

Melba had a letter from Butch dated Dec. 4<sup>th</sup>. We did hope he'd get home for Xmas, but no luck.

Bud expects to be shipped out soon after Jan. 1<sup>st</sup>. I hope not — he hopes so!

Warren does very well in his code work. He seems pretty well satisfied with his set-up.

We have no car at all — I mean that runs now. So — for rent: An A card. We haul groceries up the hill in huge bagsful. I guess rationing will soon take care of that, tho.

Well — it's time for New Year's Resolutions. I resolve to do what is expected of me in the way of food conservation, etc., with good grace, to put all we can into War Bonds, to try not to depress anyone with my own worries and troubles, but to cheer up my family, and try to keep our home a happy place to live in, or to visit. I can Try.



Jan. 24 '42.

Too long since I've written here. The Buna thing is long over. Russia pushes on, recapturing many of their important cities. They're winning all along the line. Germany is handing out bad news to its already depressed people.

Berlin has been bombed several times, so London has suffered retaliatory raids.

German industries still get frequent bombings.

Our worst threat now is submarines. Their tolls raise to alarming proportions. It's Hitler's strongest weapon.

In Africa, we have Tripoli. It fell to Allied forces yesterday. Un fortunately, the bulk of Rommel's army escaped, + will (I'm afraid) succeed in joining the forces in Tunisia. 70,000 added to the formidable army already there, will make mighty stiff going for the Allied nations. So far the major battle there has not begun. We've had the worst of it in many of the skirmishes for position.



The Marines have been relieved in the Solomons. We're all hoping Butch will get home. Last word was Dec. 24 (dated) to Melba. He was still at Guadalcanal.

We're in the midst of very severe weather (for us, here) and hear that we are to be rationed on fuel oil, probably beginning this new week. No school right now, because of icy roads.

Bud's pretty blue. All his pals were sent to Texas & he was left at Mather. Also, the gal-friend is it too friendly. Poor Bud!

Warren finds the Army a not-too-bad place to work.

Anything old or new, will do for a teacher now. Women who haven't taught in years & years are back at it. Mae Ulowetz is even substituting.

There's a psychological problem about this war that I don't understand.

I'm probably only ordinary & average, so no doubt many people <sup>are</sup> like me. The smallest radio-program, letter, story or anything dealing with service men, their trials, sorrows,



loneliness etc. makes me bawl like  
a baby. It isn't nerves. But instead  
of building up a defensive hardness,  
I'm softer, more easily moved  
than ever in my life. I'm sure  
this isn't good or right. It doesn't  
prepare me for things to come.



March 22 '43.

An awful lapse here.

First, the personal side of the war:

Stanton was home the 12<sup>th</sup> of the month on an 11-day furlough.

He is a Cpl, & may soon be a Sgt. Warten finishes his course at Scott Field this (or last) week. "Little Man, What Now?"

Butch is probably still in Australia, where he has been since shortly after the Marines were relieved from Guadalcanal, early in January. Melba hears from him.

Now

Russia is having a tough fight. For several months they just rolled along, but now Germany has thrown in great strength, & have retaken Kharkov. On other fronts, Russia still is on the offensive.

Saturday the big Allied Offensive long held up because of weather, got under way. We're doing o.k., but it's no push-over.

The Japs evidently haven't given



New Guinea up as lost. They are attempting, with some success, to reinforce their holdings there.

Anthony Eden is in the U.S. Churchill & Hitler(?) both spoke yesterday. Hitler, rumored <sup>15<sup>th</sup></sup> Insane, <sup>2<sup>nd</sup></sup> dead, lacked his customary vigor and emphasis, but says that all obstacles have now been overcome, and Russian defeat is certain.

Some time ago FDR & Winston Churchill met with military leaders, at Casablanca, in Africa, that caused quite a stir.

Our sub-losses are terrific. 8 cargo ships lost in the West Atlantic last week.

We blast at the Nips in the Aleutians, but they must've been pretty firmly rooted up there.

Guadalcanal was won early in the year. But it along with the gains on New Guinea, were very expensive. It's a long way to Tokio, via the Phillipines, at that rate.



Mr. Emery, the hairdresser at Meier & Frank's, predicts that "this silly war" will be over early this summer. There won't be a formal armistice, he believes. It'll just sort of stop. He's very anti-administration, & brings up some very uncomfortable facts regarding cartels, appointments, playing politics, graft in high places, etc. etc. "It's all purely economic," sez he, "and it matters very little who wins it." Oh dear!

Susie is going to have a war-baby. It certainly is an epidemic of tremendous proportions.

Food rationing is here. Canned, dried, frozen & processed foods have been rationed for months. Now meat, margarine, butter, cooking fats etc. are about to be rationed. Shoes, fuel-oil & coffee have been rationed for some time too.

The items we miss most are beef & bacon. Tho' they haven't yet been rationed, we haven't been able to get



any for sometime, maybe rationing will help.

We've better than \$1000 worth (in 1953) of bonds. My whole salary goes into them. Reg keeps up my allowance. We'll have a "Bond house" God willing & the devil notwithstanding.

Our home-life is a war casualty. No time to live. Us, & millions of others. But we're lucky, and know it.

Because of everything, family visits are very rare.

Victory Gardens are very much under way. Ours is mostly spaded.



Individual reactions, please.



Whaddye mean--"Individual Reactions Please"?  
Tell it like it is, Alice. You're a teacher--right?  
It's in your chromosomes to give a test--correct?

Anyway, it was so interesting to read about this monstrous ordeal from the viewpoint of a regular person (not a professional historian) living in a small town, but with the intellect and insight that made it more real to me than ever before.

I have read much about this time in history but never from an overview like yours.

Isn't it amazing how COMPLICATED it was? It must have seemed like it could never possibly end until everybody in the world was eradicated.

I can see why you finally terminated the diary. It must have been so wearying and seemed so hopeless.

