

Home First Aid

All of these have regularly helped simple conditions, but they will **not** affect viruses
If the problem does not clear, or it worsens, be sure to consult a practitioner.

The Hanky Trick

For a sore throat, or loss of voice, wring out a hanky in cold water to leave it damp.

Place around the throat and cover loosely with a hand towel or something similar, securing it with a safety pin if possible.

It should warm up with your body heat.

If it has not warmed up within ten minutes or so, take it off and heat the area yourself. Otherwise, leave it on until it has dried out - you may go to sleep with it in place if Necessary.

Many sore throats will have cleared after one treatment, but it can be repeated once more if needed. If you need more help, go on to the pear treatment below.

The Pear Repair

Sore, dry throat? Try the pear treatment.

Buy 4 pears, preferably the plump sort.

If you can find any with some semblance of taste, so much the better. French ones which smell of pear drops are ideal, but anything will do at a pinch.

Halve them, leave the skin on if there is sticky phlegm or peel them if not. Remove the cores and put 2 teaspoons of brown sugar in each before closing the halves together again.

Poach gently in 3 cupfuls of water for around 20 minutes and leave to cool.

Keep in the fridge and eat one each morning and afternoon, including some of the liquid.

Don't be put off by the sugar (unless you are diabetic, of course) - it helps moisten the throat. If you prefer, you can substitute honey.

The Egg Treatment (Don't laugh!)

This is used for conjunctivitis - red and sore whites and inner lids of the eyes.

True conjunctivitis will usually include a discharge and can be spread, so children are often advised to stay away from school until it has cleared.

This treatment will usually help with any uncomplicated soreness.

Hard boil a free-range egg.
When it has begun to cool, peel and cut in half with a clean knife.

Remove the yolk and when the white is warm but not hot, place the halves over closed eyelids.

Leave in place for 10-15 minutes until completely cooled, then remove.

One application is often enough to clear the problem, but it may be repeated the following day .

