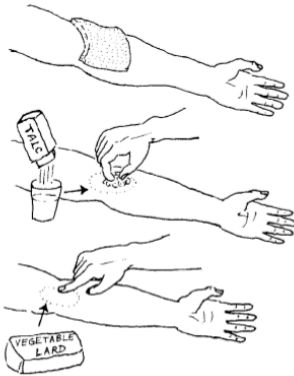




COLD COMPRESS

If the affected skin forms blisters or a crust, oozes, itches, stings, or burns, do the following:

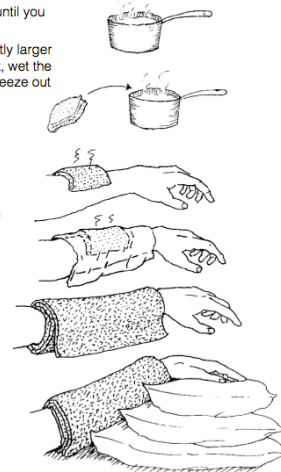
- ◆ Apply cloths soaked in cool water with white vinegar (2 tablespoons of vinegar in 1 quart of pure of boiled water).
- ◆ When the affected area feels better, no longer oozes, and has formed tender new skin, lightly spread on a mixture of talc and water (1 part talc to 1 part water).
- ◆ When healing has taken place, and the new skin begins to thicken or flake, rub on a little vegetable lard or body oil to soften it.



HOT COMPRESS

Instructions for Using Hot Compresses (Hot Soaks)

1. Boil water and allow it to cool until you can just hold your hand in it.
2. Fold a clean cloth so it is slightly larger than the area you want to treat, wet the cloth in the hot water, and squeeze out the extra water.
3. Put the cloth over the affected skin.
4. Cover the cloth with a sheet of thin plastic or cellophane.
5. Wrap it with a towel to hold in the heat.
6. Keep the affected part raised.
7. When the cloth starts to cool, put it back in the hot water and repeat.



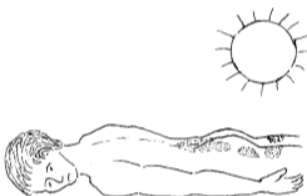
COVER EXPOSED SKIN

If the skin areas affected are on parts of the body often exposed to sunlight, protect them from the sun.



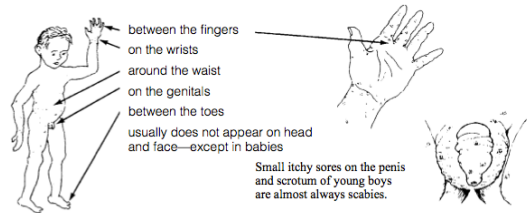
UNCOVER EXPOSED SKIN

If the skin areas most affected are usually covered by clothing, expose them to direct sunlight for 10 to 20 minutes, 2 or 3 times a day.



SCABIES

Bathe, change clothes, wash clothing, sheets, no animals inside. Mix sulfur with Vaseline and cover spots. Put clothing and bedding in hot sun to kill the bugs.



LICE

Wash body every day with clean water. Soak in hot water. Shampoo hair with olive oil, soak hair in 1/2 warm vinegar 1/2 water, comb hair with fine comb to remove lice and eggs. Cover head with Vaseline to smother lice.