Jean Gress  
Aug. 2, 1998



## Creed for a Fighter's Wife

Because my husband, whom I love,  
Walks out and meets death daily  
With a certain gallant arrogance  
And an eyebrow cocked half gaily,  
Greeting him thuswise since he knows  
I walk beside him where he goes.....

Because of this, then I who wait  
Can do no less than he,  
And meet my thousand death face-square  
Being in every cell aware  
He paces here I with me,  
And laughs at death, who cannot kill  
What love has placed beyond his will.

Georgie Starbuck Galbraith



I hope to be home by 6-- but I can't promise. Harold says they'll put me in jail, he thinks. Don't bring Cigarettes or Esquire.

Dear Reggie:

Now that it's too late, I wish I'd mailed the bail money. I find that I'm very uneasy at the prospect of going up there to see the Judge. I don't even know where the city hall is.

I'm not young enough to have any "girlish charm" to help me out, and I'm not old enough to have any appeal as a helpless little old lady. I'll just have to stand on my merits--- or demerits, that is!

I hope he doesn't reprimand me. Will the officer who arrested me have to be there? Will they write anything on my driver's license?

"Tune in tomorrow to hear the rest of this tense, heart-rending drama of real-life people --"

#



Tell me what you feel in your room when  
the full moon is shining in upon you  
and your lamp is dying out, and I will  
tell you how old you are, and I shall know  
if you are happy. — Amiel.

An ounce of mother is worth a pound of clergy.  
Spanish proverb.



Cards: (Mail) with casual gifts  
Vance & Ruth of jelly, candy, or?  
Embry & Mary Henriksen  
Wallace Mrs. Henriksen  
Lucy & Wren Salmon Marrie Noonan  
Bert Salmon Mrs. Bango  
Harvey & Carmella Mac & Joe  
Uncle Joe Helen & Glenn  
Uncle Charlie Mrs. Simpson  
Aunt Abbie Mabel Lane  
Spalding  
Adolphe  
Frank Grace  
L & L Anderson  
Aunt Jessie  
Aime  
Kenneth & Muriel  
Bob & Ethel R  
Georges & Eileen Lund  
Cover  
Jemtgaard  
Ethel  
Edith & Bud  
H. King  
Ruth & Bob  
Mrs. Welch



Lois & John Nuts & ?  
Joyce

Charlie & Bell  
Virginia  
Ethel

Jim

Marie & family - Oklahoma album

Harold & family -

Dad & Laura -

Bud & Marjory

Warren - sweater

Louise

Bob - cards

Melba & George -

Tom -

Charles - ch. hat

Baby -

Lade & Robert -

Mike - dictionary

Ann - sweater

Lynn - "

Sue & Cecil -

Judy - shirt

Grin - shirt



Reg - Book Club, Shirts

Reg's Mom - Tea taster set

Mrs. Plew -

Mrs. Simpson - Tea taster set

Mrs. Boings - hose

Mae - Tea taster set

Mary - N.W. book

Kathleen - hose

Farralls

Herricksens



WARDEN



# Warden information.

Portland - our filter center.

## Objectives -

Minimize casualties

Protect factories

assist civ. morale

Air r. warden duties -

insure blackout (report to police refusals)

## Gases.

Solids, liquids, or gaseous -

Tear gas - a solid - looks like sugar.  
Temporary effect.

Irritant smokes - cause headache,  
nausea, semi paralysis  
[gas mask with filter]

Lung irritant - gaseous form.

1. Chlorine - toxic, suffocating  
burns throat. (moist cloth  
damp with alkiline (ammonia)  
hot tea, or lemonade; quiet.  
no alcohol.

2. Phosgene - smells like hay-  
field. 8x poison of  
chlorine. effects lungs  
destroying. 1<sup>st</sup> effects  
may stimulate. Get  
to fresh air - rest.



3. Chloro picrin - vomiting gas.  
persistent, slow. Smells  
like scorched eggs or  
licorice. effects eyes.

Moist cloth soaked in  
alkaline liquid.

All heavier than air.  
keep out of basements.

Blistering gases  
leucite, Mustard - Both liquid.  
Mustard - dark brown, like crank-  
case oil.

25% heavier than air. evap.  
slowly. Worst night on  
ground.

Come in bomb or sprayed  
from planes with tanks.  
Water has no effect.

Contact with liquid or vapor  
blisters externally & internally.

Signs slow in showing, pink eye  
1st sign. Vapor won't blind, but  
liquid will. Red rash dev. into  
small blisters, larger blisters become  
ulcers.

Smells like onion, garlic, skunk  
1st aid. Remove liquid from body  
use gasoline, kerosene or



Carbontetrachloride. Bathe with  
strongest alkaline soap available.  
(strong washing powder). Serious cases -  
repeat solvent + soap process.

hexaarsite - also liquid - dark, oily  
50% arsenic & smells like  
geraniums. Water will de-  
compose. Use lots of water.  
Heavier than mustard gas.

Effects eyes. Acts faster.  
forms blisters if left. liquid  
inside blister is toxic, too.

1st aid. Remove at once from  
body. Use alcohol, hot bath,  
or hyd. peroxide, 5% Sol.

