

SHOCK

EARLY SYMPTOMS:

Shock is a condition resulting from a depressed state of vital body functions. Shock may be caused by severe injuries of all types, infection, heart attack, poisoning, lack of oxygen. The victim's skin is pale or cold to touch. It may be moist and clammy. Victim is weak. Pulse is rapid and faint.

FIRST AID:

- Keep victim lying down, lower head or raise feet (except for chest or head injuries).
- Cover only enough to keep him from losing body heat.
- Get medical help as soon as possible. Water may be given if medical help will be delayed. DO NOT give water if stomach injury is present or if victim is unconscious or having convulsions.
- DO NOT move victim if injuries of the neck or lower spine are suspected.
- Ensure airway is open for breathing and give artificial respiration if necessary.

ARTIFICIAL RESPIRATION

WHEN TO USE:

The use of artificial respiration is indicated whenever one's normal breathing stops or is reduced so that oxygen intake is insufficient to support life. Some causes of respiratory failure which indicate use of artificial respiration are:

- Anatomic obstructions such as the tongue drooping, asthma, croup, diphtheria, swelling of the face from burns, swallowing poison, direct injury caused by blow.
- Mechanical obstructions such as swallowed objects, accumulation of fluids.
- Air depleted of oxygen or containing toxic gases such as carbon monoxide, explosions, suffocation.
- Others such as shock, electrocution, drowning, heart attack, drugs.

MOUTH TO MOUTH METHOD:

- Wipe any foreign matter from mouth quickly.
- Tilt victim's head backward so that his chin is pointing upward.
- Pinch the victim's nostrils shut with the thumb and index finger of your hand that is pressing the victim's forehead.
- Blow air into victim's mouth with your mouth widely opened and sealed around his (on small children cover their mouth and nose with your mouth). Use deep breaths blowing at least once every five seconds.
- Watch victim's chest to see when it rises. Stop when it has expanded and listen for exhalation. Watch for chest to fall.
- Repeat cycle until victim begins breathing on his own or until trained medical help arrives.

ACCIDENTS & FIRST AID

CONVULSIONS

SYMPTOMS:

Convulsions often occur in children at the onset of an acute infectious disease particularly during high fever. Some of the symptoms are:

- Rigidity of body muscles lasting for a few seconds. May stop breathing, bite tongue and lose bladder and bowel control.
- Bluish discoloration of face and lips.

FIRST AID:

- Prevent victim from hurting himself.
- Give artificial respiration if indicated.
- DO NOT place blunt object between teeth.
- DO NOT restrain him.
- DO NOT pour any liquid into his mouth.
- DO NOT place a child in a tub of water.
- Call for medical help.

HEART ATTACK

FIRST AID:

- Place victim in comfortable position, usually sitting up, particularly if there is shortness of breath.
- Provide ventilation and guard against drafts.
- Give artificial respiration if necessary.
- Call ambulance with oxygen.
- Look for medicine if victim has been under medical care.
- DO NOT transport him until you get medical advice, if available within a reasonable time.

SNAKE BITE

FIRST AID:

- Keep the victim quiet and reassure him. Transport him to a source of medical help as soon as possible.
- Immobilize the arm or leg in a position below the heart.
- Apply constricting band (for arm or leg wound only) 2 to 4 inches above bite. You should be able to place your finger under band when it is in place.
- Make 1/2 inch incisions. (NOT CROSS-CUT) through the skin at each fang mark and over the venom deposit. The incisions should be through the skin only and in the long axis of the limb NOT ACROSS. DO NOT cut deeper than the skin. DO NOT cut into nerves or muscles.
- Apply suction with kit or mouth for 30 to 60 minutes. Venom will not poison stomach, but try not to swallow. Rinse mouth.
- Wash wound thoroughly with soap and water and blot dry. Apply Sterile dry dressing.
- Treat for shock and give artificial respiration if necessary.
- Telephone ahead to hospital for antivenom.

POISONS

SYMPTOMS:

The symptoms of poisons vary greatly. Aids in determining whether or not a victim has swallowed poison include:

- Information from victim or witness.
- Container present.
- Burns around lips and mouth.
- Breath odor.

FIRST AID:

- For strong acids, alkalis, petroleum products or unknown poisons:
 - DO NOT induce vomiting.
 - Dilute the poison with water or milk.
 - Try to determine what and how much has been swallowed. (Look for container).
 - Get medical help immediately.
- For other poisons such as drugs, nonedible mushrooms, cosmetics:
 - Dilute the poison with water or milk.
 - Induce vomiting with baking soda and water or mild soapy water.
 - Get medical help immediately.
 - DO NOT induce vomiting if victim is unconscious or having convulsions.

BURNS

SECOND DEGREE BURNS - Those resulting from deep sunburn, contact with hot liquids, and flash burns from gas. More painful and deeper. Blisters develop.

FIRST AID:

- Immerse the burned part in cold water.
- Apply freshly laundered cloths, that have been wrung out in ice water.
- Blot dry gently.
- Apply dry dressing.
- Do not break blisters or use anti-septic preparation, ointment or home remedy on a severe burn.
- Keep burned arms or legs elevated.

