



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )

( Registered under Acts XXI of 1860 and XXIX of 1950 )

## BRIGADE GAZETTE

GRATIS

No.665

September, 2019

### PART - I

#### NOTIFICATIONS

##### Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2020 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 6, 2020 for 2 hours in the evening on Mondays and Thursdays in First Aid.

Admission is open to teachers, factory supervisors, and approved social workers. Graduates with high academic qualifications and aptitude for teaching are preferred. Enrolment will be at the sole discretion of the Commandant of the College. Those desirous of enrolling in the course should call in person at the College office between 6 and 8 p.m. from December 1 to 25, 2019.

Members and well wishers of our society are requested to do wide publicity of the course.

#### NEWS

##### New Ambulance Car (No.13)

We have purchased a New Ambulance Car (No.13) Temporary Registration No. MH-06-TC-84, TATA Winger Ambulance High Roof Dual AC 3200 WB DICOR from Unitech Automobiles Pvt. Ltd. At the cost of Rs.13,11,237/-.

We have to purchase a trolley stretcher (Rs. 60,000/-), folding canvas stretcher (Rs.3,000/-) and a scoop stretcher (Rs.14,000/-) and AED (automated electronic defibrillator Rs.1,00,000/-) at a cost of around Rs.1,77,000/-. The ambulance car then will be equipped to standby not only transportation of sick and injured but any events.

Members and well wishers of our society are requested to do wide publicity of the course.

We appeal philanthropist to donate for above.

The purchase was made out of following funds or donations :

|   |            |
|---|------------|
| 1 Set aside for purchase of New Ambulance including contribution from Verma Trust Rs.80,000/-                       | 7,12,518/- |
| 2 Tulsi Charitable Trust  | 1,00,000/- |
| 3 From General fund of the society (as we did not get donations till date) (philanthropist are requested to donate) | 5,00,000/- |

**Informal ceremony of putting the New Ambulance in service will be held on Thursday, September 5, 2019 at 5 p.m.. Members and well wishers are cordially invited to attend the ceremony.**

**Formal Pooja and Inauguration will be held on Dasher day, Tuesday, October 8, 2019 at 10.30 am. Members and well wishers are invited to attend the Pooja ceremony and Inaugural Function.**

##### Specialist Instructors' Course in First aid to the Injured

A Specialist Instructors' Course in First aid to the Injured (I/247) July- December 2019 term, was inaugurated on Monday, July 11, 2019 at 18.30 hours in the Dr. Moolgaonkar Memorial Hall by Honorary Officer Commanding our society, Captain R.J. Lad, under the aegis of Jamsetji Tata Ambulance College. 7 students have been enrolled in the course.

Captain Lad, 1. handed over enrolment papers to newly enrolled students, 2. Distributed certificates to successful students, and 3. Awards to students standing 1st and 2nd in the examination of Specialist Instructors' Course in First aid to the Injured (I/246) January- June 2019 term.

##### Basic Courses

Three Basic courses in First Aid to the Injured course B/19/FA/ on

**ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS**

**NOTE: Our alternative Telephone No.66334897 is disconnected**

August 10, 2019 for Aatmabodh Academy were started. The courses will be conducted for one and half hour each day on every Saturday till November 2019. They are part of Diploma course in Yoga, Ayurveda-Panchkarma & Naturopathy, and Certificate Therapy course in Yoga Ayurveda-Panchkarma & Naturopathy.

