

**TO MR. RAY GERBER, BULL SHEET EDITOR.
SUBJECT-ELECTION REFLECTION.**

I was looking with great interest at the pictures of the three nominees for position of vice-president, and I couldn't help thinking of what might be the final outcome if we had to judge our final votes on just facial expression alone. George Cleaver, an honorable man, looks like he has chronic indigestion. Ted Woehrle, an old friend, keeps submitting the same perennial-old youthful picture he has been submitting since the first office he has ever run for. But frankly, it's the picture of Gordon Witteveen in the center that has me confused and baffled. The Gordon Witteveen I once knew had a large gregarious moustache and a Telly Savalas, Yul Brenner tonsorial mane. This formidable look combined with Canadian jacket and maple leaf crest was a resplendent sight to behold. (Not unlike a certified wild rooster on his first day at a farm). But sad to observe the fellow in the nominee brochure is not Gordon Witteveen. He is obviously some young imposter and certainly not the Gordon Witteveen I so vividly (and fondly) remember. But regardless of my feelings the pictures really look great. Three fine upstanding and hardworking men who will serve us well in the National if elected—even the guy who doesn't look like my friend Gordon Witteveen.

Paul N. Voykin

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HYPOTHERMIA: Unsuspected Danger

Hypothermia is the lowering of the body's internal temperature which is normally 98.6° F. If as little as 6° of heat are lost, death can result; it makes no difference whether your boat capsizes in 65° water, your house is out of fuel, or your car out of gas. Hypothermia is a danger all year round, even in mild temperatures between 30° and 50°. Further danger is posed by wind and wet clothing.

The head is the most efficient part of the body's heating system. A person who leaves the head unprotected, even in a minor wind, may lose up to one-half of the body's total heat production. There is an old maxim: "when your feet are cold, put on your hat".

When the body begins to lose heat faster than it produces heat, hypothermia threatens. As the body temperature falls dexterity is reduced and shivering begins thus reducing chances of successfully lighting a fire. The more the temperature drops the more confused the brain becomes; although the means to your survival may be handy, you may not have the sense to use them.

Dry clothing and adequate shelter are the keys to survival. Clothing provides insulation by creating dead-air space between your body and the air outside. Down clothing is very warm, but of no use when wet. Wool is useful in almost any weather because it dries from within and can keep the body warm even when wet. Denim jeans and cotton are very poor insulators especially when wet.

If you find yourself without proper protection, use your wits. Pad your clothing with any soft, fluffy, or bulky material. Dry grass, hay, cattail down, and even paper can be stuffed inside your clothes.

When stranded in a car or truck in a storm you should stay where you are. Even after the fuel tank has run dry and the heater doesn't work you still have many resources. Seats and padding can be torn up and used for insulation. The crankcase oil and tires will burn. Mirrors can signal aircraft.

If you are in a boating accident, put on as much warm clothing as possible, and a life jacket. Underwater, these extra layers of clothing can provide thermal insulation. Do not swim unnecessarily (unless land is really close enough) because you will simply exhaust yourself and burn up energy your body needs.

Hypothermia warning signs include intense shivering, poor coordination, stumbling, thickness of speech, and loss of memory. Even mild symptoms demand immediate treatment to restore temperature to normal. The best procedure is to place the victim in a tub of hot water, and, if conscious, force him to drink warm heavily sugared liquids or beef broth. In the field, get the victim to the best shelter available. Replace wet clothing with dry and insulate. Administer liquids. If there are no dry clothes, skin to skin contact is an effective field treatment: strip the victim and place him in a dry sleeping bag with another person (also stripped).

Hypothermia is deadly because it is so subtle and its effect on the mind is paralyzing. The strongest are not always the ones who survive an emergency; often the survivors are those who can think clearly.

Gary Deverman
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