THIRD DEGREE BURNS - Those caused by flame, immersion in hot water, contact with hot objects, or electricity. Deep tissue destruction, white or charred appearance of skin. Loss of all layers of skin.

FIRST AID:

- DO NOT remove adhered particles of charred clothing.
- Cover burns with thick, sterile dressing.
- Keep burned arms or legs elevated.
- DO NOT immerse an extensive burned area in or apply ice water. It may cause shock reaction.
- Get medical help immediately.
- Treat for shock.

FLOWER SEED PLANTING TABLE

Table is for middle South. It's only a general guide. Abbreviations: T-tender; H-hardy; HH-half-hardy; A-annual; B-biennial; P-perennial. Months are numbered: 1, January; 2, February, etc.

NAME	Height of Plant	Shape of Plant	Color of Flowers	Good Cut Flowers	Best Use	Location Sun-Shady	Months to Plant	Months to Transplant	Blooming Months
Allium, HHA,HP	2-12 in.	spreading	white	fair	edging	sunny	3-4	thin	5-11
Aster, A	12-30 in.	bushy	many	yes	bedding	any	1-6	4-5	6-11
Balsam, A	18-30 in.	erect	many	fair	border	sunny	3-5	4-5	6-10
Canna, TP	30-72 in.	erect	many	no	bedding	sunny	2-3	4-5	7-11
Carnation, P	18-36 in.	bushy	many	yes	bedding	sunny	2-3	4-5	6-10
Chrysanthemum, A	24-36 in.	bushy	several	yes	bedding	sunny	3-5	thin	7-11
Coleus, TA	12-24 in.	bushy	white	no	bedding	sunny	2-3	4-5	for lvs.
Cosmos, A	48-72 in.	bushy	several	yes	bedding	sunny	4-5	thin	7-11
Dahlia, TP	36-72 in.	bushy	many	yes	bedding	sunny	2-3	4-5	7-11
Daisy, HP	10-30 in.	bushy	white, pink	yes	edging	any	2-3,8	3-4,10	5-10
Flax, Scarlet, HA	12-18 in.	clump	red	no	bedding	sunny	3-4	thin	5-10
Forget-Me-Not, TP	8-12 in.	bushy	blue, white	yes	edging	shady	3-4	thin	4-5,10
Heliotrope, TP	18-24 in.	bushy	several	fair	bedding	shady	2-5	4-5	5-11
Hollyhock, HP	5-8 ft.	slender	many	yes	border	moist	2-3,8	3-4,10	6-9
Ivy, Kenilworth, HP	36 in.	trailer	lilac	no	trailing	any	3-8	4-10	various
Larkspur, A	36-48 in.	tall	many	yes	bedding	sunny	3-5	thin	6-10
Marigold, HA	8-30 in.	bushy	yellow	yes	bedding	sunny	3-5	4-5	6-11
Mignonette, TA	10-12 in.	erect	several	yes	edging	sunny	4-5	thin	6-8
Morning Glory, A	20-50 ft.	vine	many	no	shade	sunny	3-5	thin	6-11
Nasturtium, A	12 in. - 8 ft.	bushy	many	yes	edging	sunny	4-6	thin	5-11
Oxalis, A	4-6 in.	bush, vine	several	no	edging	sunny	3-5	thin	6-11
Pansy, HHP	4-6 in.	clump	many	yes	edging	any	1-3,9	3-4,10	4-6,10
Passion Flower, A	15 ft.	vine	blue	no	climbing	any	2-3	4-5	6-10
Petunia, HA, TP	18-24 in.	bushy	many	fair	bedding	any	2-5	4-5	5-10
Phlox, HHA	12-18 in.	bushy	many	yes	bedding	sunny	3-5	thin	6-9
Poppy, HA, HP	24-60 in.	erect	many	yes	bedding	sunny	1-4	thin	6-9
Sunflower, A	48-72 in.	erect	yellow	yes	border	sunny	4-5	thin	7-8
Sweet Pea, HA	4-8 ft.	vine	many	yes	cutting	sunny	12-3	thin	3-6
Sweet William, HP	12-24 in.	bushy	many	yes	bedding	sunny	1-4	3-4	5-6
Verbena, HHP	6-10 in.	spread	many	yes	edging	sunny	2-5	3-5	6-10
Zinnia, HHA	24-36 in.	bushy	many	yes	bedding	sunny	3-5	4-6	6-11

