

soap and water. Cover with a sterile dressing. Also, try to have the dog caught and tested for rabies.

Burns

While lighting the gas grill at a barbecue, your host is severely burned.

For minor burns, there are a number of remedies: pouring ice water over the burned area, applying ice packs or moistened compresses, removing adhered clothing particles to prevent infection, or disinfecting the burns with an antiseptic spray. But third-degree burns, the deepest kind, are critical and should be treated only by professionals—promptly. In these cases, cover the burned area lightly with a non-adhering dressing or freshly laundered sheet. Third-degree burns are easily recognized by their charred or white appearance.

Chest Pains

You and a friend are out jogging. Suddenly he becomes short of breath and complains of agonizing pain in the center of his chest.

Put him in a reclining position at approximately a 45-degree angle. If the pain is severe and persistent, and especially if it radiates to the shoulders, arms or neck, you may be dealing with a heart attack. Call for an ambulance.

Choking

Your lunch partner suddenly gags on a piece of meat.

Ask him if he can speak. If he can, air is getting through and he may be able to cough up the obstruction on his own. If not, give him four sharp slaps between his

shoulder blades with the heel of your hand. *Don't* try to dislodge the obstruction by hand, or force a drink down his throat. If his throat remains blocked, quickly use the Heimlich Maneuver: stand behind him and wrap your arms around his waist. Make a fist with one hand and place the thumb side against his abdomen, between the rib cage and navel. Grasp the fist with your other hand and press with a quick upward thrust. Repeat until the obstruction is dislodged.

Cuts

Your husband cuts his arm on a tool and starts to bleed copiously.

Remove rings and wristwatch. Elevate the arm above the heart, then apply pressure directly on the wound. Unless a major artery is cut, bleeding can usually be controlled by direct pressure alone. If not, press the artery on the upper inside of the bicep. (For wounds of the legs, the pressure point is the artery on the upper inside of the thigh.) A tourniquet should be used only when all else fails, since it cuts off all blood to the injured part and may cause permanent damage.

Diabetic Crisis

A diabetic relative begins sweating, trembling and acting confused.

Do not give him an injection of insulin or dose him with other diabetic medication. His condition is probably the result of too rapid a drop in his blood-sugar level—caused, usually, by too much insulin's being taken. Try to raise the blood-sugar level by giving the vic-

tim sugar in some form—fruit juice, non-diet soft drink, candy, sugar water or sugar cubes.

Electric Shock

A live outdoor telephone wire falls on a friend during an electrical storm.

It's urgent that you break his body contact with the current. Use a dry board or branch to remove the wire, or hook an article of your clothing around your friend to pull him away from it. Grabbing him by his clothing or shoes could jeopardize you because he may be a conductor of electricity. Be sure that whatever you use is a dry non-conductor, and that you are standing on a dry surface.

If you cannot feel your friend's pulse, mouth-to-mouth resuscitation in combination with cardiopulmonary resuscitation—popularly known as CPR—may be necessary.

Auto Accidents

You're the first to arrive at the scene of a serious automobile accident.

Do not move victims unless it's absolutely necessary for their safety. Keep them calm and comfortable. If a victim is bleeding from the ears, nose or mouth, he may have a fractured skull. By keeping him still, you'll reduce the chances of further bleeding, or of otherwise aggravating his condition. If he is experiencing tingling or numbness in the legs, suspect serious back or neck injury, in which case any unnecessary movement could cause paralysis or even death. Unless you suspect a broken

neck, treat breathing problems by carefully tilting the victim's head back to open his airway. If possible, treat bleeding, burns, shock and unconsciousness with the methods recommended elsewhere in this article.

Hypothermia

Walking back from a friend's house your daughter is caught in a snowstorm. She returns home numb and shivering violently.

Lose no time in raising her body temperature. Remove rings and wet clothing and place her in a tub of warm—not hot—water. Warm her internally, as well, with non-alcoholic drinks. Watch her breathing closely, and administer mouth-to-mouth resuscitation if necessary. Get her to a hospital if she becomes unconscious.

Near-Drowning

You've just pulled a drowning boy from the water. He seems to have stopped breathing, but you can feel a faint pulse.

Once you've cleared his air passage, immediately begin rescue breathing. Valuable time is wasted if you try to remove swallowed water before starting resuscitation.

Poisoning

Your three-year-old has just swallowed some furniture polish. He indicates that his mouth burns.

