

Construction Company. Good luck Bob, we wish you continued success.

### UNDER THE WEATHER

Word reaches us that Ruth Milligan has been in the hospital for nearly two months. President Bob says it wasn't anything too serious and that she is home now and feeling much better. Bob also sends his thanks for the flowers and concern from the association.

Also heard the moustached super from Westwood CC in Vienna, Jack McClenahan, has been attacked by his arch enemy, his bleeding ulcer. Jack was in the hospital for five days and seriously has had a real ten rounder with it. At any rate, he is back on the job again. What? Me worry?

### ACCIDENTS CAN HAPPEN — BE PREPARED

Last month we reviewed two items from the May issue of the Golf Journal concerning first aid on the golf course. We will now look at two more of the more common accidents which do occur frequently on the links.

#### Problem — Heart Attacks

Heart attacks are becoming more frequent each year. The layman usually hits the panic button, and many times the person having the attack is not helped too much before he is seen by the physician.

First aid care of heart attack cases is quite easy to determine simply by watching how the victim acts and then helping him. First, if he is in pain (usually pain in the chest and left side, sometimes down the arm) he should be kept quiet. Let him lie down if he can do so comfortably.

If he has medication, help him take it and watch very closely to see that he can breathe easily.

Sometimes the victim is stricken quite suddenly. He may fall, or seem to faint. Be certain to watch his color. If he begins to turn blue, watch his breathing. If breathing should stop, administer artificial respiration until a doctor arrives.

#### Problem — Sprains


Sprains are usually injuries to joints. A turned ankle, elbow or wrist will swell very rapidly and will be painful and extremely uncomfortable. Cold applications should be administered immediately, and the victim should rest.

If there is any doubt about a sprain, it should be treated as a fracture until a physician can see it.

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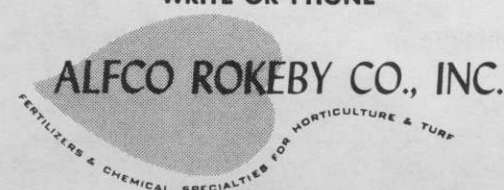
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