

St. John's Ambulance

A cut foot, a muscle cramp, a rope burn aren't usually serious, but they sure can spoil a day or even a holiday, and they all have the potential to create serious problems.

Every summer St. John Ambulance fields a team of well trained students to teach first aid in summer camps and recreation areas. Every summer they're asked questions about how to handle the same problems that are all too commonplace at cottages and campgrounds.

Here's a check list from St. John of first aid responses and safety reminders based on the often-asked questions.

Poison Ivy. Wash the afflicted area as soon as possible with laundry soap before the rash appears and rinse well. Apply calamine lotion as a soothing. If reaction is extreme, see a doctor. Learn to recognize the plant to avoid it or destroy it. Wear protective footwear and long pants if you're walking where you know poison ivy is prevalent.

Insect Bites. If a stinger is embedded, get it out if you can be scratching it out with your finger nail. Apply calamine lotion or baking soda to ease the itch or sting. If it's around the mouth, use a mouth wash of baking soda and water. If you use calamine, mark the bottle and keep it out of reach of children. If the bite or sting swells much, get medical attention.

Protect yourself when you can from bites with clothing and insect repellent. If you know someone is allergic, have medication available at all times, and be sure everyone in the group is aware of the situation.

Cuts and Scrapes. Small cuts and scrapes that break the skin won't bleed enough to clean themselves. They should be washed with water and antiseptic soap and bandaged to prevent infection.

A deeper cut that's bleeding should be controlled with steady, direct pressure on the wound, preferably with a clean dressing, but with your hand if necessary. Have the victim sit down and rest and raise the injured area above heart level. Keep pressure on the wound until bleeding stops. If necessary, get medical help.

A puncture wound should be washed clean and dressed, but the victim should see a doctor, because he may need anti-tetanus shots. If an object is embedded, and will not come out easily without causing further damage, leave it in place and get medical help. That applies if the object is a fish hook. Leave it and get skilled help.

Sun and Other Burns. Treat a minor burn, including sunburn, by immersing it in cool water. In the case of mild sunburn you may want to apply some cooling lotion. Do not apply lotion or ointment on any other burn or on serious sunburn, just the cool water. It will reduce the heat and pain and lessen the chance of further damage.

If you cannot immerse a burn, cover it with a clean cloth soaked in clean water, and change it often. If there is no clean water, don't be afraid to dunk a burn victim in the lake.

If the burn is serious remove anything constrictive such as jewellery, belts or boots before the area starts to swell. Do not try to take off clothing that is stuck to a burn. A serious burn needs immediate medical attention.

Long sleeves and hats, sun screens and good sense will prevent sunburn. Reasonable caution around campfires and stoves, and around boats and hot engines can help prevent other burns. **Heat Exhaustion** is often accompanied by diarrhea and vomiting, symptoms may include muscle cramps, headaches, cold, clammy skin. Get the victim to rest in a cool place, and give him small sips of something cool to drink. If there has been excessive sweating or vomiting, put a spoonful of salt in a litre of cool water and give the victim sips. If the casualty is unconscious, don't give anything by mouth.

Heat Stroke is a very serious illness. Symptoms are fever, headache, noisy breathing, possibly unconsciousness or convulsions. Reduce body temperature immediately by immersing the victim in a cold bath or wrapping him in a cold, wet sheet. When the temperature is lowered to slightly above normal, keep casualty cool and get medical aid

immediately.

You can avoid most heat related problems. Don't over exert on a hot day. Rest occasionally where it's cool, and enjoy non-alcoholic cool drinks. When the weather is hot, children should be required to sit down and take it easy several times a day, particularly during the hottest part of the day.

Muscle Cramps may be brought on by cold water or exercise gone wrong. First aid is to stretch the contracted muscles. If the cramp is in the hand, straighten out the fingers forcibly but gently. If it's in the thigh, straighten the knee and raise the leg with one hand under the heel, and the other pressing down on the knee. If the

cramp is in the calf, straighten the knee and draw the foot up toward the shin. If it's in the foot, straighten the toes and have the victim stand on the ball of the foot.

Food Poisoning. If someone suffers food poisoning, he'll vomit, have cramps and feel weak. Don't waste time, get medical help for him as quickly as you can.

