

These cases I now anæsthetize and, after thoroughly disinfecting the surface and surrounding tissue of the sore, scrape with a Volkman's spoon, paying great attention to the margin of the sore as healing is often sound in the centre, but the margins break down afterwards. The snow is applied before the patient becomes conscious.

The results have been excellent. Scraping alone does not give the same result. My last few cases have all been foul, fungating sores.

One case, an officer in the H.L.I., was sent up from Umballa with a fungating sore on his lip. He had been under treatment for several months, and the *Leishmania tropica*, Wright, had been demonstrated at the Research Institute at Kasauli. This sore was scraped and had two applications of snow. He made an excellent recovery.

Another case sent from Nowshera had suffered from a sore on his upper arm for two and a half years. He had undergone every form of treatment—even excision and skin grafting. He required four applications and was then sent back with a sound pliable scar. The majority of cases, after scraping, only require one or two applications.

When a sore dries up and leaves a raised, uneven, desquamating scar there is a temptation to discharge the patient. This should not be done. A recurrence of the sore takes place sooner or later, and all the trouble begins over again.

The aim of all forms of treatment is to obtain a healthy, soft and pliable cicatrix. Many drugs and preparations have been used and recommended. I do not claim that the CO₂ snow treatment alone is a panacea for all such sores, but I do think that, with perseverance and care, this form of treatment lessens the duration of the disease and gives better results, as shown by the healthy, soft, pliable cicatrix, and reduces the liability to recurrence more than any other treatment tried in Lahore Cantonment. It reduced the admissions to hospital from twenty-four to seven, although more cases were treated, as the patient in many cases can attend hospital as out-patient. The treatment is simple and inexpensive.

IMPROVED METHOD OF CARRYING A WOUNDED MAN BY A SINGLE BEARER.

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DURING manœuvres and regimental training in several parts of India the following method of carrying a wounded man by a single bearer has been practised in place of the back lift as described on p. 138, "Royal Army Medical Corps Training, 1911." Regimental bearers have invariably told me afterwards that they could always carry a man much further and much more easily by this method than by the old back lift, and

patients who have been carried express very strong views also complimentary to the improved method. I think when one looks at the photographs and compares them with the plate of the ordinary back lift, p. 138, "Royal Army Medical Corps Training, 1911," that the difference in comfort to both bearer and patient at once becomes noticeable.

DETAIL.

Improved Back Lift.—If the patient is able to stand, place him with his back to yours, bend your left knee slightly forward, place your right foot about nine inches to one foot backwards, and at the same time lower



the right knee as far as required: get the patient's buttocks well in the small of your back, the patient's weight resting on your buttocks, throw your arms backwards round the patient, grasping your left hand with your right in front of the lower part of the patient's abdomen: rise up keeping your own back *hollow* with your body bent slightly forward from the hips, i.e., about 30° forward from the perpendicular.

N.B. The success and ease of this method entirely depends on keeping

your back hollow with the patient's whole weight resting on your buttocks and the strain directly over the large muscles of your legs. There is practically *no pressure on the patient's abdomen* as a light grip suffices to balance the patient on your back.



ARMY BISCUIT RECIPES.

By Miss L. M. BADCOCK.

QUARTERMASTER V. H. D. SOMERSET (No. 106).

For use in these recipes the biscuits are crushed to fine crumbs with a rolling pin: it would be possible to do it between smooth flat stones.

Each recipe makes sufficient for one "helping" as the biscuits appear to be more satisfying when crushed and mixed with other things.

If larger dishes are made by increase of quantities they should be steamed or baked longer.

FISH CAKES.

1 biscuit, crushed.

1 oz. of butter, or dripping, or fat.