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THINGS THAT GO BUMP IN THE NIGHT

By Victoria Elizabeth

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WORD COUNT: 609

While I was sitting quietly in my throne room this morning at my Palace on Dallas in beautiful downtown Victoria, British Columbia, Canada (a quaint, quirky colonial outpost right smack dab on the San Andreas fault line), my mind began to wander and ponder.

Of course when you're waiting for "big things" to happen or, ...patiently standing on one foot for your ship to arrive at the bus station, or heaven forbid ...lollygagging about because Godot hasn't turned up yet to give you a reason for being -- something odd is bound to happen. Don't ask me why, it just does.

Which brings me to the random topic of "things that go bump in the night" (TTGBIT). Not being the quivering or querulous sort, I decided to inquire further into the wonderful world of TTGBIT.

However, when I typed www.things-that-go-bump-in-the-night.com into my web browser, I landed on something called "bravepages". Expecting to meet Robin Hood, the Red Dwarf or maybe my favorite white-haired classic TV-Western film star, Hop-a-long Cassidy and his colleague "The Cisco Kid", to my dismay I received a rather strange invitation to sign up for a free website -- not quite what I was expecting, -- but nevertheless an "awesome" experience, as the younger generation would say.

Ever the inquisitive type, I now have only 42,300 websites to wade through according to the folks at www.google.com/. What a perfect project for the "Empress of Everything" to undertake instead of the usual royal duties ...you know, proffering pithyless proclamations, knighting every knave in the realm, or taking the wretched Corgis for a walk.

THINGS THAT GO BUMP IN THE NIGHT

So, in case you're wondering about some of the stuff that popped up under the category "things that go bump in the night", here are a few:

- Aliens, witches, and other creatures lurking around every corner
 - The worry zone
 - An audio accessory available from bigfishstudio.com
 - A ring tone for Nokia/Samsung mobile phones
 - Misplaced watchdog timers and unexplained error codes
 - A drinking story and other campfire delights
 - Ominous looking weather
 - Name of a badass chick net community
 - Humorous historical romance novel
-
- Herds of children running through the house
 - Name of a hard metal rock band
 - Spooky Halloween screen saver
 - The reason behind a daily devotional
 - A fantasy and science fiction convention - the key to three women's destinies
 - An American-made circa 1989 detective film/crime thriller
 - A technology solution for an MS practitioner
 - The subject of a Unitarian Church sermon
 - Name of a children's horror book
 - A special lodging package including a Horse-Drawn Wagon ride
 - A discount store news item featuring a crypt
 - Strange sound made by a barbecue grill right outside my computer room window
 - Name of a Paranormal Database Record, and more engaging than the faceless "404" messenger
 - The Vampire Support page
 - A Tasmanian Forestry feature
 - An exploration of Grey and Gothic literature (UBC)
 - Noisy nooky-makers
 - Name of a CD music sampler ... better than "Ho-Hum"
 - Contents of a Scottish Prayer "When the Whole Earth was Overrun with Ghosts"
 - What "beast" (big thing) do you want to study or evaluate, and why?
 - Raw sockets, Neohapsis and NTBugtraq

BTW, if you want to more ...please do check out the remaining 42,269 web pages and email me at quippingqueen@yahoo.com with your fabulous finds!

And for those of you interested in learning more about one of my favorite haunts, "The Centre for the Incredibly Bored" (a wonderful wonky spot that exists to provide all manner of useless diversions to keep one thoroughly occupied for the foreseeable future) visit "The Restless Mouse at <http://www.therestlessmouse.com>

Victoria Elizabeth, "Quipping Queen & Empress of Everything" lives in Victoria, B.C. Canada. Besides issuing potty proclamations from her virtual throne room at www.quippingqueen.blogspot.com, HRH adores receiving greetings at: quippingqueen@yahoo.com. When not busy with royal duties, she earns her bread and peanut butter as a "business development consultant" (sounds a like a lot of ballyhoo and baffle-gab to me).

The Highway to Health – Bumped Heads

By Tony Howarth

I recently had a reader send me this comment:

"As a full-time dad I have to deal with just about every minor illness my two children pickup, everything from a bump on the head to chicken pox. I found the Highway to Health ebook very useful and it's one of the first things I reach for when something goes wrong!"

Mr John Bradbury
United Kingdom

It got me thinking – although the Highway to Health does cover headaches, perhaps going into a little more detail about 'bumps on the head' would be useful. So here we go...

There are two main types of head injury – concussion and compression.

Concussion is the commonest: It's when your brain gets 'shaken' inside your head. Like anything, it gets a little bruising. Like any bruise it heals with time. It can be caused by all sorts of things: Kids banging heads, perhaps playing sport. A child recently ran in to a coffee table and got concussion. Falling off things, running into things, tripping over... It's common and not too serious. You might feel a bit shaken up at first, might even pass out for a few moments, but not for long. You could feel dizzy or confused as well. You'll have a headache – but you knew that, right? You'll probably get a bruise or bump on the outside too. You might feel or be sick, but this will pass. Your vision might get blurred, but this passes.

> Sit down and take it easy.

> Put a cold compress (e.g. wet sponge) on the bump.

> Try not to worry – or if it's a child, try to reassure and comfort them.

> Five to ten minutes later, you should be feeling a whole lot better. The headache won't have gone yet, but it will settle. You might still feel sick, but everything else should have cleared.

> Now you can take whatever pain relief you'd usually have for the headache (and see

for a whole chapter on relieving headaches).

THINGS THAT GO BUMP IN THE NIGHT

- > Take it easy for the next three days.
- > Keep a watch out for the signs & symptoms below (and have someone else watch out for you too).
- > You'll soon be wondering what the fuss was about!

Compression is the other type of head injury: Just like anything that gets injured, your brain can swell. This is bad news – it's trapped inside your skull and has nowhere to swell to. So you get a build-up of pressure on your brain, which causes problems. It is usually caused by something a bit more severe than a bump on the head more like a bat over the head, or a bigger fall, or a traffic accident. This often starts out like concussion, but doesn't get better in a few minutes. That feeling of sickness gets worse, and you start to be sick a lot more often. The headache just gets worse, even when you've treated it. The dizziness or confusion will get worse, and you might pass out for a lot longer. You might have a fit or convulsion. Your vision might blur and keep getting worse.

>> You need the hospital – and quickly!

>> Anyone who has these symptoms goes straight to hospital.

>> Even if it started out as concussion, this can take up to 72 hours to develop. (It's commonest within the first four hours.)

Tony Howarth is a UK qualified pharmacist. After graduation he studied for a PhD – this looked at ways people use the Internet to access health information and included methods of making the information easier to understand. He then spent several years in a local pharmacy (where he still works) to understand just what people want to know about and have problems with. Now that information is here!

The Highway to Health – Bumped Heads

If Your Sales Need A Shot Of Adrenaline -- Maybe Your Easy Street Needs a Bump

Take Care Of You Maternity Underwear On Time

Expand Your Time

Can Eye Sty Be Prevented?

Pure Profit Software

Baby's First Year –What Parent Needs To Know

Tattoo Secrets

How To FINALLY Stop Smoking...Once and For All!

How To Improve Blood Circulation



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