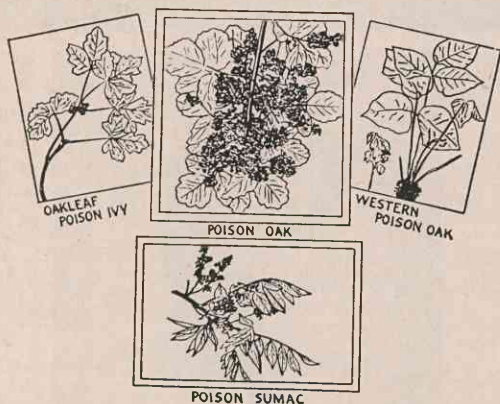


E VACATION



POISON OAK—POISON SUMAC

1. Learn to know and avoid these hazards.
2. If you touch them, wash hands at once, using plenty of laundry soap and hot water.
3. Obtain a 5 per cent alcoholic solution of ferric chloride and apply it to the affected parts as a wash.
4. See your physician promptly if there is severe irritation.
5. Rubber or heavy leather gloves afford some protection from these poisons, but the sap picked up by clothing can easily be transmitted to the hands and other parts of the body, even after considerable time. Have all garments exposed to these poisons dry cleaned.

PRACTICAL FIRST AID—A SIMPLE TOURNIQUET

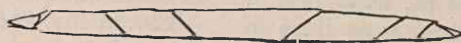


FIG. 1

You don't have to have anything but simple articles of clothing such as a stocking, a sleeve, or tail torn from a shirt, or a couple of handkerchiefs to make an effective tourniquet. Here's how it is done:

1. If a piece of cloth is used, roll or fold it as shown in Fig. 1. A sleeve or stocking does not need much rolling.

2. Place the center of the tourniquet on the outside of the limb from which there is bleeding and directly opposite the proper arterial pres-

sure point. Fig. 2.

3. Swing the ends of the tourniquet around the limb and cross them directly over the pressure point, then twist them three or four times, bringing the free ends around to the outside of the limb as shown in Fig. 3.

4. Tie a half knot and pull the ends tight, as in Fig. 4.

5. To prevent gangrene, release the pressure from the tourniquet for a moment or two at intervals of fifteen minutes.

HEAT

How to Tell Heat Exhaustion:

1. Dizziness—person usually acts dazed—may stagger.
2. Feeling of sickness—vomiting.
3. Chilliness.
4. Face pale.
5. Sweating profuse, especially on forehead and face. Entire body may be clammy.
6. Pulse weak and rapid. Body temperature below normal.
7. Fainting—loss of consciousness for short period.



WHAT TO DO:

1. Send for doctor promptly.
2. Remove victim to fresh circulating air.
3. Keep him lying down with head low.
4. Make clothing comfortably loose.
5. Keep him warm—blankets both under and over him.
6. Rub arms and legs gently toward heart through the blanket, to assist blood circulation.
7. If able to drink, give him frequent drinks of salt solution, or salt tablets, to replenish the lost body salt. (A level teaspoonful of salt in a pint of cool—not ice cold—water.) Hot coffee or tea also may be used as a stimulant—but NO ALCOHOL.