##### One day Seminars on First Aid/CPR for Bystanders

| No.        | Date 2019 | No. of Participants | Participants from       |
|------------|-----------|---------------------|-------------------------|
| 19/S/CPR/3 | July 13   | 19                  | BFY & Melt Health       |
| 19/S/CPR/4 | July 20   | 15                  | World Gym               |
| 19/B/FA/4  | July 13   | 11                  | Safe Pro, Pune          |
| 19/S/CPR/5 | July 13   | 01                  | Safe Pro, Pune          |
| 19/S/CPR/6 | August 3  | 23                  | World Gym & Melt Health |

##### Service Station Fund Donations

| Date 2019 | Amount (Rs.) | Donations received from:                 |
|-----------|--------------|--|
| July 13   | 700/-        | Mr. Karkera L. Dinakar                   |
| July 13   | 700/-        | Miss Aaroshi A. Joshi                    |
| July 13   | 700/-        | Mrs. Binaifer Marawalla                  |
| July 13   | 700/-        | Mr. Mangesh V. Mendre                    |
| July 13   | 700/-        | Mr. Jatin D. Sorte                       |
| July 13   | 700/-        | Mr. Laxman D. Tamang                     |
| July 13   | 700/-        | Mr. Tushar B. Waingankar                 |
| July 13   | 700/-        | Mr. Sylvester A. Worlikar                |
| July 22   | 8,400/-      | Mr. Afroz Nasruddin Khan                 |
| July 22   | 2,100/-      | Radiant Fitness                          |
| July 22   | 10,000/-     | Mrs. Hilloo R. Damkevala                 |
| August 3  | 16,100/-     | Planet 9 Fitness Centre (India) Pvt. Ltd |
| August 8  | 7,700/-      | BFY                                      |
| August 13 | 500/-        | M. D. Shabbir                            |

##### General Fund Donations

| Date 2019 | Amount (Rs.) | Donations received from:    |
|-----------|--------------|-----------------------------|
| July 15   | 21,000/-     | Aatmabodh Academy of Yoga   |
| July 18   | 20,000/-     | Hastag Events & Enterprises |
| July 27   | 2,00,000/-   | Reliance Industries Ltd     |
| July 30   | 15,000/-     | Meroform India Pvt. Ltd     |
| July 31   | 21,000/-     | Aatmabodh Academy of Yoga   |
| August 31 | 21,000/-     | Aatmabodh Academy of Yoga   |

### PART - II

#### 13 Old Cures for Common health complaints

##### 1. Warts and Duct tape:

Covering warts with duct tape works better than freezing them off, according to a study published in the Archives of Paediatrics and Adolescent Medicine. Inisepic and drying the study, the duct tape zapped 85% of warts after two months, compared with 60% with the freezing method. Clean the area then cut a piece of duct tape slightly bigger than the wart, and stick it on firmly. Every three days take the tape off, file down dead skin with a pumice stone or nail file, and repeat until the wart disappears.

##### 2. Bruises and Banana Peel :

On top of many other uses - including whitening teeth and easing the pain of haemorrhoids - the humble banana can also heal bruises in

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half the time. Apply a ripe peel to the bruise, tie it on with a bandage or tape, and leave overnight. The manganese, magnesium and potassium helps blood flow through the vessels under the skin, flushing away coloured.

3. **Smelly Feet and Vodka:**

If taking your kids' socks of causes houseplants to wilt, wipe them with a vodka-soaked dishcloth. It's the same principle as rubbing alcohol. Alcohol is antiseptic and drying, so it destroys odour causing fungus.

4. **Earache and Olive Oil:**

Ear drops sold at pharmacies can soften wax, but many contains household staples such as olive oil or bicarbonate of soda, says GP Dr. Fiona Sankey, "Olive oil can do this job if you have a perforated eardrum because it could cause infection." Stubborn build-up may need cleaning by your GP.

5. **Blisters and Listerine:**

The classic breath freshener - and powerful antiseptic - can also do a number on blisters when kids are wearing in their new school shoes. Moisten a cotton ball with Listerine and dab it on the blister three times a day.

6. **Splinters and Torch:**

Skin is translucent, so shining a torch lets you see the angle the splinter is at and how deep it is. Do it in a dark room, place a torch directly against the skin about 1 cm on the other side of the splinter, get your eyes down to skin level and pull it out with sterilised tweezers.

