

Holding Breath Under Water Dangerous Trick

The danger of drowning from extended breath holding under water was emphasized today by Captain Walter West of the Torrance Fire Department, who is the Safety Services Chairman of the Torrance-Lomita Branch Red Cross.

West said his warning was addressed to children and teenagers who compete with each other to see who can stay under water the longest.

"Youngsters who play this game are simply asking for trouble — and possible tragedy," West said.

"Hyperventilating — taking several deep breaths before going under water — is a dangerous practice. This is what happens — physiological," he continued. "Before going under water an individual takes several deep

breaths in order to build up as much oxygen in the lungs as possible. This deep breathing, called hyperventilation, does increase the oxygen, but it lowers the carbon dioxide in the system.

"After a period under water, because the carbon dioxide does not build up fast enough to trigger the breathing urge, the swimmer tends to stay under too long and may black out. Then, unless help is at hand to get him to the surface quickly, drowning will result."

He urged that parents make these facts known to their children and instruct them not to play the "holding-the-breath" game.

"The same principles apply to swimming under water for long distances," West said.

Caution, Common Sense Make Summer Days Fun

Picnickers, nature lovers, vacationers, and those participating in outdoor sports can have a lot of fun when temperatures are high, but they must also guard against sunstroke, heat exhaustion, sunburn, and other disturbances due to the heat.

Sunstroke is caused by overexposure to hot sun, while heat exhaustion is due to oppressive heat, which causes loss of water and salt from the body. In both, the individual absorbs more heat than his body is able to get rid of.

Sunstroke. A person suffering from sunstroke will probably lose consciousness. His breathing will be labored. His skin will be flushed, dry, and very hot. He will have a high temperature. If his temperature runs extremely high — above 105 degrees Fahrenheit — for a long period of time, the patient may suffer

damage to the brain, liver, or kidneys. It is vital that the patient see a physician at once.

It is important to reduce the body temperature as fast as possible. This can be done by putting the patient in a tub of cold water or wrapping him in cold, wet sheets. When the body temperature has been lowered to around 100 degrees, the patient should be removed to a bed and wrapped in wet sheets.

If he is able to swallow, give him a salt tablet and a lot of liquids. Don't give the patient alcoholic beverages. Check the temperature every few minutes. Remember, recovery depends on reducing the body temperature quickly.

Heat exhaustion, unlike sunstroke, is seldom fatal. Because of prolonged heat and humidity the patient perspires profusely. His temperature probably won't get

above 101 degrees, and his skin is cold and clammy. There may be vomiting, his breathing will be shallow, and he may suffer muscle cramps.

Remove the patient to a cool and comfortable spot, loosen his clothes, and apply cool, moist cloths to the forehead. If the patient is able to swallow, give him a salt tablet and hot tea or coffee. Although the weather is hot, keep the patient warm by covering him with blankets. In severe cases, or when the patient has a heart condition, a physician should be called.

Sunburn. A variety of commercial lotions and creams are available to soothe the skin and help relieve minor sunburn. In severe sunburn, it is best to see a physician for relief of pain and to prevent infection. Sunbathers should learn to tan slowly — start with 10 minutes the first day and increase exposure by 10 minutes each day.

So-called suntan pills can cause trouble and often do! Chemical tanning products appear to be harmless, but more tests must be conducted before these can be considered helpful. With some of the products tested, individual variation was great — the tanners did not always achieve the natural, bronze-looking color they wanted. Some people stated the products did not tan scar tissue — others said the products accentuated acne. Still others complained that repeated applications caused some dryness and scaling of the skin. Talk to your doctor before you experiment with these products.

Will week-end sunbathing cause skin cancer? Not likely. It takes years of exposure, the type of constant exposure cowboys, sailors, and athletes get.

Remember these tips:

- Don't overexpose yourself to the sun
- Don't wear heavy or tight clothing

- If you are inside, keep the air circulating to help the evaporation of perspiration.
- Don't overeat or overindulge in alcohol.

Ask Change to Appoint State Superintendent

Capitol News Service
SACRAMENTO—The California Constitution Revision Commission has adopted revisions in the construction which would provide for the appointment of the state superintendent of public instruction by the state board of education.

The revision of Article IX also would include a minimum salary for teachers in the public schools. Questions concerning constitutional provisions relating to the University of California were deferred by the commission.

The commission, authorized in 1963, has recommended changes which were adopted by the people last November, providing for a full-time California legislature with annual sessions and higher salaries. It appeared on the ballot as Prop. 1-a.

At present the state superintendent of public instruction is elected by the people on a non-partisan basis. The state board of education, which has policy-making powers, is appointed by the governor.

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