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First Aid on the Golf Course

An often common emergency on the golf course this time of year is dealing with heat exhaustion and heat stroke, and sometimes a little sunburn.

Heat exhaustion and heat stroke (or sunstroke) are entirely different conditions, even though both result from the same cause-overexposure to extreme heat. It is easy to tell one from the other: with heat exhaustion, the patient's skin is cold and clammy; with heat stroke, the patient's skin is very hot and very dry.

For Heat Exhaustion: have patient lie down, with head lower than body; loosen tight clothing and move to a cool or shady place. I patient is conscious, give cold salt water (one-half teaspoon salt to one half teaspoon water) every 15 minutes for three or four doses. Call a

For Heat Stroke: Since this condition is far more serious than heat exaustion, call a doctor at once. If possible, place patient in a tub of very cold water or, cool body by sponging with cold water or cold applications. Or put ice on head. Move patient to shade and undress to his underwear. If fully conscious, give salt water as mentioned above every 15 minutes.

For Sunburn: If the skin is reddened but not blistered, apply cold cream or mineral oil. Do not use butter or margarine; they may irritate, and introduce infection. If the skin is blistered or extensively burned, cover it with a sterile dressing wet with a weak solution of baking soda (two tablespoonfuls of soda to one quart of water). Don't re-expose burned skin until skin has healed completely.

Glad You Asked That

By Hy Gardner

Q. Why, if so many football players get hurt playing on artificial turf, don't the stadiums go back to old-fashioned grass?-Douglas Rooney, Miami.

A. I passed your question on to Joe Robbie, managing partner of the Miami Dolphins. Who agreed. "God makes better grass than American Biltrite!" he said, "And it will be one of the first things on the agenda to discuss after the Super Bowl game. It's ironic," he added, "that our grass practice field at Biscayne College is far better - and safer than the artifical turf in the Orange Bowl. Playing on real grass could add two years to the careers of such great running backs as Jim Klick, Mercury Morris and Larry Csonka.'

Sunday Star Washington



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