7. **Toothache and Ice cubes:**

If the pain is throbbing but the tooth isn't tender, the nerve could be infected. As heat can worsen inflammation, ice might help reduce that swelling and relieve pain. While minor infections may clear by themselves, you'll need to see your dentist for treatment to prevent the pain becoming continuous.

Don't put aspirin, clove oil or anything the gum - it will probably burn it.

8. **Burns and Spots and Antiseptic:**

Many associate Sudocrem (antiseptic) with treating or preventing nappy rash, but it can be used for all types of skin issues. The cream is an antiseptic, inhibiting infection and keeping bacteria out of the wound. It is also good for cuts, spots, minor burns, chilblains, minor bedsores and sunburn.

A cheaper option for spots is to make a paste with bicarbonate of soda and apply to affected area. It draws out moisture to speed healing.

9. **Cuts and Pepper:**

Studies show a component of black pepper, called piperine, has strong antibacterial properties, which suggest it is helpful for healing. It also forms a crust over a cut to keep it clear.

Adding ground pepper to small cuts helps blood coagulate for faster healing while simultaneously killing lingering bacteria and reducing scarring.

10. **Wasp Stings and Onion:**

When a wasp stings rub a slice of onion on it will reduce the swelling and

speed up the recovery time. There are enzymes in fresh-cut onion that help break down the compounds in a sting that cause inflammation.

11. **Swimmer's Ear and Vinegar:**

Swimming in the pools on holidays often means bacteria-ridden water entering the ear canal -- and children's ears are more susceptible than adults because the opening is bigger. Vinegar kills the Bacteria that causes Swimmer's Ear.

Dilute white vinegar with an equal amount of distilled water and using an eye dropper,

12. **Hiccups and Sugar cubes:**

Hiccups are caused by uncontrolled spasms in the diaphragm. It is thought sugar somehow stimulates the vagus nerve - which leads from the brain through to the diaphragm -- to stop muscles contracting.

We still don't know why hiccups occur or why they can be cure in odd ways, such as a fright or holding breath. The theory about why sugar works is while you swallow, you hold your breath, which would stop the reflex spasm briefly.

13. **Travel Sickness and Ginger:**

Motion sickness is more common in children aged 3 to 12. At least two of the active constituents of ginger reduce the amount of gastric juices produced and lower acidity of stomach which will help fight nausea. Suck on a little slice of fresh ginger at the first signs of queasiness.

## Signs of Skin Cancer

### Age Spots

Age spots are a result of excess pigment - or melanin - being produced in skin. They can occur naturally as part of the aging process but also could be caused by sunlight or use of sun bed. In colour they range from light brown to black and are the same texture of skin. Treatment for age spot is not needed.

### Solar keratosis/actinic keratosis

These appear small, scaly, patches of skin. They can be pink, brown, red or skin coloured and look crusty and scabby and can be both flat or raised from the surface. They are caused by skin damage and so appear on the places the sun is more likely to catch - face, shoulders, forearms, hands and scalp are all common places for them to appear. They are not dangerous but they can develop into skin cancer and they can look similar to skin cancer too. *(Will be continued in the next Brigade Gazette)*

— Curtsey : Daily Mirror

## An Appeal

Since use of our Ambulance Service is very poor, Members and well wishers are requested to give publicity of our Free Ambulance Service.

Suggestions for improvement of our services are welcome.

Donations for the FREE FIRST AID AND AMBULANCE SERVICE STATION FUND will be appreciated.

**KINDLY SEND YOUR OPTIONS TO RECEIVE BRIGADE GAZETTE ON WEBSITE (bcac.co.in) OR BY E-MAIL (send your email id)**

Edited and Published by Captain R. J. Lad, D.E.R.E., Dip. Amb. Work, Officer Commanding, The Bombay City Ambulance Corps, at Head Quarters, 21 New Marine Lines, Mumbai - 400 020 and printed by him for the owners of the Publication "The Bombay City Ambulance Corps".

## BOOK - POST

To,

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From :  
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