



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )  
(Registered under Acts XXI of 1860 and XXXIX of 1950)  
**BRIGADE GAZETTE**

GRATIS

No.683

November 2022

## PART - I

### NOTIFICATION

#### New Instructors' Course

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2023 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 9, 2023 for 2 hours in the evening on Mondays and Thursdays.

Admission is open to teachers, factory supervisors, and approved social workers. Graduates with high academic qualifications and aptitude for teaching are preferred. Enrollment 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 28, 2022.**

Members and Well-wishers are requested to do wide publicity of the course.

### NEWS

#### Donations to New Ambulance Car Fund

We have received with thanks Rs. 1,75,000/- on October 8, 2022 as earmarked donations to **New Ambulance Car Fund from General Practitioners' Association, Greater Mumbai.** With this donation the **New Ambulance Car Fund** stands at 2,86,111/-. Philanthropist are requested to donate generously and enhance this fund.

#### Donations to Service Station Fund

We have received following donation to the Service Station Fund of the Society:

Date 2022	Amount Rs.	Donations Received from
09-09-2022	10,000.00	Mumbai Hockey Association
13-10-2022	10,000.00	Hilloo R. Damkevala

#### Donation to General Fund

We have received following donations to the General Fund of the Society.

Date 2022	Amount Rs.	Donations Received from
21-09-2022	12,000/-	Sumukhei Performing Arts Foundation
21-07-2022	21,000/-	Aatmabodh Academy of Yoga
03-10-2022	21,000/-	Aatmabodh Academy of Yoga
10-10-2022	12,000/-	Sumukhei Performing Arts Foundation
31-10-2022	21,000/-	Aatmabodh Academy of Yoga

### SERVICE STATION STATISTICS

Year 2022	September	October
Calls Registered	17	17
Removal Services	30	33
Services for which NO donation were received	27	29
<b>Amount of Donations received on account of :</b>		
Removal Services	Rs.2,400.00	Rs. 2,000.00
<b>Donation to Station Fund</b>	<b>10,000.00</b>	<b>10,000.00</b>
Run of Ambulance Car (Amb. Car No.13)	450 Kms	325 Kms
Total Services rendered till date	81,513	81,546

## PART II

### TREATING COLD-CONTACT BURNS

In an event of contact with a liquid or cold gas, e.g., Carbon Dioxide fire extinguisher, a cold contact "burn" may occur. Actually, the skin or tissue freezes.

Medical assistance should be obtained as soon as possible. In the Interim, the following emergency measures are recommended:

- Remove any clothing that may restrict circulation to the frozen area. Do not rub frozen part, as tissue damage may result.
- As soon as is practical, immerse the affected part in warm water (not less than 105F or more than 115F, or 40C to 46C). Never use dry heat. The victim should be in a warm room, if possible.
- If the exposure has been massive and the general body temperature is depressed, the patient should be totally immersed in a warm water bath. Supportive treatment for shock should be provided.
- Frozen tissues are painless and appear waxy and yellow. They will swell and be painful and prone to infection when thawed. Do not rewarm rapidly. Thawing may require 15 to 60 minutes and should be continued until the pale blue tint of the skin turns pink or red. Morphine or tranquilizers may be administered under professional medical supervision.
- If the frozen part of the body thaws before the doctor arrives, cover the area with dry sterile dressings and a large, bulky protective covering.
- Alcoholic beverages and smoking decrease blood flow to the frozen tissues and should be prohibited. Warm drinks and food may be administered.

### ELECTRICITY AND YOU

#### How does Shock occur?

Shock related injuries may occur when the body becomes a part of an electric path by touching a live wire creating an unintentional circuit back to earth.

#### What determines the severity of the Shock?

The severity of the shock received as a result of an accidental contact with an electric circuit depends on:

- Rate of current flow in ampere and duration of exposure to the current flow.
- Part of the body through which the current flow. Severity is more if current flows through vital organs of the body - namely brain, heart, lungs, liver and kidneys.
- Resistance offered by the body. As the skin becomes progressively moist, its resistance decreases and will allow more current to pass through. (Never handle electricity when body is wet)
- Types of current - A.C. or D.C. A.C. (Alternate Current - house hold electricity) is more pronounced in producing a physiological response than are equivalent D.C. (Direct Current).
- At higher frequencies than house hold electricity frequency (which is 50 Hz.), the body experience more heat. Diathermy used in medical treatment uses the same principles.
- Phase of the heart cycle when the electric shock occurs (applies to momentary contact).

