Sunstroke

The immediate treatment for sunstroke is to take the person affected into the shade or the coolest place available. The clothing should be stripped from the trunk and the body and head should be soused with cold water. As soon as possible, the patient must be taken home where, under the instructions of a doctor if necessary, an effort will be made to lower the temperature by rubbing with ice or an ice pack. As a stimulant in heat prostration, a teaspoon of sal volatile in a wineglass of water, hot tea or coffee, or diluted spirits may be given.

Lotion

There are lotions for various purposes: an evaporating lotion is used for cooling certain parts of the body; for a headache it may be used on the brow or it may be comforting for a sprained joint. A tablespoonful of vinegar in half a pint of water or one part of eau-de-cologne in two parts of water makes a lotion suitable for this purpose.

Eye Bath

An eye lotion for bathing any kind of sore or inflamed eyes may be made by dissolving as much boracic acid as can be taken up by a small quantity of hot water and then adding as much water again.