Food handling on picnics and boats and even at the cottage can sometimes be dangerously casual. Keep things as clean as you can. Don't leave food in the sun, and avoid creamed foods and mayonnaise in outdoor meals unless you can keep them properly refrigerated.

Dollar Sense

Right hobby could become your full-time business

By Julia Stavreff, CA

Have you ever thought of making money from your hobby? Many people are able to turn their hobbies into full or part-time businesses.

You may be a homemaker wanting a creative outlet or supplementary family income. Or you may have a full-time job but have an itch to start your own business. What are the possibilities?

There is a significant advantage in working from home. You don't have to get dressed to go to the office. You can work at your hobby/business whenever you have a spare hour, and may even be able to continue looking after your young children.

In fact, looking after other people's children is one of the ways to earn income. A woman could care for one or two children in her home during the day while their mothers are at work, earning from \$50 to \$100 a week for each child.

Or you could put your sewing machine to work by taking overflow work from a garment manufacturer, or doing custom dressmaking.

Manitouwadge's second retail trade show

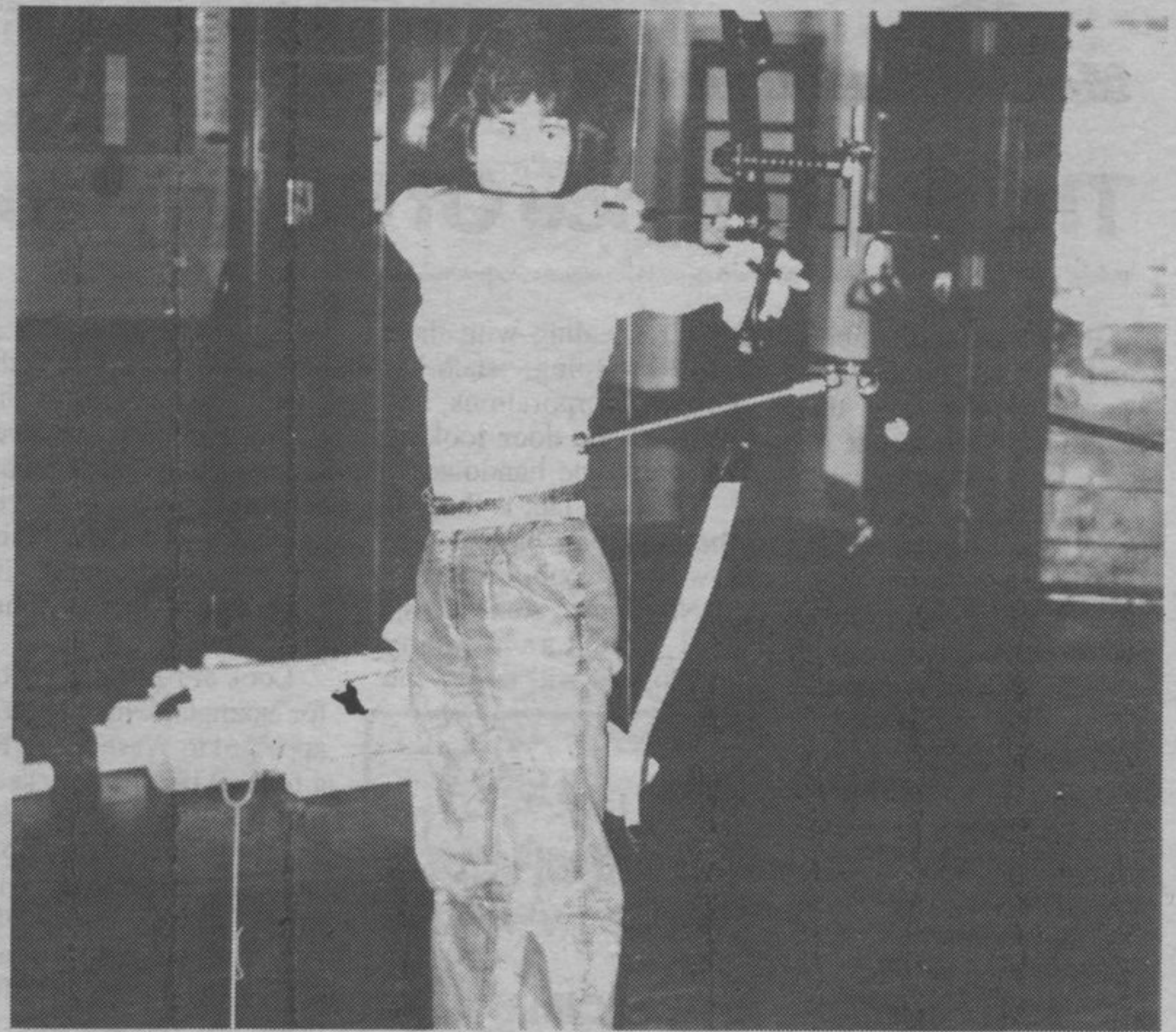
The Second Annual Retail Trade Show will take place September 13th and 14th at the Manitouwadge Community Centre. Already 90 per cent of the booth spaces have been rented, exhibitors from Thunder Bay, Sault Ste. Marie, Marathon, Hornepayne and Manitouwadge displaying everything from pianos to the kitchen sink

