sleeves and the coats buttoned up with the button side down.



Carrying the Stretcher.



PLACING AN INJURED BOY ON A STRETCHER.



First Aid in Drowning Accidents.

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one in the rear with the right, and so they carried him through the woods and over the fields to his home.

One party of boy scouts was in camp in a region where there were rattlesnakes. Hiking along a trail, they fell in with a young man who was taking a vacation tramp. They warned him about the snakes, but he rather laughed at the idea that it was necessary to be cautious. Presently he was bitten on the leg. The boys all came running in response to his

call. One had a string, and immediately they tied this tightly around his leg above the bite.

Some of them dispatched the snake, and one, whose lips and mouth were free from any cut, scratch, or other raw place, sucked the wound. They were near the camp and another scout quickly got hot water and soaked the wound, after which it was sucked again. Then it was burned with strong ammonia, of which they had a supply in the medicine kit, and aromatic spirits of ammonia in water was given him as a stimulant.

They left the string in place for an hour, but they knew it must be loosened then for a few moments, as there would be danger of mortification if the circulation was cut off too long. They watched the young man anxiously and as he did not seem to be much affected by the loosening of the string, they repeated it in a few minutes, and kept this up until the band could be entirely removed. He recovered with no ill results. The scouts knew that if he had shown the effect of the poison going into his body after they loosened the bandage, they would have had to leave it in place and take the chance of mortification.

When an Artery is Cut.

Some scouts in a camp in the Adirondacks, by a lucky accident, ran across a boy of the country who had just cut his arm. By the red color and the spurts of the bloodflow they knew that an artery had been injured. They knew the course of the artery, and one of them immediately put his fingers against it, above the cut and pressed it back against the bone. Another prepared a tourniquet with a handkerchief, tying it loosely about the arm, with a smooth stone in it just above where the fingers were applied.

Then a stick about a foot long was put under the handkerchief at the outer side of the arm and twisted around until the artery was the same pressure on the artery as the fingers, and this boy could then take away his hand and help in the other things that were to be done. They were careful to loosen the tourniquet in an hour's time, but were ready to tighten it again quickly if the bleeding should start up afresh. They gave the injured boy no stimulants, but if he had been very weak they would have given him a teaspoonful of spirits of ammonia in half a glass of water.

Then they promptly covered the wound with a sterilized dressing from their Red Cross first aid outfit, being very careful

not to touch the open cut with their fingers, lest they should infect it with germs. If they had not had this sterilized dressing with them they would have boiled a clean towel or a handkerchief for fifteen minutes, squeezed the water out of it without touching the inner surface, and bound the wound with this. And, finally, they made room for the injured boy keep very quiet, which was perhaps the most difficult part of the whole affair, because they knew that although the bleeding had been checked it might start up again.

A Drowning Accident.
On a New Jersey lake a young man who could not swim was out in a canoe. He upset the canoe and was in danger of drowning. A number of people were bathing not far away, but either they did not understand his danger or were too excited to go to his assistance. A boy scout, 17 years old, was swimming across the end of the lake and heard the young man cry for help. He swam out and reached the young fellow as he rose to the surface the second time. He kept cool and remembered that he must try to prevent the other from catching hold of him, but the drowning man gave a lunge toward him and gripped him around the neck.

With one hand the boy covered the other's mouth, clamping the nostrils tightly between his first two fingers, and with the other hand in the small of his back pulled the man toward him, trawling water in the meantime. Then, taking a full breath, he pressed one knee against the other's stomach, thus forcing out the air in the lungs and at the same time preventing him from taking in more by the pressure on his mouth and nostrils. This quickly broke the drowning man's "death grip," and the scout was able to place his hands at the sides of the other's head and to tow him out floating on his back, he himself swimming on his back.

When they reached shore many hands were ready to pull them out, but there was no one except the scout who knew what to do and was cool enough—he was prepared by training and efficient methods—to do the right thing. He laid the man on the ground, face downward, arms extended above his head, and face a little to one side, so as to allow the free passage of air. Then he knelt astride the figure, with his hands in the spaces between the short ribs. By letting the weight of his upper body fall upon his hands he forced the air out of the lungs.