Burns around the mouth (along with stomach cramps) are common symptoms of acid or alkali poisoning. Always dilute these poisons by giving the child several glasses of milk or water. This will slow the

vomiting. It may cause further injury to the esophagus. Read the first-aid recommendations on the poison's container. Promptly telephone your local Poison Control Center. (Keep this number in the front of your telephone book with other emergency numbers.)

Shock

An accident victim's skin is pale and clammy; his pulse is rapid; his breathing is shallow, rapid or irregular.

These symptoms indicate shock, a frequent reaction to serious injury. See that the victim is warm and lying down with his feet elevated about 12 inches higher than his head. This will conserve body heat and aid circulation until an ambulance arrives.

Sunstroke

Your wife, gardening in the hot sun all afternoon, suddenly becomes weak and dazed, her skin hot and dry.

Hot, dry skin and mental confusion are signs of a sunstroke. Give your wife cool drinks but no stimulants. Lower her body temperature by putting her in a tub of tepid water, gradually cooling it by adding ice. Sunstroke, or heatstroke, can be fatal within hours. Heat exhaustion, a less-serious

condition, is characterized by cool and sweaty skin. Place the victim in the coolest spot available, give her water or orange juice, and apply cool, wet towels to the head.

Unconsciousness

You find a co-worker slumped over her desk, unconscious.

Treat the problem according to her appearance:

- **Red unconsciousness:** Red or flushed face and strong pulse. Place the victim in a supine position with her head and shoulders slightly raised, and apply cold compresses to her head.

- **White unconsciousness:** Pale face and weak pulse. Gently place your co-worker on the floor, with her head slightly lower than her body, and keep her warm.

- **Blue unconsciousness:** Blue lips or face, weak pulse and shallow breathing. Give her mouth-to-mouth resuscitation.

MANY OF US "freeze" when faced with a crisis. Why not save these pointers and place them where they'll be immediately available?



Report On Herpes!

Written by Shem & Zeel, SEA V&S

We would like to share with you a few things we have learned about Herpes Simplex, a reoccurring affliction caused by a virus called herpes virus hominis. We are writing this because this virus seems to be affecting a lot of brethren—at least here in S.E. Asia. Sometimes brethren are totally unaware that they have anything as the symptoms aren't always obvious or painful. Often you feel slightly uncomfortable or a bit of 'irritation' which you could attribute to 'over doing it'. It is especially tricky in that by the symptoms coming and going so quickly, you believe it to have been 'nothing'. As a result, you can unknowingly pass it on to others.

There are 2 types of herpes generally referred to as simply Type 1 and Type 2. Type 1 affects you usually above the waist and generally limits itself to the face but it can be spread to the genitals. It is primarily responsible for cold sores or fever blisters. Type 2 affects the areas below the waist and most often the genitals, buttocks, and thighs. Although the 2 types are differentiated by their location on the body, it is possible to develop a Type 1 infection on the genitals, just as it is possible to have a Type 2 infection on the mouth or face. This usually happens thru oral sex or by touching the infection and spreading it to another part of your body. There is a difference between the 2 types, but it isn't visibly noticeable. A doctor can do a culture test to determine which type you have.

To make sure that your doctor diagnoses you accurately, see him when the Herpes is in the blister or open sore stage—don't wait until it begins to heal and dry up as the tests require the virus to be active. Visible evidence is not enough. The following tests should be made: Tzank smear—a sample of the fluid is taken with a cotton swab and smeared on a glass slide which is then stained and put under a microscope for examination. If Herpes is present, there are noticeable changes in the nuclei of the cells. Examination under an electron microscope can confirm a diagnosis within minutes. A culture test can also be done which takes a bit longer, but is more accurate.

So far, the system hasn't found a 'cure' for herpes. Antibiotics are ineffective because it is a virus. They are doing tests and recently Shem heard a report on the radio mentioning a medication called Adonozine Methyl Phosphate that is in the testing stage. It is a natural chemical found in the body, but it's level is very low when herpes is active. When the sores were treated with this chemical, they did not re-occur. This medication is still in the testing stage, and not on the market yet, however it may be an answer to Maria's prayer for the system to find a cure for Herpes. PG!

Herpes often starts with a 'raw' feeling and then de-

"PEOPLE get nervous when they think they have to call me 'my Lord,'" says an Irish bishop. "Especially the poor nuns. A few days ago one was giving me a cup of coffee and I could see she was worried. She pushed the coffee at me, then the sugar bowl. 'How many lords, my lump?' she said."

—Kevin Buckley in Geo