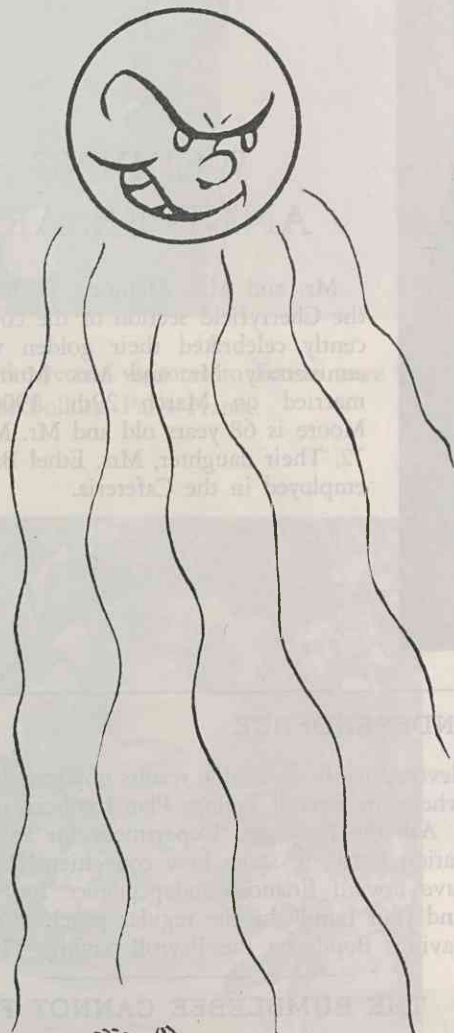


# HOW TO LIVE THROUGH YOUR SUMMER VACATION



Your best guarantee of a safe, pleasant vacation this summer is your own attitude. Let it be unworried and unhurried. Take things gradually. Remember the most dangerous hours of your whole summer probably will be spent in driving to and from vacationland, not in it.

Here are some of the hazards you may face in a strange place and what to do about them, as suggested by Better Homes & Garden magazine.

**SUNBURN.** The sun is strong medicine, so begin with small doses—15 minutes the first day, 30 the second. Cover up before your skin gets hot or pink. Try burn ointment for mild sunburn—or petrolatum, olive oil, calamine lotion or a paste of baking soda and water. If you are blistered and sick, get medical help.

**MOSQUITOES.** Spray rooms, tents or picnic areas with DDT from a bug bomb or garden sprayer. Wear clothes that fit loosely except at wrists and ankles. Cover exposed skin with one of the new repellents containing 6-12, DMP, 448 or indalone. Treat bites with baking soda and water paste, ammonia water or calamine lotion containing a half or one percent phenol. Do the same for bee, hornet and wasp stings.

**POISON IVY.** Poison ivy can cause intense itching and fiery pain—often with swelling and blisters. Poison ivy grows in leaflets, three on a stalk. Remember they may be small or large, smooth or notched. The plant may creep, climb or grow like a shrub. Injections may give temporary immunity. If you brush the plant, wash several times with laundry soap, rinsing well with clear water. Then sponge off with rubbing alcohol. Have contaminated clothing dry-cleaned. For relief try soap paste or gauze soaked in cold solution of baking soda or Epsom salts. For severe cases, get a doctor.

**IN THE WATER.** Don't swim alone or when you are tired, overheated or chilled. Ease yourself into cold water. Come out when you start to shiver or get tired. Keep calm if you get in trouble. Even with cramps in legs or arms you can stay up. When help arrives, grasp what is thrown to you. Don't grab your rescuer.

