



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 643

January, 2016

The Bombay City Ambulance Corps wishes Patrons, Life Members and Well wishers of the Society a very Happy and a Prosperous New Year (2016).

PART - I NOTIFICATIONS

Public Duty

Ambulance Car 12 (MH-01-LA-9420) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football/Hockey Ground for Football/Hockey matches as under :

Sr. No.	Organiser	Date 2015	Time
1.	Saran Presents (Football)	October 31, November 1 December 5	9 am to 6 pm 9 am to 6 pm 9 am to 4 pm
2.	Mumbai Hockey Association	December 3, 4, & 6 to 16 December 5	2 pm to 6 pm 2 pm to 6 pm 4 pm to 6 pm

Seminars on CPR for Bystanders

One day Cardio Pulmonary Resuscitation (15/S/CPR/4) was conducted on December 11, 2015. 17 participants attended the seminar

No.	Date 2015	No. of Participants	Participants from
15/S/CPR/3	September 19	07	Fitness Connection
15/S/CPR/4	December 11	17	BFY

Fundamentals of First Aid

One day seminars on Fundamentals of First Aid were conducted for (1) Women Prisoners as under from 2 p.m. to 4 p.m. and (2) for about 80 male prisoner of Thane Jail on request of Prayas, an NGO of TISS.

No.	Date 2015	No. of Participants	Participants from
15/S/FA/2	August 11	21	Chembur Jail
15/S/FA/3	September 21	25	Byculla Jail
15/S/FA/4	November 6	24	Thane Jail

Donations to Service Station Fund

Date 2015	Amount (Rs.)	Donations received from
November 2	11,500/-	BFY
December 9	8,000/-	Saran Presents Pvt. Ltd.
December 19,	12,000/-	Mumbai District Football Association
December 22	501/-	Mr. Vashram K. Baraiya
December 2	2,000/-	Saran Presents Pvt. Ltd.
December 25	10,000/-	Mumbai Hockey Association

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Donations to General Fund

Date 2015	Amount (Rs.)	Donations received from
November 25	15,000/-	Shree Mumbadevi Mandir Charities
November 26	11,000/-	Atmabodh Academy of Yoga
December 7	10,000/-	Manav Jagriti Foundation
December 7	9,800/-	Tata Motors
December 17	10,000/-	Fulchand Manekchand Shah Charitable Trust

PART II

Eyesight Loss : Symptoms and Natural Treatments

Our eyes are perhaps our one of our most important sensory tools. They are the primary way for most of us to gather information about what's going on around us so we can sense the world, live, work, interact with people, and walk around safely, being able to tell what is coming up ahead with remarkable accuracy. However, with age, our eyesight may become dim and our eyes tired. It is, therefore, very important that we take good care of them through a proper diet, special exercises, and healthy habits that reduce the eye's stress and effort.

How do you know if you are losing your sight?

If you are losing your vision, chances are you may not even know it. Vision loss happens so gradually that you may not recognize you have a problem until it becomes a much larger one. According to the World Health Organization, more than 285 million people worldwide are visually impaired. About 80 percent of those cases could have been avoided or cured with proper treatment. The best way to prevent such deterioration is by going to regular checkups with your eye doctor, but there are additional things you can do yourself to prevent and treat eyesight loss.

If you find yourself suffering from sudden and temporary blurred vision, changes in your night vision, changes in how you read and write, increased clumsiness (brushing more and more against objects) or an increased sensitivity to light, then you may be developing an eyesight problem.

If you found out about your problem early, or if you just want to keep your eyes healthy, there are many things you can do for your eyes that are completely natural and highly beneficial.

Natural ways to improve your eyesight:

Eye friendly Diet : Eating a healthy diet with plenty of fruits and vegetables will keep your eyesight from deteriorating and might even help improve it! Vitamin A, C, and E, are all important to eye health as well as foods rich in antioxidants.

Also, don't forget to add Omega 3 to your regular diet. These fatty acids are essential nutrients that have great health benefits. Most people know that they are good for your heart, but many don't realize that it can help keep your retinas healthy and slow down age-related eyesight deterioration.

To get all of these great nutrients, you can eat more things kale, chard, collards, spinach and carrots. Salmon and tuna are excellent for omega 3 and if you want even more beneficial non-meat protein you can have some bananas, beans or nuts.

It's important to remember that a change in your diet alone will only protect your eyes from more harm and can only lead to a minor improvement in your sight.

Perform Eye Exercises

One of the best ways to naturally improve your vision is to perform daily eye exercises. Don't forget, your eyes have muscles just your arms or legs.

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Start by doing an eye “warm up”, rub your palms together and place them over your eyes. Hold your hands over your eyes for five to 10 seconds, and repeat 3-4 times.

Your first exercise should be to just roll your eyes up and down without straining them too much. Look up as far as you can, and then look down. Repeat this 10 times. Now look to each side, repeating 10 times. Finally, roll your eyes in a clockwise motion about 10 times, then reverse the movement and roll them counter-clockwise 10 times as well.

When you are done, grab a pen or a pencil and hold it at arm’s length, making sure it is at eye level. Focus on the tip as you slowly move it closer to your eyes. Always focus on the tip as you move it closer to you, and then back to arm’s length. Repeat this 9 more times.