are involved with the Show. In addition to the displays a Friday night Fashion Show followed by a pub night will kick off the weekend. On Saturday, a Community Health Services display will be held in the upstairs rooms of the Community Centre. For further information contact G.E. Goodwin, Director of Parks, Culture and Recreation at 826-3563.

People Care

To my new and oldest friends, special relatives and family for your encouraging words, assistance, visits, gifts, sundries and for a special bath and hand-drail, all were appreciated. My sincere gratitude to Drs. John Porter and Keith Wilkes and the McCausland Hospital staffs of Nurses, Laboratory, Physiotherapy and the Kitchen. To my immediate family for your love and support that deepened my affection for each one of you; my wife Doreen my daughter Lori-Kyle and son Jeffrey. God Bless. The road to recovery has been made successful because of people like all of you "WHO CARE". Thank-You.

Herb Foss



Karri Pollard

Local girl makes good in archery

Congratulations to Karri Pollard of Terrace Bay for earning first place medals in both Target and Field Events at the Canadian Archery Championships held in Caledon, Ontario, July 15th to 19th with a combined score of 2969. Silver medal went to Cassie Anderson from Nova Scotia with a score of 2901 and bronze medal to Sylvie

Morin of Quebec with a score of 2888.

Karri was selected to Ontario's Canada Summer Games team and will compete in Saint John, New Brunswick August 12th to 16th.

Labour Day Weekend will find her competing at Caledon again for the Provincial Championships. She has been Junior Pro-

vincial Champion for 4 years.

The top junior girl and boy at the Canadian Championships each year are awarded a trip to Long Beach, California to compete in "The Dual of the Desert", a western U.S.A. competition held on the site where the Olympics were held in 1984.

Bennett announces new recreation capital program

A Recreation Capital Program, designed to promote and assist the construction of a variety of recreation, sports, and fitness facilities across Ontario, was announced today by Minister for Tourism and Recreation, Claude F. Bennett.

As outlined in the Speech from the Throne, \$15 million will be allocated from lottery funds and priority will be given to projects that meet the recreation facility needs of rural communities.

"Recreation is important for sustaining and promoting the social fibre of communities. This new program will safeguard existing public investments in recreation facilities and services and will assist local community organizations in meeting the demand for the development of new facilities over the next decade," said Mr. Bennett.

Applications will be received from municipalities, incorporated non-profit organizations, local service boards, school boards in unorganized territories and

Indian Band Councils.

"The Recreation Capital Program will help municipalities and local organizations respond to changing social conditions and the increasing needs of disabled persons, older adults, youth and women," added Mr. Bennett.

In Northern and Eastern Ontario a grant of up to one half of the first million dollars of eligible cost plus 10 per cent of the remain-

ing cost is available. In Southern and Western Ontario a grant of up to one third of the first \$1.5 million and 10 per cent of the remaining cost is available. Project approvals will be processed in the 1985/86 fiscal year for funding in 1986/87.

The program will require substantial participation by the private sector through employment, provision of services and equipment supply.

Moose Picnic

Scheduled for August 4th
at
Rainbow Falls

has been postponed to
August 24th

in the event of rain it will be held
August 25th

1:00 to 5:00 p.m.

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Love from Di



Helen My Litte Canadian
is Sweet 16

Love from Mum

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