

1	Keeping healthy is important to all of us. Two items	11
2	that we rely on to help us keep healthy are our medicine	22
3	cabinet and our first aid kit. Here are some guidelines to	34
4	keep these two essentials in good working order.	44
5	Every year we should clean out our medicine cabinet	55
6	and throw away all old prescriptions and medicines. If	66
7	there is no expiration date listed for the prescription,	77
8	look at the container and throw it away if it is damaged.	89
9	Medicines older than a year should be discarded. If there	101
10	is no label on a container, discard it as well. You should	113
11	always keep your medicine cabinet locked if there are small	125
12	children living in the house.	131
13	Every home should have a first aid kit. It should be	142
14	locked and stored in a safe place, and it should be easy to	154
15	retrieve when necessary. Take note of what you have stored	166
16	in your first aid kit, and replenish all items that are	177
17	missing or in low quantities. Whenever you have to use an	189
18	item in the kit, be sure to replace it immediately. You	200
19	may consider having two first aid kits so that one can be	212
20	stored in your automobile when traveling.	220
21	Your first aid kit should include essential items such	232
22	as the following: roll of gauze, bandages, cotton balls,	243
23	calamine lotion, antiseptic soap, aspirin, safety pins,	254
24	scissors, antihistamines, and prescription drugs for any	266
25	members of the family who might need them. Other items you	278
26	may want to include are a thermometer, tweezers, petroleum	289
27	jelly, and cloth that could be used as a tourniquet.	300
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