- Age, size and physical condition of person.
- Possible Effects of the Shock
- Burns
- Asphyxia
- Cardiac Arrest

-Edited from Emergency Care Workbook

### Have you had your Minerals?

TIRED, lethargic, and overweight? Have you had your minerals? This question very few people would ask themselves but is very relevant today. Just consider our present lifestyles - fast foods, soft drinks, overwork, stress and of course those crash diets that make you anorexic.

Minerals are naturally occurring inorganic substances required in the structural components of hard and soft body tissue and participate in various body functions. They are required in very small quantities by our bodies and are thus called 'micro nutrients'. Minerals are required for maintaining a healthy functioning body. They referred to as essential when the body cannot do without them and also when they are used to correct certain diseased conditions in the body.

The human skeleton is composed of calcium, phosphorus and traces of others like magnesium, Sulphur and sodium, that are all embedded in organic matrix. Calcium is the most important mineral in the body. Phosphorus is essential for every living cell and has more functions in our body than any other single nutrient. Potassium is the third most abundant mineral in tissues and has an important role to play in controlling the activity of the heart muscles and the nervous tissue. Iron is a major component of haemoglobin and iodine even though it is required in small quantities, it is most essential for normal functioning of the thyroid gland - one of the main controllers of body metabolism. Other elements which are essential for the body are copper, magnesium, manganese, zinc and selenium.

Mineral play an important role in maintaining the immune system of our body. Deficiencies of minerals like iron, calcium and magnesium reduce the responsiveness of our immune system making us more prone to illness and infection. Infections increase the rate of metabolism within the body and thus the rate of tissue break-down. This breakdown creates the

need for extra nutrients. The requirements for micronutrients also increase during the recovery phase of an illness. Besides playing an important role during the recovery phase micronutrients promote survival from critical illnesses. Pollution in air, food and water put a stress on all of us. Minerals are required to support the enzyme systems, which aid in the discharge of these unwanted toxins.

Most of the minerals we need are found in our diet. Plant foods, including fruits and vegetables, contain loads of vitamins and minerals. They fill up a large chunk of nature's treasure chest of disease fighters. A balanced diet would normally meet all the body's mineral requirements. However, minerals can be reduced or destroyed by over exposure to air, heat, light, water and alkaline conditions. Minerals also lost when they dissolve in water used for washing, soaking, processing and cooking. many minerals e.g., iodine is lost during cooking due to the spices that are added to the food. Symptoms due to mineral deficiencies do not surface for a long time as the condition keeps getting precipitated. So, prevention of deficiencies is better than trying to deal with the condition at a later stage.

Major Minerals	Best Source	Deficiency Symptoms
Calcium	Milk and Milk products	Back and leg pain
Phosphorus	Meat, poultry, fish and eggs	Poor appetite
Potassium	Vegetables, fruits, milk and yoghurt	Lethargy, loss of appetite
Iron	Meat, fish, poultry, leafy vegetables	Lethargy, abnormal heart rhythms
Iodine	Sea food and iodised salt	Obesity and lethargy

(American Institute for Cancer Research)

-Courtesy Sunday Review, Times of India

### Abdominal Pain

Your child complains of a stomach ache. His stomach seems hard and is tender to the touch. He's also nauseated and slightly feverish.

The first major symptom of appendicitis is usually discomfort throughout the abdomen. Put your youngster to bed and apply ice pack to the affected area. Give him nothing to eat or drink before you consult the doctor. Food or drink may increase the risk of rupturing the appendix and causes the situation to become critical. **Do not** give laxatives for any type of abdominal pain.

-Courtesy Reader's Digest

### DONATION APPEAL

**To run our FREE FIRST AID & AMBULANCE SERVICE, to buy New Ambulance Car and upkeep of infrastructure we need donations to Service Station Fund, New Ambulance Car Fund or General Fund. Philanthropist are request to donate annually or a corpus donation earmarked for specific purpose.**

**We therefore appeal well-wishers for generous donations. Donations to the society are exempted from payment of Income Tax u/s 80G.**

**Donations may be paid by Crossed order Cheque in the name of : "THE BOMBAY CITY AMBULANCE CORPS".**

**THANKS**

**KINDLY VISIT OUR WEBSITE TO READ BRIGADE GAZETTE - [bcac.co.in](http://bcac.co.in)**

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### BOOK-POST

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