When you’re done, massage your temples with your fingertips and gently move to your eyebrows and under your eyes as well. If your eyes feel tired close them and let them rest for a few moments. Just at the gym, these muscles can get tired if you overwork them.

Lifestyle Changes:

The thing about our habits - they accumulate. Even the little things we do, when done often enough, can have negative consequences that keep building up.

- 1 - **Stop smoking** : Smoking can lead to macular degeneration later in life, as well as cataracts.
- 2 - **Make things bigger and brighter** : It is very straining for our eyes to look at small and dark objects, and doing so may lead to a decline in your eyesight. To prevent this you can do many things - changing the font size of the text you read and using the zoom option on computers and cell phones. You can also adjust the brightness settings on electronic screens and see if your paper has a larger-print edition.
- 3 - **Take more breaks** : Practice the “20-20-20” rule. If your work or hobbies involve staring at a screen for long periods of time, take a break every 20 minutes, and focus on a point 20 feet away (6 meters) for at least 20 seconds. It will let your eyes relax a bit and change your focus.
- 4 - **Rest properly** : Getting enough sleep at night is important for the health of your eyes. If your eyes are well-rested, they will be in a much better condition during the day.
- 5 - **Wear sunglasses** : Too much exposure to ultraviolet light can lead to macular degeneration and cataracts. The old myth about staring at the sun has some truth in it, so avoid it when you can. If you don’t want to wear sunglasses, a simple hat will also protect your eyes nicely.

History of cardiopulmonary resuscitation

Mouth-to-mouth resuscitation

In the 19th century, Doctor H. R. Silvester described a method (The

Silvester Method) of artificial respiration in which the patient is laid on their back, and their arms are raised above their head to aid inhalation and then pressed against their chest to aid exhalation. The procedure is repeated sixteen times per minute. This type of artificial respiration is occasionally seen in films made in the early 20th century.

A second technique, called the Holger Nielsen technique, described in the first edition of the Boy Scout Handbook in the United States in 1911, was a form of artificial respiration where the person was laid face down, with their head to the side, resting on the palms of both hands. Upward pressure applied at the patient’s elbows raised the upper body while pressure on their back forced air into the lungs, in essence the Silvester Method with the patient flipped over. This form is seen well into the 1950s (it is used in an episode of Lassie during the mid-1950s), and was often used, sometimes for comedic effect, in theatrical cartoons of the time (see Tom and Jerry’s “The Cat and the Mermouse” [1949]). This method would continue to be shown, for historical purposes, side-by-side with modern CPR in the Boy Scout Handbook until its ninth edition in 1979. The technique was later banned from first-aid manuals in the UK.

Similar techniques were described in early 20th century ju-jutsu and judo books, as being used as far back as the early 17th century. A New York Times correspondent reported those techniques being used successfully in Japan in 1910. In ju-jutsu (and later on, judo) those techniques were called Kappo or Kutasu.

However, it was not until the middle of the 20th century that the wider medical community started to recognize and promote artificial respiration combined with chest compressions as a key part of resuscitation following cardiac arrest. The combination was first seen in a 1962 training video called “The Pulse of Life” created by James Jude, Guy Knickerbocker and Peter Safar. Jude and Knickerbocker, along with William Kouwenhoven and Joseph S. Redding had recently discovered the method of external chest compressions, whereas Safar had worked with Redding and James Elam to prove the effectiveness of artificial respiration. It was at Johns Hopkins University where the technique of CPR was originally developed. The first effort at testing the technique was performed on a dog by Redding, Safar and JW Perason. Soon afterward, the technique was used to save the life of a child. Their combined findings were presented at the annual Maryland Medical Society meeting on September 16, 1960 in Ocean City, and gained widespread acceptance over the following decade, helped by the video and speaking tour they undertook. Peter Safar wrote the book ABC of Resuscitation in 1957. In the U.S., it was first promoted as a technique for the public to learn in the 1970s.

Artificial respiration was combined with chest compressions based on the assumption that active ventilation is necessary to keep circulating blood oxygenated, and the combination was accepted without comparing its effectiveness with chest compressions alone. However, research over the past decade has shown that assumption to be in error, resulting in the AHA’s acknowledgment of the effectiveness of chest compressions alone.

CPR has continued to advance, with recent developments including an emphasis on constant, rapid heart stimulation, and a de-emphasis on the respiration aspect. Studies have shown that people who had rapid, constant heart-only chest compression are 22% more likely to survive than those receiving conventional CPR that included breathing. What’s more, because people tend to be reluctant to do mouth-to-mouth, chest-only CPR nearly doubles the chances of survival overall, by increasing the odds of receiving CPR in the first place.

— Curtsey Wikipedia

SERVICE STATION STATISTICS		
Year 2015	November	December
Calls Registered	07	04
Removal Services	09	04
Services for which NO donations were received	03	01
Donations received on account of :		
Removal Services	₹ 1,800/-	₹ 1,300/-
Donations to the Station Fund	₹ 11,500/-	₹ 32,501/-
Run of Ambulance Car (No.12)	272 Kms.	318 Kms.
Total services rendered till date	79,592	79,596

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