

Civil Defense Tips - - -

(Second article of a series)
By: Ralph Cottle
The Medical Self-help Program in Duplin County is now well under way. It has been announced by Mrs. Susan H. Saunders, R. N., who is coordinator-instructor of the Duplin County Program of Practical Nurse Education, that a total

of 12 Practical Nurse Students have graduated from the Medical Self-help Program sponsored by the Department of Health, Education, and Welfare Public Health Service in cooperation with County Civil Defense. The students completing this course are: Mrs. Inez Baker, Teachey; Mrs. Lucy Bland, Willard;

Mrs. Sara Furell, Teachey; Mrs. Peggy Hall, Rose Hill; Mrs. Billie Hollingsworth, Faison; Mrs. Mildred Lewis, Warsaw; Mrs. Mary Murphy, Kenansville; Mrs. Annie O'Leary, Warsaw; Mrs. Hazel Rackley, Faison; Mrs. Sherry Wells, Rose Hill; Mrs. Pauline Williams, Beulaville; Miss Garnet Wilson, Magnolia. These ladies are to be congratulated upon their graduation. You are invited to contact one of the above students and inquire about the contents and values of the course. Also, please ask them how your community group may take the course. We have these Medical Self-help Kits available for public use, which include films, projector, and all the needed information. Most any adult will be able to teach the course with a minimum of specialized assistance.

One of the life-saving techniques to Mouth Rescue Breathing. Listed below are the exact procedures you should use:

1. Wipe Out Victim's Mouth Quickly. Turn his head to the side. Use your fingers to get rid of mucus, food, sand, and other matter.
2. Straighten Victim's Head and Tilt Back So That Chin Points Up. Push Or Pull His Jaw Up Into Position to keep his tongue from blocking air passage. This position is essential for keeping the air passage open throughout the procedure. I-F-Pol
3. Place Your Mouth Tightly Over Victim's Mouth and pinch nostrils closed to prevent air leakage. For a child, cover both nose and mouth tightly with your mouth. (Breathing through handkerchief or cloth over victim's mouth or nose will not greatly affect the exchange of air.)
4. Breathe Into Victim's Mouth or Nose until you see his chest rise.

(Air may be blown through victim's teeth, even though they may be clenched.)

5. Remove Your Mouth And listen for the sound of returning air. If there is no exchange, recheck jaw and head position. If you still do not get air exchange, turn victim on side and slap him on back between shoulder blades to dislodge matter that may be in throat. Again, wipe his mouth to remove foreign matter.

6. Repeat Breathing, removing mouth each time to allow escape of air. For an adult, breathe about 12 times per minute. For a child, take relatively shallow breaths, about 20 per minute. Continue until victim breathes for himself.

Contact your Duplin County Civil Defense Office in Kenansville for further information.

Garden Time

This is a story about water, frost and strawberry plants. It involves me and two young Raleigh businessmen, one in insurance and the other in investments. The one in insurance owns a farm and furnished the land, the one in investment had the urge and was in general charge of the project. I furnished the "know-how."

All recommended practices were carried out. Virus free well-rooted plants of Earlclawd, Shurecrop and Albrinton were carefully set on raised beds in the spring of 1962. The land was fumigated to control nematodes and kill weeds. Spring setting meant the removal of blossoms because the plants were not old enough to bear fruit the first year after spring setting. We had hoped to plant the previous fall but had weather prevented this.

We decided to use the hill system of training which meant the removal of runners. This required a once-over job of removing runners every week during the summer. This was quite a job on one-quarter acre of plants but it was accomplished with a few hours work each Saturday morning.

The plants grew beautifully because we had given them good care and satisfied the fertilizer requirements by first having a soil test made to guide us. Malathion and Captan were used as dusts to control insects and leaf spot diseases.

The plants wintered well and began spring growth in due time. In fact, we had just about best looking plants you ever saw in the spring of 1963. Then the roof caved in.

First a light frost killed some of the early blossoms. This is usually the case and was of no particular concern. Then we had days on end of high intensity, high winds and low humidity— even down to 10 percent, the lowest on record in these parts. Water would have saved us here. A pond had been built but no funds were available for an irrigation system to bring it into use.

But this is not the end of our trials and tribulations. A freeze came. The temperature fell to about 28 degrees, which froze berries as large as the end of your little finger. From an indicated crop of about 3,000-4,000 quarts we actually harvested about 300 quarts. This was the worst spring on record in Raleigh and the late freeze was unusual. If we could have escaped this we would have done very well.

If irrigation had been available we could have prevented that first frost damage and lessened the effect of the freeze. We could have also prevented the wilting of plants by reducing the transpiration rate during the dry hot days.

We usually think of water, temperature, light and nutrients as being the limiting factors in plant growth. It is very obvious the part that water and temperature played in this particular project.

The moral of this story is: be prepared with the water necessary to keep them vigorous and healthy.

Now that plants are green and growing it is a good time to take a pencil and paper and check over your entire landscape. It is rare that some mistakes are not made in planning and planting. I will mention a few and I am sure that you can think of others that may need attention during the summer, fall or winter.

Are walks and drives properly placed to serve the family needs?

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the garage large enough to accommodate the new "cat" and also area for the children located so it provide room for lawn mower, bicycles and garden tools? Is the play can be observed from the work areas the house? Do down spouts empty on a walk, driveway, path or terrace?

Are trees creating a problem? They may have seemed approximately placed when planted but no matter about 10 to 15 years may be giving trouble. This is particularly true if planted too close to where constant cutting back may the house or under power lines ruin their character and attractiveness.

Are large growing shrubs screening outside views from windows? If so, frequent and sometimes drastic pruning may spoil their beauty. Perhaps they should be replaced. Do not expect much from your vegetable garden if the plants are competing with large trees. Most vegetables require full sun and will not produce well if shaded and competing with tree roots for moisture and nutrients.

If you are having trouble with grass roots invading your flower bed or border you can stop this by erecting a barrier of old brick, 4x8 16 cinder or concrete blocks or aluminum sheets purchased from your garden center. An attractive fence and/or a hedge may be needed for privacy or for screening out unsightly objects.

Outdoor living is a popular activity and can be included in the home grounds at very little added expense. A shade area, picnic table and some lawn chairs are the essentials. It can always be used

when friends drop in unexpectedly. A fireplace or portable charcoal grill may be used for cooking. The portable grill is very popular and easily moved about and stored. You are reminded to keep your

ornamental, fruit and vegetable plants protected at all times against the ravages of insect and disease pests. Be careful and follow instructions when applying pesticides in either dust or liquid form.

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