

Family Camping Has Its Hazards

By K. H. SUTHERLAND
County Health Officer

A family camping trip generally provides a most healthful type of vacation, but the unfamiliar environment often introduces peculiar hazards about which many individuals know very little. The mountains and deserts, beautiful as they are, contain many potential dangers for the uninitiated.

Such dangers may range from sunburn or heatstroke to the increased risk of contracting tetanus or the possibility of venomous bites and stings. Some awareness of these hazards on the part of the camper is desirable, for needed precautions can be taken to ensure a safe and beneficial holiday.

Sleeping on the ground, for instance, may not be safe in areas that are either tick-infested or where rabid small wildlife may be found. The choosing of a camp site is therefore most important, and proper camping equipment, including cots or a floor tent that closes tightly, is a good safety precaution in questionable areas.

CHILDREN should be instructed never to handle dead animals or to pick up those that they catch. If such small creatures can be caught, chances are that they are afflicted with some disease, perhaps rabies. "Hands off" is the recommended precautionary measure for both children and adults.

Cuts and other injuries are also somewhat more likely to occur on a camping trip than around the home. Inoculation against tetanus is therefore definitely advised for those persons who plan a camping trip. When a fishhook boomerangs or when the skin is punctured by barbed wire or a can opener, ideal conditions may be provided for the growth of tetanus spores. And, once symptoms develop, not much can be done to keep the disease from running its course.

In addition to broken bones, prolonged hiking and climbing may cause what is known as fatigue fractures involving the metatarsal bones of the feet. This is more likely to occur in

persons unaccustomed to this form of activity, but sensible rest periods and shoes that give good support to the feet will practically eliminate this little-known hazard.

ALL CAMPERS should be aware of the dangers of food poisoning. When improperly or inadequately refrigerated, such food items as unprocessed meats, poultry, potato and egg salads, custard or cream-filled desserts and the like are ideal incubators for the growth of certain food poisoning organisms. Canned foods, opened just before using, and fresh vegetables and fruits are safer food supplies for a camping trip.

Even drinking water is not without its dangers. Many wells or springs may be contaminated with disease germs that makes the water unsafe to drink, and it is well to keep in mind that safe drinking water sources are usually so marked. It is inadvisable to use water from other sources unless it is boiled or made safe with water purification tablets.

CONTRARY TO popular belief, neither is running water always safe to drink. Rather than purifying itself as is often thought, the movement of the water may even stir up contamination at the bottom of the stream and carry it to the surface.

First aid kits, including kits for the treatment of venomous bites or stings, should be part of all camper's equipment. Snakebite instructions generally accompany the kit, but responsible members of the group should be familiar with these directions before such an emergency arises.

Camping in the outdoors is a diversion that has become increasingly popular. A little forethought can eliminate its hazards and make the experience both healthful and enjoyable.

A pamphlet giving additional information on outdoor vacations will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

Garment Worker Survey

The Industrial Department of the Torrance Chamber of Commerce is in contact with a garment manufacturer interested in locating in Torrance and is conducting a survey to determine the availability of personnel interested in employment in this field. This firm would employ some 100 people, both experienced and inexperienced, manufacturing sportswear on a production line section basis.

A considerable number of inexperienced women would be required as trainees.

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If interested in employment in this field, please fill out the coupon below and send it to the Chamber of Commerce, 2204 Torrance Blvd., Torrance, Calif.

Garment Worker Survey

I would be interested in employment in a garment factory

NAME AGE

ADDRESS PHONE

Husband's Employment

Home Owner Rent Home

Require public transportation. Yes..... No.....

I have had.....years experience in the garment industry.

Describe

Where When.....

I have had.....years other industrial experience.

Describe

..... would be interested in a position as a sewing machine operator trainee.

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2204 Torrance Blvd. Torrance, Calif.
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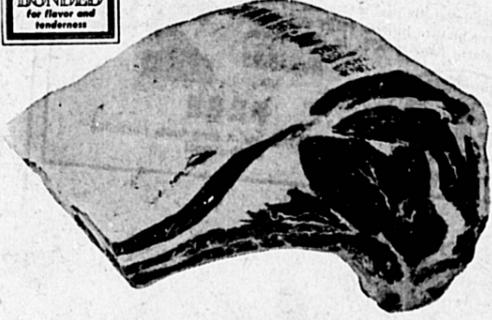
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- RIB FILET STEAK lb. \$1.69
- SIRLOIN TIP STEAK lb. 98c
- SIRLOIN TIP ROAST lb. 89c

- GROUND CHUCK lb. 59c
- GROUND ROUND lb. 79c
- BONELESS STEWING BEEF lb. 79c
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- SHORT RIBS OF BEEF lb. 29c
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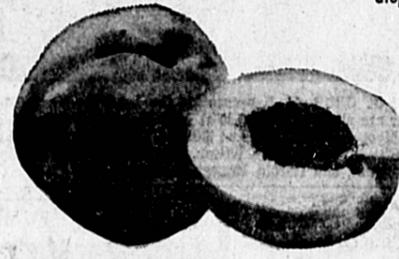
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