



NURSE'S COLUMN

BURNS --

HOW TO TREAT THEM

By Myrtle B. West, R.N.

Mother Nature has built into man's nervous system a guard against being burned—an early warning system whose network of sentinels tells us what is hot, painful and dangerous. Without it we wouldn't know when we were being burned.

Even though this system tells us to jerk away a hand or jump away from intense heat, sometimes it's too late... we get burned. Then other forces come into play whose function is to heal as fast as possible the break in the body's defenses. Here is where a little first aid can help to relieve pain, protect against infection, lessen or prevent scarring.

Whether it happens at home or at work, a burn should get quick and correct first aid treatment. There's probably nothing quite as painful as a burn. Even brief exposure to flame or heat can cause discomfort, and it can be dangerous if not treated promptly and properly.

Here are some first aid steps suggested by the Metropolitan Life Insurance Company:

Mild burns—(Skin unbroken, no blisters. This type of burn seldom causes shock). Hold the burned part under cold running water for two or three minutes. If pain persists, apply petroleum jelly

or mild burn ointment and bandage.

Severe burns—Send for a physician. Do not break blisters or try to clean the burn. Avoid oils or greasy ointments. Apply wet compresses—using sterile gauze several layers thick or a clean cloth or towel. Keep the patient quiet and comfortably warm until the doctor arrives. Give the patient sips of water at frequent intervals, if he is conscious and not nauseated.

Do not use stimulants.

Some Additional Points To Remember

1. Don't try to remove clothing or other matter that sticks to the burn. Cut around it and leave the rest to the doctor.
2. Never use iodine, alcohol or absorbent cotton on any burn.

The main complications that may result from burns are shock and infection. Deaths occurring during the first few days usually result from shock. So the first aider should try to:

- * Relief pain
- * Prevent infection
- * Treat for shock by having the patient lie flat, if possible, and keeping him comfortably warm.

Never underestimate the value of first aid in treating burns! Some day you may be glad that you know what to do before the doctor arrives.

Christmas Shopping Guide

For the Merriest Christmas ever... Santa Says:

GIVE GIFTS OF TEXTILES

The Christmas Shopping Season is in full swing. As Santa, Clinton-Lydia employees are making a list and checking it twice.

As you ponder over what to give to an individual or a family don't forget that for variety, value, and satisfaction you can't beat "gifts of textile products". Gifts of Textiles are appropriate and practical for every one on your list. They remain serviceable through the years to continuously express your best.

After all, where can your \$5 buy as much as in the field of textiles. In many instances higher quality textiles are available in gifts form today at prices 20 to 30 percent less than they were 10 years ago.

Let's all of us connected with the textile industry take Santa's advice. And let's tell our family and friends about it, too! It will help make this Holiday Season—and all the many seasons to come—bigger and brighter and better... for all of us at Clinton-Lydia.

For Protection of Children

Changes in Your Social Security

By Martha F. Pressly
(Manager of the Greenwood,
S. C. Social Security District
Office)

One of the important reasons for social security insurance benefits is the protection of children. Before the recent changes in the law, however, foster children who had not been legally adopted were often out of luck where social security is concerned.

I recall, in particular, the case of 6-year old Johnnie K. The Johnsons had taken him to live with them but before they could get around to a legal adoption, Mr. Johnson died. Mrs. Johnson fully expected to get survivor's payments for the little boy and for herself as she had the child in her care. It was our painful duty to tell her that benefits were not possible. Johnnie had not been legally adopted and she, as a widow without a legal minor child could not get payments as she was under 62.

In 1958 changes in the social security law make it possible to pay benefits to more chil-

dren (including Johnnie) and more widows (including Mrs. Johnson). In the case of children, this results from the removal of the adoption provision in the old law; in the case of widows, the removal of the adoption provision will also permit the payment of mother's benefits in most cases.

It is no longer necessary that a child, other than the worker's own child, be an adopted child in order to qualify for survivor's benefits. The requirement now is that the child be "adoptable" and be adopted by the surviving spouse within two years after the worker's death. If the child was living in the worker's household as a member of the family, and was not supported by anyone other than the worker, the spouse or a social agency, he is now regarded, for social security purposes, the same as the worker's own child.

In the case of the adopted child of a retired insured worker it is no longer necessary that the child have been adopted for as long as three

years in order to be eligible for benefit payments. The 3-year restriction was put in the old law to guard against abuses through adoptions undertaken to secure rights to benefits. As adoptions are subject to court approval in the various States, however, Congress decided that this is a rare abuse, and removed the restriction from the law. Benefits are now payable to an adopted child immediately after adoption.

Under the old law, the mother of a child adopted by her deceased husband could not get widow's benefits if their marriage had not been in effect for at least a year before his death. This often resulted in a situation where the child could get survivor's benefits but the widow with the child in her care could not. Under the amended law, the length-of-marriage restriction has been removed if the deceased worker legally adopted the spouse's child.

Answer Your Christmas Seal Letter

Since 1907 most American families have received and responded to a letter which contains Christmas Seals and requests a contribution to fight tuberculosis year-round. This has made possible extensive research and other activities which have helped cut the TB death rate 95%. Yet tuberculosis still kills more people than all other infectious diseases combined.

Great progress has been made in the last quarter of a century in preventing death from TB, less progress in preventing spread of the disease. TB strikes one American approximately every five minutes. Your tuberculosis association fights the spread of TB with medical research, case finding, health education, and rehabilitation programs paid for by Christmas Seal contributions.

These methods of fighting TB have proved successful, and with new research developments may some day solve the tuberculosis problem entirely.

So use Christmas Seals from now 'til Christmas, and remember to answer the letter, please!



1 Treat every gun with the respect due a loaded gun. This is the first rule of gun safety.

2 Guns carried into camp or home, or when otherwise not in use, must always be unloaded, and taken down or have actions open; guns always should be carried in cases to the shooting area.

3 Always be sure barrel and action are clear of obstructions, and that you have only ammunition of the proper size for the gun you are carrying. Remove oil and grease from chamber before firing.

4 Always carry your gun so that you can control the direction of the muzzle, even if you stumble; keep the safety on until you are ready to shoot.

5 Be sure of your target before you pull the trigger; know the identifying features of the game you intend to hunt.

6 Never point a gun at anything you do not want to shoot; avoid all horseplay while handling a gun.

7 Unattended guns should be unloaded; guns and ammunition should be stored separately beyond reach of children and careless adults.

8 Never climb a tree or fence or jump a ditch with a loaded gun; never pull a gun toward you by the muzzle.

9 Never shoot a bullet at a flat, hard surface or the surface of water; when at target practice, be sure your backstop is adequate.

10 Avoid alcoholic drinks before or during shooting.

PUBLISHED BY THE SPORTING ARMS AND AMMUNITION MANUFACTURERS' INSTITUTE IN THE INTEREST OF KEEPING SHOOTING A SAFE SPORT

Every year, guns that people thought were not loaded cause hundreds of hunting deaths and injuries because of carelessness. Soon many Clinton-Lydia hunters will be taking to the woods with their firearms to stalk and shoot birds, rabbits,

squirrels, etc. Play it safe!! A good hunter is a safe hunter. Be a good sport and enjoy your hunting to the fullest by avoiding hunting hazards. Read, Study and Abide by "The Ten Commandments of Safety" in handling guns.