

J-n. 19, 1943

Here's What to Do in Case of Frost Bite

A statement on the prevention and first aid care of the frost bite was issued today by Charles E. Irwin, principal medical officer, as follows:

Frost bite is injury produced by the freezing of part of the body. The area involved is usually small, but may be quite extensive. The nose, ears, cheeks, fingers, and toes are the portions of the body most frequently frosted. People with insufficient clothing, poor circulation, or in an exhausted condition are most frequently the victims of frost.

I. Prevention:

- A. Avoiding undue cold when exhausted or ill.
- B. Sufficient clothing to cover exposed susceptible parts of the body as much as possible.
- C. If a part or member of the body becomes cold, place it in contact with the warm skin surface, rub to stimulate circulation; and cover the part with more clothing.

II. Symptoms:

- A. More likely to occur during a high, cold, wind which removes the heat from the body rapidly.
- B. Pain occurs particularly if hands and feet are frosted, but often, Frost-ed noses, cheeks, and ears are not painful, and the victim is not aware of his condition until it is observed by someone else.
- C. The frosted area assumes a peculiar grayish white appearance, due to the actual ice in the tissue.

III. Treatment:

- A. Rubbing with ice has not been considered the proper treatment in recent years, due to the experience of Arctic explorers, and rubbing with snow is now considered especially bad, as the frozen tissues are torn and damaged, and gangrene can readily follow.

1. Procedure:

- A. Promptly cover the frozen part with the hand or other body surfaces until the part is thawed, and circulation established. If a hand is frozen, put under arm-pits, or between the thighs, or the frozen part can be thawed in cool air or cool water. If this cannot be done, cover the frozen member with extra clothing until thawed. Never expose to hot stove or radiator, for some time; as severe pain or permanent damage may occur.

PROLONGED EXPOSURE TO COLD

I. Symptoms:

- A. If the whole body is exposed to cold, or there is not sufficient clothing to protect from the existing cold weather, the individual exposed, becomes numb. Movement becomes difficult, and a drowsiness which cannot be resisted, overtakes the person. He staggers as he walks, and his eyesight fails, often without the appearance of suffering much pain.

II. Treatment:

- A. Place the patient in a cool room and if breathing has ceased, give artificial respiration.
- B. Rub arms briskly, with cloths which have been moistened in cool water. This may be obtained by melting snow when no other can be obtained. When patient shows evidence of revival, the temperature of the room should be slowly raised, and the patient given a hot drink, such as coffee, tea, or coco, and placed in bed if available. If the patient seems to be only chilled, and no frozen areas are apparent, and he is conscious, place him in a warm bed and give hot drink.

Warehouse, Public Works Employees Get December Checks

December pay checks for warehouse, activity 150, and public works, activity 200, were turned over to the block administrators yesterday for distribution, Victor J. Ryan, fiscal accountant, announced. Three hundred residents have not yet settled for their unemployment compensation, October-November clothing allowances, and other cash payments. They must be claimed at once at the timekeeper's desk in the administration building, Ryan said.

