

Doctor Talk

By JOHN B. REMBERT, M. D.

The general mass hysteria due to fallout from the recent Communist bomb testing has resulted from irresponsible news reporting to a large extent and to generalized reader ignorance to a lesser extent.

News articles have appeared daily in newspapers across America predicting monsters in the years to come—in many of these same papers other articles have appeared saying Americans have no reason to be concerned with the fallout—from these contradictory views it is little wonder we aren't all "scared to death" by this time.

The truth of the matter is that we need not be afraid—just remember radiation is all about us all of the time. Watching your TV, as most Americans do, has just about as much effect on us as the fallout from the latest Soviet tests.

Recent newstories warning the Japanese not to drink rainwater in the vicinity of Fukuoka, Japan because of high concentration of radiation amounts to "fallout scare" only. People of Japan could drink such rainwater for 70 years and possibly would receive a total radiation dose of only 16 roentgens—such a radiation dose results from 3 to 4 dental X-rays.

Given a little time—and time we have, for there certainly will be no nuclear war—medical science will have a drug to protect the body from radiation. Drugs are now known that will protect animals, but to date no tests have been tried on humans because of the dangerous side effects—with further experimentation these side effects will be eliminated.

This attempt to debunk the latest fallout scare should not be taken, however, to mean that individual plans for protection, such as fallout shelters, should not be continued—these shelters are necessary and if the general public should have adequate protection then this in itself is another deterrent to the mad Bolshevik.

One word of advice—read the news, but please don't go off the loose end—too far!

What would you do before the doctor comes if confronted suddenly with helping an injured person? There are several important things everyone should know about emergency treatment to an injured person, particularly when a fracture is suspected.

Proper handling of first aid measures has a distinct bearing on the ultimate result of treatment, the amount of disability and the ability to return to normal or usual activities as early as possible.

The first thing to do always when approaching an injured person is to establish and maintain an adequate airway. This may require removing false teeth, debris, and heavy mucous from the mouth and throat. The tongue may need depressing and can be pulled forward if necessary by pushing a safety pin through the tip of the tongue and applying traction.

Obvious hemorrhage can be controlled by applying a large pressure dressing over the bleeding area. If a tourniquet is used on an extremity the time of application should be recorded for instance, by writing with lipstick on the victim's forehead.

Any patient suspected of having a back injury should not be moved until a preliminary examination has been made.

When a neck vertebrae is suspected of being fractured the head and trunk should be moved as one piece. Padding is placed on each side of the head and neck and strapped firmly by a band of cloth around the head and board upon which the patient is placed. All cases of back and neck injuries are transported face up.

When a lower back injury is suspected, flexion of the body or bending forward should be prevented. A folded blanket should be placed beneath the lumbar region. These measures prevent possible further damage to the spinal cord.

Fractures to the arm can simply

be supported by a triangular, "slingshot" bandage and the upper arm should be bound close to the body. Forearm or hand fractures can best be supported by a board splint.

Fractures of the lower extremities are best supported for transfer by wrapping with pillows and applying outer board splints which then can be bound securely with bandages.

U. N. Trusteeship Committee censures Portugal.

RIGHT PET—THEY HOPE
Venice, Fla.—The Joe Carney family has a pet skunk named Posie. He was found last summer while just an infant. Posie's defense mechanism was removed by operation.

Recently Posie escaped and the family has been searching for it ever since. Finally one turned up. The father started to put a collar on him. It wasn't Posie.

They now have another skunk. Before venturing too close the family decided to anger this one—at a distance—to be sure.

TRADE AT HOME
U. S. nuclear aide sees gains in further tests.

U. S. colleges to form technology center in India.

Six to study U. S. data on jobs and jobless.

biggest drawback is the disposal of personal waste and garbage. The boosters tell you what to take in there but not how to take necessary things out."

Macmillan says market talks must succeed.

SHELTER DRAWBACKS
Tucson, Ariz. — Family fallout shelters are "out" for Americans. That is the verdict of a retired physician and surgeon, Dr. A. Russell Aanes.

"Our main complaint," said Dr. Aanes after he and his wife had spent two weeks in one, "and the

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Deep South Strawberry or Peach

Preserves 18-Oz. Jar **39¢**

ASTOR MAXWELL HOUSE

Libby's Sliced or Halves

Peaches - 2 No. 2 1/2 Cons. **59¢**

Ocean Spray Strained or Whole Cranberry

Sauce - 2 No. 300 Cons. **39¢**

Thrifty-Maid Green

Lima Beans - 2 No. 303 Cons. **29¢**

White Arrow Regular or Blue

Detergent - 1 Lge. Pkg. **17¢**

Deluxe

Fruit Cake - 3-Lb. Size **99¢**

Thrifty-Maid Self-Rising

Flour - 25 Lb. Bag **\$1.39**

Limit 1 of your choice with \$5.00 or more order

Mayonnaise Qt. Jar **39¢** Duke's or Krafts Qt. Jar **49¢**

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Shortening 3-Lb. Carton **49¢** 3-Lb. Can **59¢**

Palmetto Farms Solids or Prints... Limit 4 Lbs. With \$5.00 or More Orders

Margarine 2 1-Lb. Pkgs. **29¢**

Winn-Dixie logo

Winter Garden Apple, Cherry, Peach, Coconut

Fruit Pies 4 22-Oz. Pies **99¢**

Juicy Florida

Oranges 8 lb. bag **49¢**

U. S. No. 1 White

Potatoes 10 lb. Vent-Vu bag **27¢**

Breeze Detergent - Lge. Pkg. **35¢**

Blue Silver Dust - Lge. Pkg. **35¢**

Rinso Blue - Lge. Pkg. **29¢**

Condensed All - 24-Oz. Pkg. **39¢**

Fancy New Crop

Pecan Halves 1-Lb. Cello **99¢**

Fresh Tender

Pole Beans 2 Lbs. **29¢**

Limit 6 With \$5.00 or More Order Please

Carnation Milk 6 Tall Cans **79¢**

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Pork Loin **49¢**

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Pork Roast Lb. **39¢**

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Superbrand American, Pimento, or Swiss

Sliced Cheese - 8-Oz. Pkg. **29¢**

Palmetto Farms Whole

Barbecued Chicken - Each **89¢**

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Hygrade Hams - Lb. **79¢**

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