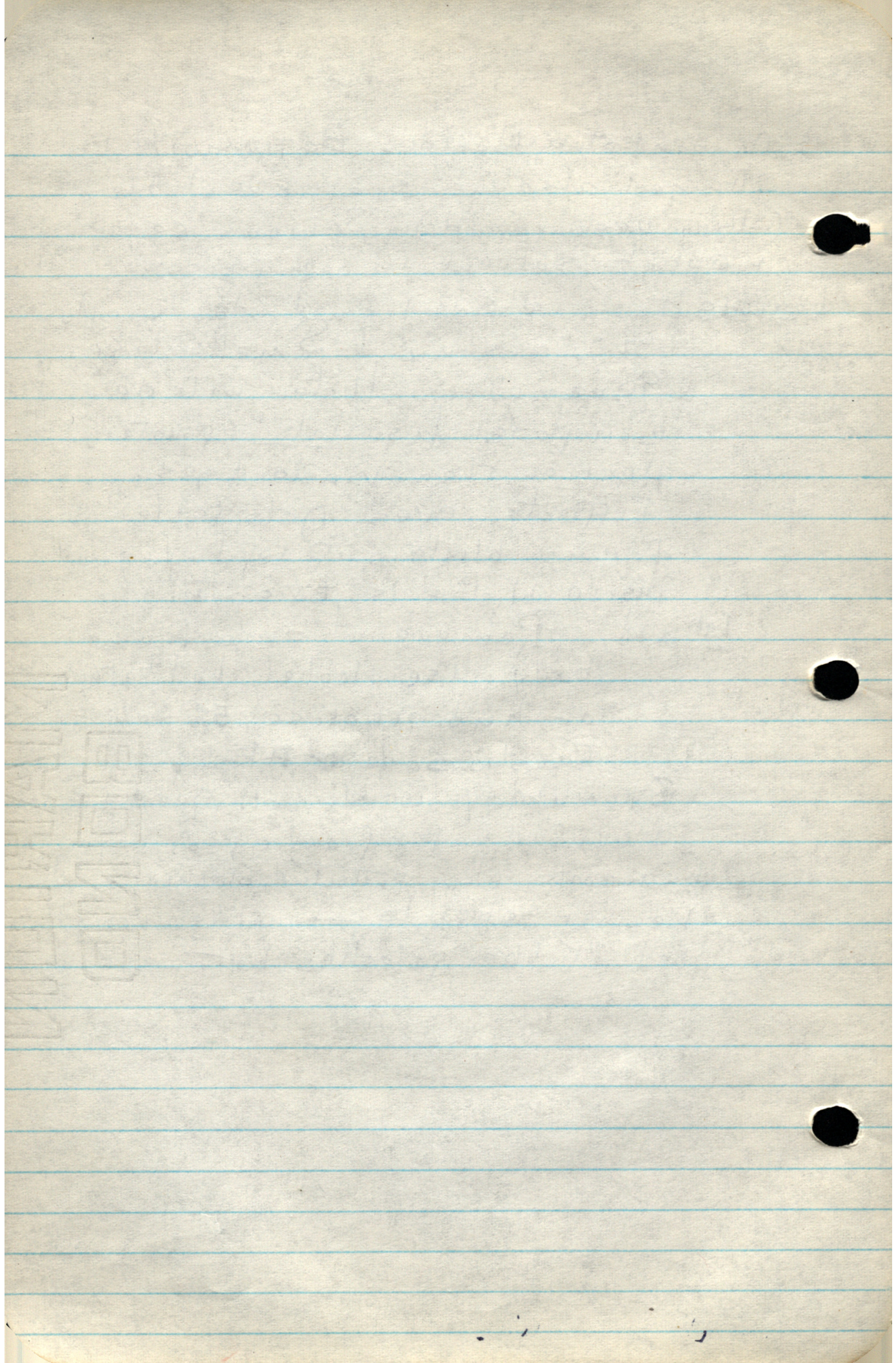
Caustic Soda or Potash.

Standard eye-wash sol. good for  
cleaning vapor from eyes.

Rain coats, etc. protective clothing.

Leather absorbs → holds. Very  
bad. Rubber galoshes better.







# Bombs.

1. Gas.

2. Incendiary

3. Demolition - (hi-explosives)

2. Incend -

a. intensive - Thermitite, magnesium.

b. Scatter - oil, phosphorous.

Thermitite -

Produce temp -  $4500^{\circ}$  - yellow flame.

Can't be put out.

Magnesium (more likely, lighter)

Burn longer than thermitite.

Produce  $2300 - 3000^{\circ}$  temp.

flame white.

Almost impossible to extinguish. Use fine spray of water. Beware too much water; causes explosion. Don't use fire extinguisher.

2<sup>#</sup> bomb - 10 to 20 min.

4 " " - 30 min

Long handled shovel - put in sand, cover with more sand, carry away from building. Use lots of sand.

Usually dropt from 20, 30, 00 ft.

Will penetrate concrete, but roof may stop it at attic.



Friday at H.S.  
1st Aid



Usually 2 to 4 lbs.

Hi ex. or Demolition  
from 100 lbs to 4000 lbs.

50% t.n.t. or amatol.

Drop it from 25 to 40,000 ft.

Jim bad, usually.

2 types -

Instantaneous - goes at once on landing

Delayed from  $\frac{1}{10}$  sec. to 90 hrs.

Various methods - magnetic,  
vibration online

Really digs in. Can't really be protected.

Suction wave follows blast. Really dangerous.

lie flat on face - hands on ears  
mouth open.

[Find fire hydrants]



School EVAC. on 12<sup>th</sup> alarm



Thurs. Apr. 16 '42

Lawrence Beauchamp

## Gas Instruction.

Non Persistent

1. Chlorine (improbable)

Lung irritant.

Smells like chlorox

Bluish green.

Move victims to fresh air  
at once. Bed, quiet several  
days, hot coffee.

Never artificial respiration

2. Phosgene.

More deadly than the  
above.

Smells like new mown hay  
or ensilage. Colorless,  
mist.

Quick acting.

Move quickly, put to bed. <sup>Keep them there.</sup>  
Pneumonia might ensue,  
lungs injured.

3. Chloropicrin.

Causes vomiting

smells like licorice.

Not very dangerous. Irritates  
eyes, lungs.

Wash eyes with 2 to 5% <sup>Sodium</sup> carbonate

Will last as  
long as  
4 hrs.



#### 4. Tear-gas.

Causes crying; temporary  
blindness  
Not harmful

#### 5. Irritant smoke.

Put you only in commission for  
10 or 12 hrs.

Depresses you.

Don't remove mask prematurely,  
no after-effects.

