

. . . . and especially so on a cloudy day, for he can burn you even then—and very seriously, too.

Though the sun itself may not be visible, it's possible for its rays to filter through the clouds. Too, reflections of the rays from a body of water or from ice, snow, or sand increases the rate of burning, resulting usually in first or second degree skin burns.

Gradual exposure to the sun's rays, increasing the length of time each day, to build up a protective coat of tan is the best sunburn prevention. Application of olive oil, cocoa butter, or some good burn ointment before exposure helps by keeping the skin soft.

After exposure, calamine lotion and oil, like olive oil and cocoa butter will provide some relief. A wet dressing of an Epsom Salts solution is excellent in severe cases. If blistering is extensive, a dressing of sterile petrolatum-coated gauze should be used. If the burn is extensive, or, if a fever develops, a doctor should be called at once.

SUNSTROKE AND HEAT STROKE

These conditions have the same symptoms, although the cause may be slightly different. It is sunstroke if the cause is direct exposure to the

sun's rays; heat stroke if the cause is excessive indoor heat. For symptoms and treatment see diagram below.

If you notice the beginning of any symptoms, find a cool place to rest immediately. If you have ever had sunstroke you are particularly vulnerable and should exercise proper caution.

HEAT EXHAUSTION

This condition is caused both by direct exposure to the sun's rays and by excessive indoor heat. People who have not been in good health or who are intemperate are especially susceptible to true heat exhaustion. Loss of salt from the body is the chief cause. Symptoms and treatments are listed in the diagram.

HEAT CRAMPS

The cramps occur usually in the abdominal muscles or in the limbs. They are extremely painful and may or may not be accompanied by the symptoms of heat exhaustion.

First aid is the same as for heat exhaustion. Give the patient salt water, a teaspoonful to a pint, in small drinks at frequent intervals. Firm hand pressure applied to the muscles of the limbs will often relieve the cramps.

HOW TO DISTINGUISH BETWEEN SUNSTROKE AND HEAT EXHAUSTION

Sunstroke and Heat Stroke

Cause: Exposure to heat, particularly the sun's rays.

Symptoms: Headache, red face, skin hot and dry, no sweating, pulse strong and rapid, very high temperature, usually unconscious.

Treatment: Call a doctor, cool body with bath or cold applications, patient lies with head elevated, no stimulants.

Heat Exhaustion

Cause: Exposure to heat, either sun's rays or indoors.

Symptoms: Pale face, skin moist and cool, sweating profusely, pulse weak, temperature low, often faint but seldom remains unconscious for more than a few minutes.

Treatment: Keep head level or low. Give salt. Coffee or tea may help. External heat needed in severe cases.

