

Ida's Notebook

Ida Risser



Often when I go to a public gathering, someone will recognize me from my picture in Lancaster Farming newspaper. One of the first things that they will say is, "You are so busy, how do you get so much done?" Now, I do not believe that I do any more than other people do. However, if I really think about it, maybe I have a few possible answers.

When you write a diary every day, you want to have something

worthwhile to put in it. And, maybe just writing things down makes them appear more numerous. Another thing, I have relatives that never "walked" anywhere if they could "run." They were real hustlers. Perhaps I've inherited a bit of that trait.

Another answer might lie in the things that I don't do! My shopping is confined to occasional visits to the grocery store. I am not fond of Shopping Malls and so I do not go

there. I would suppose that hours could be spent in this manner. There is no time spent in this household watching daytime television — another time user. My hair is a wash and dry procedure that I can take care of in my own home.

All of these things give me more time to do what I enjoy. The newspaper gets read, the house is kept neat and I even take time to watch the birds at the feeder that my son made. When I saw 24 sparrows in the forsythia bush instead of the usual dozen, I almost decided not to refill the feeder. But, then I saw a red-headed-woodpecker and changed my mind.

Since that time I've noticed Chickadees, Juncos, House Finch, Nuthatches and Tufted Titmice. The white-breasted nuthatch is interesting to watch as they creep down the mulberry trunk head first. They remind me of the Blue Jay with their striking blue, black and white colors.

This morning I actually emptied a closet and rearranged it before writing this article. Now I must hurry to cook our dinner.

First aid advice for hypothermia victims

MEDIA — Incorrect treatment of hypothermia victims may induce a condition known as "After-Drop." This is caused by improper rewarming, allowing cold, stagnant blood from the extremities to return to the core of the body.

When this cold blood returns to the core of the body it may drop the core temperature below a level which will sustain life. For the same reason, hypothermia victims must be handled gently and should not be allowed to walk.

- Move the victim to shelter and warmth as rapidly as possible.

- Gently remove all wet clothing. The feeble amount of heat energy the victim has left must not be expended on warming and drying clothes.

- Apply heat to the central core of the body (head, neck, sides and groin). Place the victim on a hard flat surface, this will allow the administration of cardiopulmonary resuscitation should it be needed.

- Wrap warm, moist towels - or other textiles - around the victim's head, neck, sides and groin. As the packs cool, rewrap them by adding warm water (about 105°F).

Check the temperature of the water with the elbow, it should be warm but not to burn. Hot water bottles and heated blankets can also be used.

- An effective field measure is for one or two of the rescuers to remove their own clothing, using their bodies to warm the victim's naked body. A sleeping bag or blanket should be used to conserve heat.

- If the victim appears dead, heart massage and mouth-to-mouth resuscitation should be administered. Never put an unconscious victim in a bathtub. In cases of mild hypothermia, dry clothing and shelter may be all that is needed before the victim appears normal. However all hypothermia victims should be seen by a doctor. Maryetta Dorricott, Delaware County Extension home economist advises:

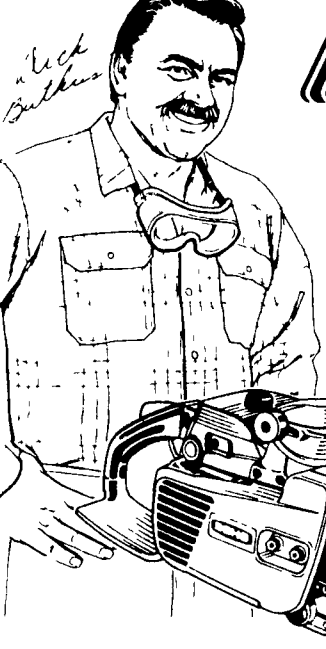
- Do not give the victim anything to drink, especially alcohol.

- Do not rub frozen body areas, especially with snow.

- Do not wrap a hypothermic in a blanket without an auxiliary source of heat unless it is to protect him from further heat loss.

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