Panic-causing agent.

### Persistent Gas.

#### 1. Mustard gas.

blistering gas.

Smells like skunk or 2<sup>nd</sup> hand  
cigar.

Looks like crank-case oil,  
Can be sprayed or dropped  
in bombs.

Affects small area at a time.

Remove with Kerosene or  
Carbon tetrachloride.

Don't rub. Dab.

Strong soap + hot water.

Repeat process.

Get Doc. for blisters  
May not notice effects  
for hours. Do - check



up if you smell it.

## 2. Lewisite Gas -

Not used in last war.

Smells like geraniums.

Pleasant odor.

forms blisters.

Arsenic base.

Liquid from blisters

is infective. Don't open.

Sprayed from aeroplanes,  
usually.

### Treatment.

Wash with hydrogen peroxide  
10-20% solution.

5% " as sold is ok.

or eye & water

or kerosene, gasoline, or  
Carbon tetrachloride.

affects breathing apparatus.

Will cause blood poisoning.

Get the doc. 3 or 4 hrs. won't kill  
you.

Worst on moist parts of body.

Phosphorous bombs, if they hit.

Eat right thru.

Blue Vitrol or Copper sulfate covered,  
will protect.

Keep member in water either.

2% of  
last from  
Becontuminate  
spray of him  
will wash  
down but not  
eliminate

wash eyes  
& drink soda  
solution



Can't save a pluspous  
find major furniture!

SCHOOL

&

COLLEGE



Looks sorta silly:  
sounds —

Kit —

rubber tourniquet

triangular bandage.

4" comp.

3" "

2" "

250° — 15 min at least  
bandaids

ply. gauze 1" X 10 yds.

Dark glasses

aromatic spts. ammonia

Arm band.

knife or scissors

pencil

safety pins

Meeting again here



Latent Mrs. C. knows something. <sup>21</sup>

Friday, Apr. 24<sup>th</sup> '42  
Gas by Smokey

Error by C. W. P.

Repetition of Friday last

by same.)  
Doit puncture a Lewisite blister,

A doc. is the only person  
puncture or remove blister from  
either gas.



Fri. May 1<sup>st</sup>

Jones broke his plate.

Magnesium  
Thermite - granulated aluminum and  
Magnesium.  
Thermite  
Can be pure thermite. Will go through  
anything. Can't be put  
out.

Thermite will go thru all floors, probably.  
Magnesium will probably stop in  
attic or upstairs room.



Gas: "Taint bad", sez Jones. Just  
use a sulfa - 'n' take  
a bath.

Break a lewisite - catch the  
liquid.  
Leave the Mustard blister.

Adamsite bomb gas - suicide.

Read dates on 3/22 - St. book  
Nabul



June 11, 1942.

Remain on duty;

2 hours after all clear, or  
until notified by messenger.

War Gas alarms

Each warden gives own  
alarm.

Left shoulder.

Chin on first

" off first.

Tighten straps. Test put hand over bottom  
to feel air out before breathing thru mask

disinfect upside down -

3% sol. formaldehyde,





Control room 27

Reports -

Sector #

Casualties are ambulance or  
stretcher cases. Others  
cared for at 1st aid  
Sta. If they can walk  
don't phone as casualties.

Don't phone in fires you or  
group present can handle.  
Phone only those needing  
fireman.

Report bombs, even tho' no  
casualties, & add "no help needed".

Get someone to phone 8:15 - 8:45  
Thurs.



# Dimout Explanation (?)

Don't use force.

no xmas outdoor decorations.

Under-roof porch lights, 12 ft.  
candlepower. (50 watt or less  
ordinarily ok.

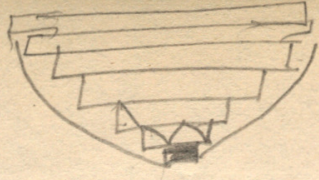
No lights <sup>out</sup> in front (outside) house.  
15-watt. recommended

No fires outdoors except in  
incinerator then only up until noon.

Outside fireplaces & barbecues  
only until sunset.

flashlights used only turned  
down, & only dim-use  
layers of white paper.





# Evacuation —

A Jones — Oct. 6 '42

Civilian War Aid Center  
Phase I High School.

Our job directs local  
victims to that center

Phase II. Where outsiders are  
brought in from bombed  
towns. Priority groups sent out.

Phase III. Where our town is  
actually evacuated. All  
leave from High School.

Invasion.

Send to  
K. S. Sch...



## Lighting

Porchlights under eaves should be  
10 watt or under.

Shades drawn level with any light inside  
of house so beams aren't going above  
horizontal.

Information sent to Inspectors -  
Names & address of people violating.



Handwritten notes and scribbles in the top left corner, including the date "1st of 15th" and some illegible markings.



First Aid



First Aid - Fri - Feb. 7

### Points of Pressure -

Use finger to find. Thumb to stop.

1. Scalp (Temple) artery - above front ear,
2. Crevise in jaw-bone.
3. Throat artery - press against spine.  
large - important.
4. To the side of center front, <sup>down deep!</sup> beside collar bone.
5. Inside upper arm (easy to locate stop)  
(Be careful of broken bones, or you'll cut this artery.)

6. Femoral ~~s~~ can be stopped hand-span before hip bone, but not for carrying. So use of Tourniquet - (rubber) - with block between big muscles inside thigh. Tighten like hell. Rubber preferable. Cloth - use 1 single, space for twist - double knot.



Be sure to have.

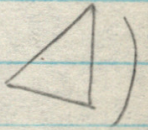
2" wide - 18" ~~long~~ - inert tubing

Absorbent gauze. (24")

4" compress bandage (remember knots  
Not granny. Square!

optional  
( 3"     "  
  2"     "

40" Cravat bandage (floursack will do  $\frac{1}{2}$ )



Carrier for stuff

Tannic acid powder. 1Tbs to 1qt water  
for burn treatment)

(Tanipaste is ok, but not so good)

Tanicol - Very good burn treatment.

roll 1" bandage.



