

Be prepared for the unexpected with on-the-road medical tactics

An automobile accident. It's probably the last thing anyone thinks about as they make the routine trip to the office, or a vacation drive cross country.

In 1976, automobile accidents continued to be the number one killer of people, aged one year to 44. Among the total population, automobile accidents ranked fourth as a cause of death, after heart, cancer, and stroke.

Knowing what to do if an accident happens is important. Being prepared for the possibility is vital.

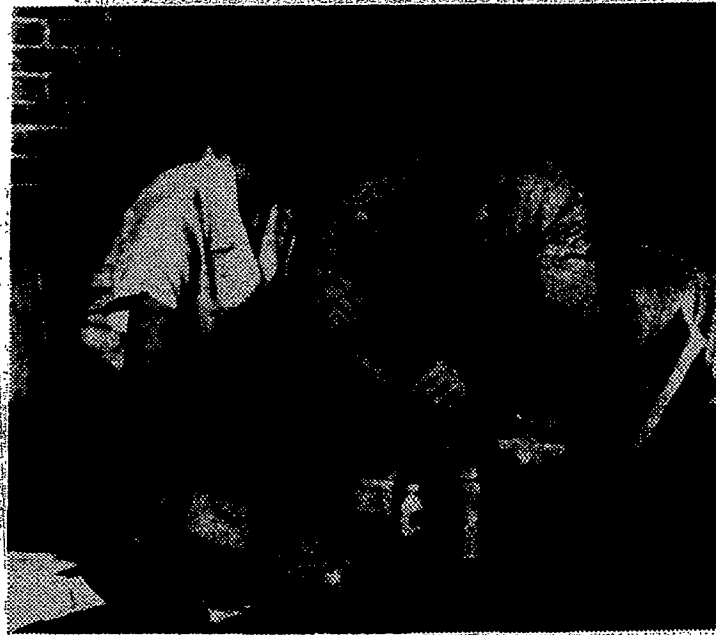
For example, taking a first aid course is most helpful, as life-saving methods have changed in the last ten years.

Secondly, being aware of the changes in medical aids is also essential when stocking a first aid auto kit.

For example, bandaging cuts and bruises can be easier with Micropore first-aid tapes from the 3M Company, because they are designed to take the "hurt" out of dressing wounds. Waterproof tape bandages protectively while Gentle first-aid tape is kind to sensitive skin.

Besides tape for the "accident" section of the auto kit, also pack: sterile gauze bandages and assorted gauze squares, a small pair of scissors, and antiseptic cream.

As for the minor ailments that crop up when you least expect them on family outings or routine trips to the office, school, supermarket, or leisure activities, consider



BE PREPARED for emergencies on the road by taking along a well-stocked first-aid kit. Besides packing important items such as gauze, antiseptic cream and Micropore first-aid tapes, be sure to include items for insect bites, hayfever and other seasonal ailments.

these items: aspirin; calamine lotion (for poison ivy, rash, or insect bites), and motion sickness tablets.

Also, soothing eye drops for eye strain, a thermometer, antacid pills, premoistened paper towelettes, ammonia tablets for fainting, and chewing gum for alertness.

A first aid guide book, such as one published by the American Medical Association or the Red Cross is another item that should be included. In those types of booklets, one can find how to

stop bleeding. For example, a tourniquet should not be used, but rather one should apply pressure directly on the wound with a sterile gauze pad.

A well-stocked auto medical kit is not only a first-aid comfort the year round, but a possible life-saver in serious emergencies.

Be sure, however, to replace all items as they are used. That way the kit will always be ready for any major or minor discomforts when they occur on the road.

Sensible hints for a sun lover

Now that summer is here, you'll probably be heading for the beach or poolside, at least on weekends, to relax and soak up sun. There are a few things you should know, however, before sprawling lazily in that inviting chaise.

The first thing you should do is invest in a good suntan lotion, the most appropriate one you can find for your skin

type. Even if you are dark-skinned and tan easily, don't neglect this important step. All skin types need protection from the sun's ultraviolet rays.

This is particularly true if you are not heading merely to the local pool or beach, but to a distant sun spot, a Caribbean island or Mexico, perhaps, where the sun is

stronger and the temptation to sit out in it for long periods of time, greater.

Next, make sure to limit your exposure, particularly if you are fair-skinned. There is no reason or necessity for you to burn. Stay out in the sun only ten minutes the first day, if you are pale; perhaps half an hour if you are average.

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FORCE 5 SUNBIRD
MINIFISH APOLLO

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Same principle of operation as baseboard but with the addition of a fan that is extremely quiet in operation. This beautifully designed heater is ideal for bathrooms and other areas where floor space is at a premium. Built-in thermostat standard.

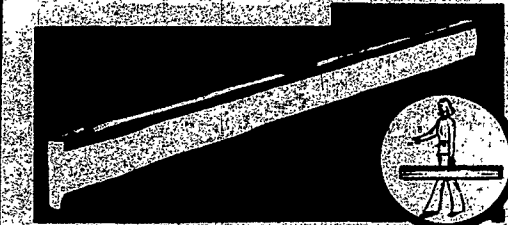
Rough-in dimensions 14-3/8" x 18-3/8" (No headers required).

WA 1000-2 (120 V)
WA 1000-4 (240V)

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Model #	Width	Length
SP 1200-12	12"	6"
SP 1200-18	18"	6"
SP 1200-24	24"	6"
SP 1200-30	30"	6"
SP 1200-36	36"	6"
SP 1200-42	42"	6"



A New High in Portable, Plug-in Models

UL listed. For heating single, hard-to-heat rooms. Has built-in thermostat and sheet temperature indicator light. Slider thermostat provides fingertip, up front control. Light weight and free standing without need of mounting brackets. All models 120 volts and 6 1/2" high x 2 1/2" deep. For best results, recommend largest unit.

Model #	Width	Height	Length
SP 1200-12	12"	6 1/2"	2 1/2"
SP 1200-18	18"	6 1/2"	2 1/2"
SP 1200-24	24"	6 1/2"	2 1/2"
SP 1200-30	30"	6 1/2"	2 1/2"
SP 1200-36	36"	6 1/2"	2 1/2"
SP 1200-42	42"	6 1/2"	2 1/2"

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