

Guard Against Heat Sickness

Stroke And Heat Exhaustion Are Serious And Sometimes Fatal

With the approach of high temperatures and the rush of the summer season it is easy to succumb to heat illness, says M. Ellis, in charge of Extension Agricultural Engineering at the College.

When heat illness strikes it can be serious, sometimes fatal, Mr. Ellis said. Be on the guard heat illness and take the necessary precautions this summer to avoid exposure to the sun or prolonged physical exertion in extreme heat.

Heat exhaustion and sun stroke are entirely different things, though both may seem to result from exposure to high heat. With heat exhaustion, patient's skin is cold and clammy - while with sun stroke, skin is hot and dry. A simple test may serve as a guide and avoid confusion regarding the illness. Briefly, it is this: If patient is cold, make him

warm; if he is hot, make him cool.

You can protect yourself against heat sickness by following these National Safety Council recommendations.

Avoid overexertion, particularly in the early part of the heat wave.

Avoid too much exposure to direct sun rays, or extreme indoor temperatures and high humidity - wear a hat while out of doors.

Wear light, porous clothing and avoid tight fitting clothes.

Increase the use of salt or food or use salt tablets or salt in drinking water to offset the excessive loss of salt from the body through perspiration.

Drink water often throughout the day, one glass at a time.

Eat nutritious food but avoid overeating - vitamin C lost through perspiration should be replaced with fruit juices.

Get plenty of sleep and bathe regularly.

Avoid ice cold water and alcohol.

Many farmers take the life out of their fences by stretching wires too tightly. That is especially true of woven wire fences and nearly 40 per cent of all fences are of that type.

FIRE FACTS

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GROCERY - FAIR BLUFF

Cool Porkers In Summer Are Fat Porkers In Fall

Pigs Have No Sweat Glands And Should Be Provided Shade And Plenty Of Drinking Water

If you're interested in fattening your hog check this summer and fall, don't fail to keep those pigs cool this summer.

A hog requires more attention in summer than other farm animals, because of the way they are put together. They have no sweat glands to help cool his body off. And they are covered with a layer of fat that acts as an insulator. So a hog gets uncomfortable when the temperature gets over 70 degrees.

Tim Strickland of Cherry Grove has the right idea. He has provided his hogs - some artificial shade. This shade is made of post and a light frame across the post and covered with pine and other limbs. The shade is about 12 feet wide and 25ft. long. He also has an automatic waterer near his shade to furnish them plenty of water. Then he has his 40 some pigs and hogs on 6 acres of soybeans to furnish plenty of grazing and at the same time this will cut down on the amount of feed he must carry down to his hogs.

Plenty of fresh drinking water is cheap summer "feed." Remember that a hogs body is about 70 per cent water and for that reason he can get plenty thirsty. So be sure that you furnish your hogs plenty of fresh water to help keep your hogs cool inside.

Remember that while we are taking off clothes when the temperature goes up, we are trying to put on more "clothing" on our hogs. This can't be done, and still produce pork cheaply, unless they are kept cool and comfortable.

GIFT LIMIT

THE HAGUE-To prevent diversion to the black market, the Netherlands government has decreed that gift packages entering Holland from abroad may not contain more than 200 cigarettes or eight and three-quarter ounces of cut tobacco per person per month.

The best way to increase the "size" of your farm is to increase the fertility of your soil.

N. C. Eggs Get Bigger, Better

Careful Breeding Program Causes Increases In Size And Quality

North Carolina laying hens are not only producing more eggs now than in past years, but they are also producing larger eggs, according to T. T. Brown, poultry specialist for State College Extension Service.

A few years ago, Mr. Brown said, most of the eggs exhibited at egg shows throughout the State were too small-below standard weight of 24 ounces per dozen in many cases. At the shows this year, however, most of the eggs were too large, ranging from 28 to 32 ounces per dozen.

Some producers said their eggs were so large that it was difficult to select eggs small enough to be classed as medium-sized, Mr. Brown stated.

The increase in size, the poultry specialist said, has been achieved as the result of a careful breeding program.

Weed Control Is Vital To Plants

Precaution Must Be Taken In Use Of 2, 4-D In Destroying Undesirable Plants

To effectively control weeds and grass on tobacco plant beds, the following suggestions should be followed:

1. Select plant bed in usual manner now.
2. Clean off all weeds, trash and grass. Prepare a fine, clod free bed and rake it smooth. Clods larger than a marble will prevent weed seeds, inside from being killed. Fix bed site ready to sow your seed at least 90 days before planting time.
3. Broadcast 1/4 pound of granular Cyanamid or Uranon per square yard of plant bed. This should be done immediately after preparing the bed and before the soil has had time to dry out.
4. Mix the Cyanamid thoroughly with the top 4 inches of soil by means of a cultivator or V harrow. Do Not Turn Or Disc Because This Will Not Thoroughly Mix The Cyanamid With Soil. Harrow several times.
5. Broadcast 1/4 pound more of Cyanamid or Uranon per square yard on the smooth surface and rake in lightly and leave bed in that condition until ready to seed.
6. In time of extreme drought, water the bed thoroughly after applying Cyanamid or Uranon.
7. At seeding time apply the usual amount of plant bed fertilizer and work it in the top two inches of soil, then sow seed in usual manner.

GERMANS VALUE

(Continued from page one) cigarettes a month, the average Berliner is definitely butt conscious. At parties only snobs or black marketeers snub their cigarettes into ash trays. The usual procedure is to snuff out a half finished cigaret, place it in a small box always carried about for this purpose, and preserve it for another smoke.

So valuable are butts, the janitors at Allied installations would willingly give up their monetary salaries if they had a choice to make between their salaries and the butts they collect.



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