## Pas. Points

- 1 Temporal in front ear
- 2 Facial - on jawbone
- 3 Carotid - at sides of wind pipe
- 4 subclavian - down inside collarbone, top rib <sup>no T<sub>1</sub></sup>
- 5 brachial between elbow & armpit, under
- 6 lower brachial - <sup>inside</sup> elbow
- 7 axillary - armpit (no tourniquet)
- 8 femoral - groin (no tourniquet)
- 9 ulnar - wrist
- 10 radial between wrist & elbow
- 11 popliteal - back of knee

- 1 temp - ear
- 2 facial - jaw bone
- 3 carotid - wind pipe
- 4 axillary - armpit
- 5 brachial (upper) upper arm
- 6 lower brachial - ~~arm, betw. wrist & elbow~~ <sup>hand of elbow</sup>
- 7 radial - betw. wrist & elbow
- 8 ulnar - wrist
- 9 subclavian - inside collarbone
- 10 femoral - groin
- 11 popliteal - knee



Alie

Get the dope needed to demonstrate procedure in case of accident on your boat.

Read everything in book on bleeding

(artificial respiration)

blows, <sup>back of head</sup> or <sup>or</sup> gas, electric shock

Bring your inner tube tourniquet know how to use it.

Wed - Thurs - 7 - 9 eve.



Cadwallader

1st Aid Thursday Feb. 20<sup>th</sup>

Control of bleeding -

Spurting - artery - bright

Capillary - oozes

Steady flow - dark - veins

Note - for next week -

Treatment of Shock <sup>71</sup> 8 1/2 - <sup>98</sup> 98  
brain Nervous System.



Whose teaching this  
class?

For Feb 26, '42

Talk

pp. 84-98

Nervous System.

1. Cerebro spinal
  2. Sympathetic
- } 2 divisions of nervous system.

## 1. Cerebrospinal

in brain

in spinal cord.

(1) Nerves entering + leaving cord

Sensory - such as heat, cold, touch + pain <sup>to brain</sup>

Motor nerves - conveying impulses from <sup>brain</sup>

to muscles -

to cause movement

## 2. Sympathetic system

ganglions

not under control of will, involuntary  
heart, breathing, digestion, excretory.

Physical shock - a state of collapse or prostration  
that interferes with normal action of heart,  
respiration + circulation.

(usually due to lack of proper balance  
in sympathetic nervous system.)

Causes - severe or extensive injuries  
pain, loss of blood - etc. etc -  
emotions.



## Symptoms of Shock

pale face

eyelids droop - eyes dull, pupils large,

skin cold, clammy with sweat.

patient sub. for temp.

Pulse weak + rapid (if any)

breathing shallow, maybe irregular

stupid

Nausea + vomiting often occur -

drop in blood pressure; capillaries + blood vessels inside body, especially in abdominal cavity, become engorged with blood.

## Treatment.

1. Lie down, head level or lower (except in skull fracture, hemorrhage of head, Sunstroke or Apoplexy)
  2. See that mouth is clear of false teeth or foreign material.  
" " tongue is forward.
  3. Loosen tight clothing from waist + neck.
  4. If nausea present, turn head to side.
  5. Be sure plenty of fresh air.
  6. Warm the body, + keep it warm.
  7. Administer stimulants
    - (a) by mouth if conscious
    - (b) inhalation if unconscious
- (Exceptions - Severe bleeding, internal bleeding, skull fracture, sunstroke or apoplexy.)



## 7. (con) Stimulants -

### Mouth -

1. Aromatic sp. of ammonia / tsp.  $\frac{1}{2}$  gl. water
2. hot coffee (over period of 20 minutes)
- " tea
- " water

Give in small quantities - not more than 1 cup in  $\frac{1}{2}$  hr.

### Inhalation

Aromatic sp. of ammonia. Test yourself before administering.

Give a whiff on gauze for 30 or 40 seconds at 5 minute intervals.

Putting arms & legs gently toward body helps promote circulation.

Inhalation of oxygen good, if possible.

Important to restore warmth to body.

Do not let patient sit or stand. Strains overworked heart.

Keep up treatment as long as shock evident. May relapse. Quit even afterward.

Check often on any wounds. They may bleed badly as circulation becomes normal.



I. Shock where face red & pulse full.

1. raise head

2. no stimulants

3. If body hot & dry, remove to cool place & use cold applications to reduce temp.

II. Shock where face pale, pulse weak.

Usual as described

III. Shock where face blue, pulse rapid & weak. Shows lack of oxygen in blood, as in gas poisoning, elec. shock, asphyxiation, strangulation.

Use artificial respiration, along with other treatment.

IV. Fainting.

Due to lack of blood in brain. mild form of shock.

Pulse rapid & weak,  
breathing shallow.

Treatment -

Lay him down, head low ~~and~~

Clear mouth

Loosen clothing at neck & waist.

Give fresh air.

Aromatic Spts. of Ammonia by inhalation.

Cover body if cool.

When conscious returns -  $\frac{1}{2}$  p<sup>ars</sup> spts amm in  $\frac{1}{2}$  glass water, in sips.

Keep lying for at least  $\frac{1}{2}$  hr. after.



## Heat exhaustion -

### Symptoms -

Feels weak

Pale, cold perspiration

Pulse rapid & thready

Breathing shallow.

### Treatment.

lay down, head low,

clean mouth

wrap body & warm

use stimulants

rub extremities

Get Doc.

## Heat Cramps -

Prevent by lots of water (10 to 15 glasses a day) with pinch of salt in each.

eat easily digested foods, dress

loosely, avoid constipation

For mild cases, replenish salt, give warm baths, & rest.

If severe or persistent, call doc.

## Sunstroke,

Headache & dizziness usually comes first.

face red

skin hot & dry, no perspiration.