Relaxing the pressure, the chest cavity enlarged, and the air was drawn into the lungs. By repeating this double process fifteen times a minute artificial breathing was performed. It was ten minutes before the patient began to show signs of recovery. Then respiration was promoted by rubbing the legs and body toward the heart. This is the Schafer, or power, method of resuscitation. It requires but one operator and no waste of time in preparing the patient, as the rescuer is on his feet in the air passages will run or be forced out and the tongue will drop forward and require no holding. As soon as respiration began they put the patient to bed and kept him quiet and warm. As a precaution, a physician was sent for, but, as it proved, his services were not needed.

These instances are typical of the many uses to which the boy scouts put their thorough training they receive. It helps to make a social asset of many a boy who might otherwise be a social detriment. More than this, it gives to every one of these thousands of boys a form of practical knowledge which he will remember throughout life. Nothing could be better than the movement to teach the same kind of thing to girls, who are the natural nurses and caretakers of humanity, and who will almost invariably "make good" in any emergency if they know what to do.

SOME LIMITATIONS OF THE FIRELESS COOKER

By MAY B. VAN ARSDALE, Director of the Department of Foods and Cookery, School of Household Arts, Columbia University.

EVERY woman who makes it her business to keep abreast of the times with regard to household appliances knows that hardly any invention has caused so much modern division of opinion as has the fireless cooker. Some women feel that house-keeping without it would resolve into the drudgery of our grandmothers' days. Others declare that it is an entirely superfluous luxury, and in the long run, is more bother than it is worth.

Both are right and both are wrong. The chief trouble with the fireless cooker is its name. The next is the energy with which it is praised by its friends and abused by its enemies. In the first place the idea is by no means new. Just as paper-bag cookery is merely the revival and development of a method long in use, so the most modern of fireless cookers is only the old Norwegian cooking box in a new dress.

Unfortunately for the general success of a most useful invention, the extravagant claims made for the fireless cooker raised expectations which could have been fulfilled only by a miracle-working machine. Misled by its name, an amazing number of women have been frankly disappointed to learn that the cooker requires any heat at all.

"We thought it cooked without any fire," is the usual comment, "and why shouldn't it if it is a fireless cooker?" Others ask such questions as, "Shall I take a fireless cooker or a stove to my summer camp?" Naturally they are disappointed to find that the fireless cooker is of very little use without a stove, its function being merely to complete easily and economically the process that has been begun by the stove—not to do the whole work of converting raw materials into perfectly cooked dishes.

In some cases this may now be done, because there are at present combinations of the gas or electric range and the fireless cooker where heat is applied directly. Such a contrivance, of course, is equal to the whole task of cooking, and will do all that was claimed in the first place for the ordinary type of fireless cooker. By the ordinary type I mean those which have been evolved gradually from the first illustrations of the principle and have at present assumed a much improved form in which both

baking and roasting can be done by means of "plates" or "stones" heated on an ordinary stove and then transferred to the cooker compartment.

At present the housekeeper must learn from much experimentation when "fireless" cooking may be used to the greatest advantage. And experimentation is just what the housewife with her manifold

duties has very little time for. She is demanding and should have, with every new device urged upon her, directions explicit enough to yield at her hands uniformly good results. Not all fireless cookers are accompanied by these explicit directions, and some are so badly written that they are of little use.

We are, of course, familiar with the excellent time-tables furnished by some

manufacturers, but there seems no reason why such as these and even more elaborate ones should not accompany every purchase. The intelligent housewife has often to discover for herself that it makes a great deal of difference whether she heats her cooker "plates" hot enough to brown manila paper or tissue paper. The former degree of heat

may yield a perfect cake while the latter may turn out a thoroughly charred product.

