

WATCH THAT TEMPERATURE RISE

**Contributed by the
N.S.W. Department of Public Health**

Here is a special and most important message for mothers of young babies.

While we are enjoying the warmth of summer we tend to forget that there may be a danger of serious heat effects to our babies. Their bodies are unable to adapt quickly to heat conditions like those of older children and adults.

Fortunately its quite simple to protect them when the forecast warns us of hot weather to come by a few commonsense measures. Points to keep in mind for example are:—

- Baby should only wear a minimum of clothing. A cotton singlet and napkin. In the case of extremely hot weather, remove these and place a napkin under the buttocks.
- It's most important that the baby is kept supplied with plenty of liquids. Not only milk but also cool boiled water and diluted orange drinks. These should be offered regularly throughout the day.
- Place baby in the coolest position either inside or outside the house **BUT NOT IN THE SUN.**
- Sponge or bath the baby frequently in cool water. Should he seem irritable, hot to touch, and freely perspiring, call your doctor. Should hospital treatment be required there is no need for alarm as babies suffering from heat exhaustion respond very quickly to treatment.

We also tend to forget that elderly folk are also very susceptible to heat effects, usually heat exhaustion, because their circulation may not respond briskly enough to hot conditions. Heat exhaustion is quite unlike heatstroke or sunstroke; the patient's temperature stays normal or low and he becomes pale and clammy with a weak, rapid pulse and severe headache is usual. You should call the doctor if this happens to an elderly member of the family and meantime keep him warm and quiet and give him plentiful water to drink, preferably with half to one teaspoonful of salt to the pint added. Since prevention is better than cure, encourage the old folk to dress in light loose clothing and to avoid strenuous activity in the hot parts of the day.

BALLOT FOR SEAT ON A.W.B.

The ballot to select the person to fill the part-aboriginal seat on the Aborigines' Welfare Board closed at noon on January 16.

The results were not available when this issue of "Dawn" went to press. They will be published in the March issue.

Finally don't forget the rest of the household. Teenagers particularly may overexpose themselves and over exert themselves in very hot conditions and may develop heat stroke or sunstroke. What happens in this condition is that the body fails to cope with the rising heat load by the usual method of sweating and circulatory adjustment just goes on getting hotter and hotter.

Headache, dizziness and thirst warn of the development of this condition and the patient becomes hot and dry and may become comatose. It is a serious condition and a doctor should be called at once; while waiting the patient should be placed in a cool spot where there is free circulation of air and sponged with tepid water to cool him.

Sensible limitation of exposure to strong sun and protection of the body from its rays and plenty of cool drink with extra salt are of course the best precautions of all.

OUTSTANDING YEAR FOR BREWARRINA GIRL

Young Evelyn Crawford (10), who attends Brewarrina Central School, has had an outstanding year.

Her achievements have been high both in the school room and on the sports field.

Evelyn was in class 4B last year at the school.

At the annual prize day, she obtained awards for being first in composition, spelling, English, writing and arithmetic.

And on the sports field, Evelyn won the junior primary championship and the primary broad jump.

In the under 11 division, she was first in the 50 yards and the 75 yards events.

She is very interested in her school work, and her ambition is to become a teacher.