Pulse slow & full or even boundingly



Breathing labored, snoring,  
Pupils large, of equal size

Treatment.

Reduce body temp.

Take him to cool place, head raised.

Apply cold to body + head.

Ice can be used to put on head + rub body.  
Rub limbs.

Watch for physical shock as consciousness returns. Treat if present.

When conscious, give all cool water he wants.

No Stimulants.

Get the doc. as soon as you can.

Apoplexy or cerebral hemorrhage.

Rupture of blood vessel inside skull,

causing hemorrhage into brain tissues.

Can be caused by blow. Always watch  
for symptoms in any head injury.

Symptoms -

Patient becomes unconscious, either  
gradually or at once.

Often preceded by pressure + pain in  
head.

Face usually flushed, but may be pale  
+ grey.



Pulse is slow & full at first, but later becomes rapid & weak.

Respiration slow & snoring, cheeks & lips puffing ~~out~~ out with breath.

Pupils of eyes of unequal size, often one lid droops.

Often one side of mouth droops. Usually one side of body paralyzed.

### Treatment.

Lay down, head raised.

Plenty fresh air.

Keep patient warm with covers.

Apply cold or ice bag to head.

No stimulants.

Keep quiet. Don't move him unless necessary.

Get the doc. Now.



Roll - Feb. '27 '42

Martha Pugh  
Meeba Goodwin  
Alice Russell  
Anna Mettler  
Lena Myers  
Marie Pickett  
Ovian Dailley  
Lorane Mullineaux  
Ruby Duwall  
Marie Young  
Bertha Johnson  
Gertude Millard  
Nella Price  
Lena Cadwallader  
Mabel Zsiger



~~For Fri~~, Mar 6<sup>th</sup>

Recognize in dark

1. Dislocations anywhere -  
Pages 155-

2. Recognition of 3 degrees  
of burns - 134  
of treatment.



Burns or Scalds

Robert Dale  
Kibben

Alice B. Day  
Roley  
Russell  
Roberts

## Causes

dry heat

fire

heated objects

electricity

friction

hot solutions

steam & vapor

chemicals

1st degree - outer layer affected

2nd " - second layer, causing blisters

3rd outer layer destroyed, lower layers damaged

1st Aid

Treatment -

Object -

exclusion of air

relief of pain

prevention of infection

Remove clothing unless attached

Never use oils or grease. Water soluble only.

Picric acid gauze good.

Put it on + dampen with water

Cover with loosely wrapped bandage.

Picric Acid dressings good, too.



# Dislocations

## Joints

### Types

1 Immovable

2 Limited motion

3 Freely movable. Shoulder, elbow, lower jaw,

Dislocation is the slipping <sup>hip, knee, fingers, ankles etc</sup> out of normal position of one or more bones forming a joint. Ligaments stretched or torn loose.

### Symptoms -

Rigidity + loss of function

Deformity. As compared to normal.

Pain.

Swelling. usually present around joint.

Don't attempt to replace. Splint as they are - or just dress. Call doc. jaw, fingers or toes can be tended by amateur, but better to have expert.

Strain - Muscle

Sprain

Ligaments  
injured

- joint. a dislocation which has snapped back into place. ligaments

stretched, <sup>isn't</sup> <sup>loose</sup>. Needs attention, anyway.



March 13

Scissors

Pretty Pinks

~~March 13~~  
leg

Stay

Fracture -

Apt to be very painful -  
May be no visible deformity.

Problems -

Child with arterial bleeding at elbow -  
Apply Tg. Call 1st Aid Station.  
Wait in shelter til stretchers come.

Heavy man - Arterial bleeding at  
ankle. Apparent compound fracture.

Tg. around knee Call station - report.  
Return to patient.

If you need additional help, call for it!

Arterial bleeding above knee.

dig. pres. at femoral.

Apply compress. Keep pres. til help

unless (if wound low - use tg. above  
wound, with block for pressure -  
on artery, if needed.

Child unconscious - bleeding at  
nose, mouth, ears.

Raise head, cover for warmth.  
Call help.



No stimulant in cases of—

1 Stroke

2 Epilepsy

3 Arterial bleeding = uncontrolled

4 internal bleeding

5 Skull fracture

Alcohol no good.



Fractures

Simple - broken bone, no wound through skin.

Compound - where bones have pierced skin & flesh, no object has pierced flesh & broken the bone.

Symptoms

1. Pain in region
2. Loss of function
3. Deformity or irregularity
4. Moderate or severe swelling
5. In fractures of extremities, limbs shortened

Treatment

Don't move him

.. let him sit or stand

until damage ascertained

Compound

apply tourniquet before limb is moved. Tighten if bleeding begins. Beane loose if not.

Bandage - do not make knot over wound. Beane room over ends of bone so no pressure.

Watch for shock. Treat,



8<sup>th</sup> Meeting March 27, '42.

SCHOOL  
&  
COLLEGE



Feb 7, 14, 21, 28  
Mar 7, 14, 21, 28  
Last Meeting - Apr. 17 '42

Lucas -

symptoms delayed. Keep quiet

Lung Irritants -

effects may not show up at once.

Cigarettes unpleasant.

Cause water in lungs.

Heart is overtaxed.

Chlorine, phosgene, Chloroquin

Treatment -

Remove from gas.  
Keep him quiet in bed  
or on stretcher. Don't let  
him move - no matter how  
he feels. Keep him warm -  
no alcohol or tobacco.  
Do not give art respiration.  
Call the doc.

Blistering gases -

Lewisite - internal poisoning, Arsenic  
& Mustard gas, local irritation.

Treatment for Mustard, (Mustard goes in  
skin)  
Must be immediate.  
Clothing must be removed,



In removing mustard gently  
apply dry pads to absorb  
moisture from skin.  
Gently & repeatedly dab with  
cloths dampened in peroxide  
or tetrachloride or alcohol.  
Wash thoroughly with strong  
soap & water. Pat area dry  
with towel.