This observation leads us to inquire what possible advantage there can be in baking cake or bread by this method. It costs almost exactly as much to heat over gas flames—the "plates" of the cooker for baking a loaf of bread as it

does to bake the loaf in the gas oven; with both methods there is little to choose between maintaining a moderate oven for the baking process and the heating of two "plates" from fifteen to twenty-five minutes over the gas flames on the top of the stove and conveying these "plates" to the cooker compartment with the attendant loss of heat and expenditure of muscular energy. The only other argument that could be urged for this method of baking would be that, in the end, it would produce a superior product. But while we have seen many good loaves of bread made in a variety of fireless cookers we have never seen one that was more excellent than good loaves baked by the ordinary method.

Again, some housewives consider that the greatest advantage to them in the use of the cooker lies in the claim that food, after it is done, may be left in it an indefinite length of time without detriment to it. But we believe that of many things this is not at all true; certainly not of a loaf of bread.

Unfortunately, the cooker has been much abused by those who have considered its chief value to lie in the assumption that the "silent servant" could evolve a course dinner done in a hurry while their minds and interests were otherwise engaged. Such have often—and rightly—been doomed to disillusionment as well as to a very indifferent, if not absolutely, impossible meal. With a clever intelligence behind it the fireless cooker is invaluable for the uses to which it is adapted;—but why should it be required to take the place of other tried and satisfactory methods?

Experience seems to show that when- ever long cooking is either necessary or desirable every advantage is on the side of the cooker. Comparative quantitative experiments show that in the cooking of cereals, dried fruits, fowl, beans, stewed meats, etc., there is great economy of fuel over the ordinary method and the economy lies not only in the reduced initial cost but often in more thoroughly cooked food, better adapted to the purpose for which it is intended.

We question whether one factor urged by many as the greatest advantage of the "fireless cooker" may not after all be its chief disadvantage—that of cooking in a tight compartment. Until it has been thoroughly demonstrated that it is desirable or even harmless to have restricted cooking, as every kind of relief society and organization for the improvement of so- cial conditions.

A GREAT DEMAND FOR TRAINED WOMEN AS SOCIAL WORKERS

SOCIAL work is the latest of the professions which offer a chance of self-support to women of intelligence and character. It is only a few years that this work has been put on a scientific basis. Within that period hundreds of college graduates and other educated women have been trained and are now earning from \$40 to \$100 a month; in some cases more.

The supply is not yet equal to the demand, a statement that cannot be made in connection with most wage-earning opportunities open to women. But this doesn't mean that any woman who needs "a job" and thinks she would rather like to be a philanthropist into the bargain can secure a position. Such applicants are being turned away every day by charity organizations.

The chance to become a trained social worker—the only kind in demand—is open to almost any woman likely to turn to that line of work. Schools of philanthropy have been established in a few cities and more are planned. The one in New York was the pioneer and is still the leader. Its graduates are sure of employment. In fact so great is the demand for competent social workers that even those students who have not taken the full course are reasonably certain of finding work.

Girls under 21 and women over 35 are admitted to the school only for exceptional reasons. The latter age limit is the more likely to be disregarded, for, of course, maturity of judgment and steadiness of purpose are recognized as qualifications which are so much clear gain to a beginner.

While a college diploma is not required of candidates, it is expected that they shall have made some serious preparation. They must be able to write an intel-

ligent and grammatical exposition of some theme. They must know something of the history of civilization and of the physical resources and history of the United States. They must be more or less familiar with industrial history and conditions, and must know something of civics and economics.

These are all questions with which any intelligent woman can acquaint herself by reading conscientiously for a few months. She ought to be able after such preparation to take successfully the test examination required for entrance. Of course, character is a most important

consideration. It is on this score that many applicants are dismissed gently. Not on the ground that they are deficient morally, but because they show lack of poise, judgment, and purpose. Merely to be sorry for the unfortunate does not qualify a person to analyze conditions and to contribute to their improvement, although many women appear to think so.

The full course of training occupies two academic years. A diploma is awarded only on the completion of the full course. If the student takes only one year's work she receives a certificate covering that period. The tuition fee is \$150 for the full

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