



## On being a farm wife - And other hazards

Joyce Bupp

To someone bitten with the writing bug, that moment when you first see something you've written come out in print, spelled out there in news or magazine print, brings a rewarding satisfaction.

But the greatest harvest of seeds of an article idea has to be in any feedback it elicits from readers.

Sometimes, such response comes as a gentle, comforting pat on the head. Other times, it descends more like a baseball bat.

Regardless, writers without readers might just as well hock their typewriters or video terminals and let their fingers walk into some other line of employment.

So when a letter of reader response arrives, forwarded from the editor, it's welcomed with anticipation and appreciation that someone would take time to write, whether it's with you, or a gain you.

A letter received last week not only warmed my heart, but won applause from other family members.

"Hurrah," said the letter. "True, some crop ground renters or 'land scalpers,' as we call them here, plant corn or beans from border to border of farms, uphill and downhill, over grass strips, sod waterways, even out to the edge of the macadam roadbed."

The column in question had been on conservation and the washing away of our soils, by careless land

renters, tillage a concern shared by the farmer who wrote the above. "It is every farmer's duty to save our soil.....it is for their own benefit and future generations," he added.

At lunchtime, the farmer picked up the handwritten letter that had arrived with the daily influx of assorted end-of-month bills.

I could sense what was coming, from the grin that followed.

"Please write again; blast off your mouth and mind," he read aloud, from the letter, breaking into appreciative laughter.

"Yeah. If I didn't know better, I'd swear you wrote that part," I retorted.

Three hours later, Teenager arrives home from school, sorts through the mail seeking an answer from one of her dozen worldwide penpals. Finds my letter. Gets to the "shoot off your mouth and mind part." Loud laughter and hoots.

"Boy, Mom, this guy has you figured out."

So, Mr. S., with encouragement like yours, and the continued tolerance of such soap-boxing from publishers, editors, readers and my long-suffering family, I will continue to shoot off my mouth.

That is, if I can keep my foot out of it long enough.

## Hypothermia, the silent killer

LANCASTER — Hypothermia is caused by prolonged exposure to the cold, but it doesn't take sub-zero temperatures. Also known as cold exposure, hypothermia, is the lowering of the body's inner core temperature to dangerous levels — typically 95 F or below.

While extended exposure to the cold can harm anyone, it is particularly hazardous to the elderly. Nearly half of all hypothermia victims are over 65.

Hypothermia can be prevented. Dressing warmly during the day and while sleeping, eating enough of the proper foods, and staying as active as possible are good ways to maintain body heat. If possible, older persons should not be alone for very long or should ask friends or neighbors to look in on them once or twice a day, particularly in severe cold weather.

"One of the first signs of hypothermia is uncontrolled shivering," says Joseph Cardenuto, Penn State Extension recreation specialist. "This is the body's mechanism to create heat. Other symptoms are numbness and drowsiness, staggering, failing eyesight all leading to unconsciousness."

The temperature doesn't have to be below zero for hypothermia to set in. Exposure to moisture on chilly days can also lead to hypothermia.

Wet clothing is a major factor in accidental hypothermia. Wet clothing can extract heat from the body 240 times faster than dry clothing.

In cold weather, wear several thin layers of clothing, rather than one bulky layer. Several layers retain body heat more effectively. If it is rainy, he stresses the importance of a parka or a down coat

with a tight, synthetic covering that resists moisture.

Cotton clothing in cold, wet weather can quickly become cold, wet clothing. Wool or synthetic materials will resist moisture.

But wet clothing is not the only way body heat is taken away. Human heat naturally radiates from the body — from the head, in particular. An uncovered head can consume up to 75 percent of the body's heat.

Body heat is lost through conduction. Touching metal in cold weather draws heat from the body.

A fourth way is evaporation. When you work up a sweat, evaporation takes heat from the body. Simply breathing also allows heat to escape and "convection" —

the chilling effect of wind — intensifies the loss of body heat.

Proper clothing, food supply, shelter and knowledge, topped with common sense, are the crucial components of a safe venture in the cold.

If you suspect hypothermia, try to reach warm shelter as soon as possible. Drink warm, non-alcoholic beverages and wrap yourself in blankets. If a hypothermia victim is unconscious, but breathing, bring him to a warm shelter and wrap him in blankets; when he regains consciousness and can swallow, give him warm drinks. If the victim is not breathing, give artificial respiration.

## Indiana Co. 4-H'er captures entomology prize

FARM SHOW — Pamela Ross of Marion Center, Indiana County, captured first place in the first-year 4-H entomology classes at the 67th Farm Show.

Winner for second-year 4-H members was Michael Dwyer of State College, Centre County.

Brian Petro of Pennsylvania Furnace, Centre County, was declared winner in the third-year division.

Sylvia Rover of Lebanon was the

winner of the class for fourth-year members.

**First year Club Members**  
1 Pam Ross, Marion Center, 2 Linda Beatly, Home, 3 Eric Kneger, Sugarloaf

**Second year Club Members**  
1 Michael Dwyer, State College, 2 Becky Rorabough, R2, Conestoga, 3 Emily Ross, Marion Center

**Third year Club Members**  
1 Brian Petro, Pa Furnace, 2 Lewis Beatly, Home, 3 Amy Parker, E Landsdowne

**Fourth year Club Members**  
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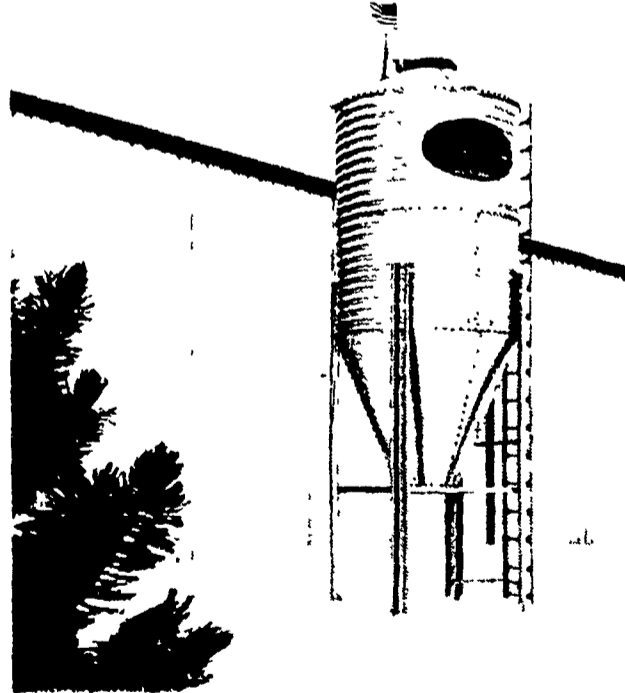
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