### Requisite.

Immediately dangerous -  
Water won't destroy.

Symptoms come sooner, worse.  
Relief of skin in 10-20 min.  
Sm. blisters appear + gain  
for 12 hrs. Liquid toxic  
causes other blisters. Don't  
open.

Redness, soreness of throat.  
Later paralysis.

Burn in as long as left on.

### Treatment -

Eyes - 2% hydrogen peroxide (as  
at store)  
if not available - use soda in  
water.  
Little be done at once.  
(within one minute)



Contaminated clothing should  
be taken off at once.

Swab with hydrogen  
peroxide, strongly available.  
Not stable. If not available  
10% sodium hydroxide, in a  
30% glycerine in water,  
alternating with 70% alcohol.

## Tear Gas.

Remove from area.

Facing into wind - eyes open.

Irrigate eyes with boric  
acid, or 2% soda in water.

Don't rub <sup>or</sup> skin irritation  
treat with 4% sodium sulfide  
in 50% alcohol. <sup>OK</sup> anyway  
after water.

## Irritant Smokes.

irritate nose, throat, eyes.

Symptoms delayed.

No odor, no color.

Depressing in effect.

Watch for attempt at suicide.

Treatment - Remove to pure  
air - Nasal spray neosynephrin -  
Inhalation of a bleaching powder.  
Headache controlled with aspirin.

cause pain  
& congestion  
in nose  
& throat.

vomiting  
& chest pains  
may occur.



## Incendiary Bombs -

phosphorous or -

keep body wet until

all particles are removed.

Warm water (104°F) will melt

ph. & make easier to remove.

Pick out with forceps if  
cant squeeze out. ~~if~~

Case of will help. Treat burn  
as any burn. Don't cover with  
mud. N.G.

## Screen Smokes -

Not probable.

Water - lots of it - Soda water  
in eyes.

## Systematic Gases

Not irritating to eyes, nose  
or throat - just are bad  
inside.

## Treatment

be protected by mask to give  
treatment.

Drill once -  
Don't smoke





Artificial respiration is the imitating, by outside means, the natural action of breathing. The Schaefer method is the method in which the patient is placed on his stomach, and the operator working from a position outside the patient's thighs.

1<sup>st</sup> step -

Remove the patient from the water, gas-filled room or electric current, or whatever caused the condition. Put him on a flat surface where he can lie level.

2<sup>nd</sup> Make sure his mouth & throat are clear of foreign material. Be sure the tongue is well forward. Remove any tight clothing about the neck or waist. <sup>face to side, arms</sup> This should all be done quickly.

3<sup>rd</sup> Begin to force air in and out of the lung cavity. This is done by placing the hands on the back of the patient, at the base of the ribs.

The thumbs should be closed together, the little fingers just out of sight along the last rib. Swing your shoulders out over



your arms, with elbows locked, when you push the air out. Then, relax back onto your heels while the inhaling process takes place. Two seconds should be allowed for the exhaling act, and two for inhaling. It is well to count "one, two" (for exhaling) "three, four" for inhaling. It is very important that the proper rhythm be maintained, without variation. Keep it up until a doctor pronounces the patient dead. Throughout all this, the patient should be warmed. If hot water bottles, warm rocks or bricks are available, use them, taking good care not to burn the patient. If no such help is at hand, cover the patient to conserve whatever body heat he may have.

b. Three conditions requiring artificial respiration are

1 Shock

2 Drowning

3 Suffocation

c. The greatest supportive measure to resuscitation is the use of heat to keep the patient warm. I



2. The parts of the circulatory system are

1. Arteries

2. Veins

3. Capillaries

a. The average 150-lb. person has from 10 - 12 pints of blood.

c. One to two pints of blood lost may be serious

d. Two to three pints may prove fatal.

e. (1) Arterial bleeding - ~~light~~ bright red, pulsing flow

(2) Veins - bluish-red, steady flow

~~Capillary~~  
f. (4) Control of arterial bleeding - place tourniquet or digital pressure between wound and heart.

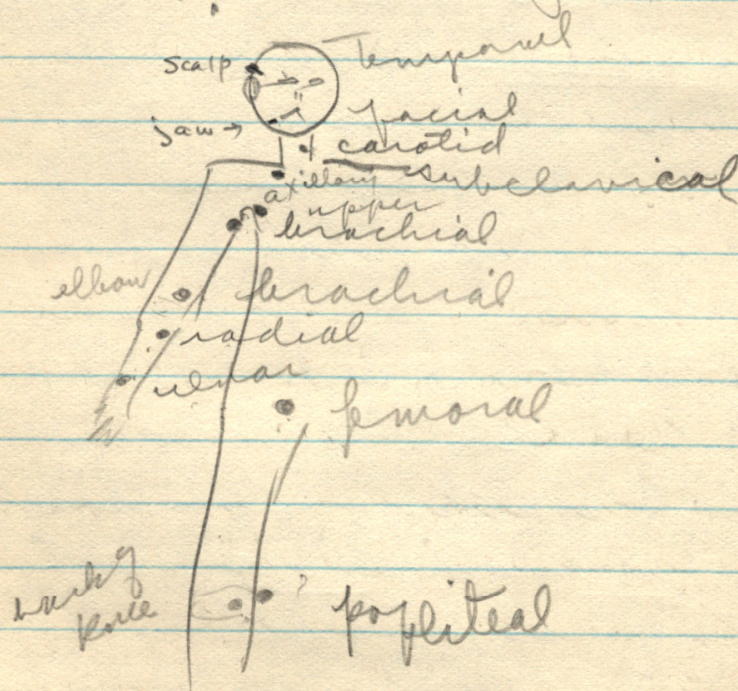
g. (5) Control of vein bleeding - place tourniquet or digital pressure on the side of the wound away from the heart.

(3) Capillary -

Apply compress bandage on wound. Clotting will usually take place to stop bleeding of this type.



3. Of the articles named, the wire, rope or (most) belts would be too narrow to use as a tourniquet. The important point to keep in mind is: does the article you're considering have sufficient width and elasticity to prevent bruising, cutting or otherwise injuring the tissues?
4. Tourniquets must be loosened at least every 10 minutes, to allow a little blood to flow through the wound. Otherwise, gangrene (sp) may set in.





5. a. Shock is a condition where the sympathetic nervous system is thrown out of balance. The involuntary acts, such as breathing, are irregular or absent, and must be stimulated by outside means. In such a condition, the blood is more or less congested in the lower part of the body cavity, and must be encouraged to go once more in its normal circulatory course.

b. Some shock symptoms are paleness, <sup>presence of</sup> clammy sweat, especially on palms & forehead, weak or irregular heart beat, faint or irregular breathing.

c. The head must be raised, even when shock is present, if

1. Apoplexy
2. Unchecked bleeding from head
3. Fractured skull.

Treatment for shock is:

Lay patient down, keep him quiet, warm him, lower his head (unless above conditions, or sunstroke are present), administer stimulants <sup>by mouth</sup> if conscious, coffee, tea, or <sup>3 pts</sup> ammonia in water, in small sips by inhalation (4 pts. of ammonia) if unconscious.



Make patient stay quiet for  
some time. Allow plenty of  
fresh air & chase the  
poisonous embolus away.  
7. 2 good burn treatments  
are the picric compounds  
and the tannic compounds.  
Use no grease.

8. 6. 1<sup>st</sup> degree - outside skin scorched  
reddened  
2<sup>nd</sup> " - outside skin damaged,  
2<sup>nd</sup> layer <sup>exposed,</sup>  
<sup>deeper</sup>  
3<sup>rd</sup> Outer layer destroyed, under  
layer damaged.

8. Cost recognizing broken back  
or neck, there are many  
instances when an X-ray is  
needed to determine such a  
condition. If the patient is in  
a position when it seems at  
all likely that he might have  
sustained such injuries, it  
is well to assume that he  
does have a broken neck or  
back, and treat him accordingly.  
That is - don't move him unless  
it is <sup>absolutely</sup> essential, and then only  
with the greatest care. Send for



# The doctor + stretchers -

	Mustard	Lewisite
odor	- garlic or radish	- geraniums
persistence	- for 5 days to week	- 24 hrs to weeks
Imm. effects	- none	- sharp tingling from liquid
on nose	- none	- irritation
on eyes	- none from vapor slight liquid	- immediate severe
Blisters	- itching, little pain red around	- painful & itching no red around
Rate effects	- burns only skin	- thru skin into muscles
harm on eyes	- severe irritation	- can cause blindness
Effect on body	- no systemic irritation poison	- produces system. poisoning from arsenic.

1st Aid -

Alone - vapor useless (liquid in eyes is remove clothes at once emergency. Treat (protect self) with peroxide sol. solution - 5 percent hydrogen peroxide. If cant get it use 2% soda in water delay may cause blindness. Hurry take clothes off. Soak with hyd. peroxide. Can be stronger than eyes. 10% Sodium hydroxide or eye in 30 sec.

Alisorbe with dry pad.  
Gently dab with pads soaked in gas, bromine or tetrachloride, sl. damp not wet. Wash with soap & water. Pat dry. Don't scrub.



Charles Ward Hayes

U. S. S. Hammondsport

% Postmaster Morgan Annex

New York N. Y.



## Letter of Condolence - John Robert Quinn

Grief, being private, must be borne alone,  
And tho' I cannot share your sorrow, still  
Your anguished tears are mingled with my own,  
I walk unseen beside you, up the hill.

I can but hope the pain within your breast  
Will lose its sting, your loneliness will melt  
When spring returns to meet the yearly test,  
When on the pear the first white blow is dealt.

I shall not swart you with vapid words,  
Claiming to know the answer to it all;  
I only ask, so long as darkness girds  
Your world, to let these shoulders ease the fall.



## Cocoanut Marble brownies

$\frac{1}{4}$  c. butter or marg.

$\frac{1}{2}$  c. gran. sugar

2 eggs, well beaten

$\frac{1}{2}$  c. sifted flour

$\frac{1}{2}$  tsp. bkg. powder

$\frac{1}{2}$  tsp. salt

$\frac{1}{4}$  c. ch. walnuts

$\frac{1}{2}$  7 g. pkg. semi-sweet choc, melted

$\frac{1}{2}$  c. moist sh. cocoanut.

Divide into halves - add choc. to one.  
Cocoanut goes on top. Wrap on  
cookie sheet, alternating colors.

350° - 35 min. Cool, cut in bars

## Toffee kisses

2 c. br. sugar

3 tbsp. wh. corn syrup

$\frac{1}{2}$  c. water

$\frac{1}{8}$  tsp. salt

1 can ( $1\frac{1}{3}$  c) cond. milk (sweetened)

4 tbsp. butter or marg.

1 tsp. vanilla or rum flavoring.

Cook, stirring, over med. heat -

$\rightarrow$  to soft ball or 238°.

Cool, cut & wrap or roll in conf. sugar







H.R. ADC RDC H.R. ADC RDC H.R. ADC RDC H.R. ADC RDC H.R. ADC RDC H.R. ADC RDC

Prayer for Peace

Adaptation from  
Lilium

37.50  
15.00  
18.75  
13

Mayor Mayor Mayor Mayor  
Michael Robert Rosentreter  
Janet Kay VanCamp  
Sarah Edith Hall

Mayor Woodworth

JWF 1.31.25  
x03

Robin Roy Russell & A.R.

Way High Whooie  
Robin Dee Russell ♀ A.R.

FDC Robin Reginald Russell ♀

Judy Lee - Jello -

John Sullivan -

Pay your taxes ontime.  
Mar. 1st last day

Mice I. Roley