NUMBER OF SHRUBS OR PLANTS FOR AN ACRE

Distance Apart	No. of Plants	Distance Apart	No. of Plants	Distance Apart	No. of Plants
3x3 in.	696,960	4x4 ft.	2,722	13x13 ft.	257
4x4"	392,040	4 1/2x 4 1/2"	2,151	14x14"	222
6 x6"	174,240	5 x1"	8,712	15 x15"	193
9 x9"	77,440	5 x2"	4,356	16 x16"	170
1 x1ft.	43,560	5 x3"	2,904	16 1/2 x16 1/2"	160
1 1/2x1 1/2"	19,360	5x4"	2,178	17 x17"	150
2 x1"	21,780	5 x5"	1,742	18 x18"	134
2 x2"	10,890	5 1/2x5 1/2"	1,417	19 x19"	120
2 1/2x2 1/2"	6,960	6 x6"	1,210	20 x20"	108
3x1"	14,620	6 1/2x6 1/2"	1,031	25 x25"	69
3 x2"	7,260	7 x7"	881	30 x30"	48
3 x3"	4,840	8 x8"	680	33 x33"	40
3 1/2 x3 1/2"	3,555	9 x9"	537	40 x40"	27
4 x1"	10,890	10 x10"	453	50 x50"	17
4 x2"	5,445	11 x11"	360	60 x60"	12
4 x3"	3,630	12 x12"	302	66 x66"	10

SUITABLE DISTANCES FOR PLANTING

Apples-Standard	30 to 40 feet apart each way
Apples-Dwarf (bushes)	10
Pears-Standard	16" 20
Pears-Dwarf	10
Cherries-Standard	18" 20
Cherries-Dukes and Morellos	16" 18
Plums-Standard	16" 20
Peaches	16" 18
Apricots	16" 18
Nectarines	16" 18
Quinces	10" 12
Currents	3" 4
Gooseberries	3" 4
Raspberries	3" 5
Blackberries	6" 7
Grapes	8" 12

PLANTING TABLE FOR CROPS GROWN IN THE UNITED STATES

(Compiled from reports of the Department of Agriculture)

NEW ENGLAND

Kind of Crop	Date of Planting	Best Soil	Amt. Manure Per Acre	Amt. Seed Per Acre	Wks. to Maturity
Corn	May 10 - 30	Sandy or clay 1'm	8 to 12 tons	8 to 12 qts	14-17
Wheat	Fall or Spring	Clay loam	18 tons	2 bu	20
Oats	Apr. - May	Strong loam	6 to 8 tons	2 to 3 bu	11-15
Barley	Apr. - June 20	Strong loam	7 to 8 tons	2 to 3 bu	10-15
Rye	Apr. - May, Sept	Medium loam	7 to 8 tons	5 to 6 pecks	40
Buckwheat	June 1 - 20	Light loam	4 to 6 tons	1 to 1 1/4 bu	10-15
Wht. Beans	May - June	Sandy loam	7 to 8 tons	8 to 16 qts	8-14
Potato	Apr. 15 - May 1	Rich loam	15 to 20 tons	8 to 20 bu	12-20
Turnips	July 1 - Aug. 3	Sandy loam	10 tons	1 lb	10
Mangels	Apr. 15 - May 5	Strong Heavy 1'm	8 to 15 tons	4 to 6 lbs.	17-22
Tobacco	Seed bed, April	Sandy loam	8 to 12 tons		9-12
Hay					

SOUTHERN STATES

Cotton	Feb. - May 15	Sandy loam (2)		1 to 3 bu	20-30
Corn	Feb. - June	Rich loam	10 bu., cot. s.m.	8 qts.	18-20
Wheat	Sept. - Nov.	Clay loam (2)	8 tons	2 bu	43
Oats	Feb. - May, Sept.	Clay loam (2)	8 to 10 tons	2 1/2 bu	17
Barley	Apr. - May	Clay loam (2)	8 to 10 tons	2 1/2 bu	17
Rye	Sept. - Oct.	Clay loam (2)	10 tons	1/2 bu	43
Wht. Beans	Mar. - May	Light loam	8 tons	1 to 2 bu	7-8
Cabbage	Oct. Mar.-May	Light loam	6 to 10 tons	1/4 to 1/2 lb.	14
Watermelon	Mar. 1 - May 10	Rich, light loam	5 tons, 300 lbs. fer	2 to 7 lbs.	16-20
Onions	Feb. 1 - Apr. 10	Loam or muck			16-24
Potato	Jan., Feb. - Apr.	Light loose loam	8 to 12 tons	8 to 10 bu	11-15
Swt. Potato	May - June	Sandy loam		10 to 12 bu	12-15
Pumpkins	Apr. 1 - May 1	Rich, light loam		4 to 7 lbs.	17-20
Tomatoes	Jan. 1 - Feb. 19	Rich, sandy loam		4 to 9 ozs.	14-20
Tobacco	Seed Bed, Mar.	Sandy loam	8 to 15 tons	oz. - 6 sq. rd.	18-20
Cow peas	May 1 - July 15	Sandy loam	200-300 lbs. phos.	2 to 5 pecks.	6-8

CENTRAL AND WESTERN STATES

Kind of Crop	Date of Planting	Best Soil	Amt. Manure Per Acre	Amt. Seed Per Acre	Wks. to Maturity
Corn	Apr. 1 - June 1	Bl'k or sand 1'm	5 to 10 tons	.6 qts	16-20
Wheat	Fall - Spring	Strong loam	8 tons	2 bu	40-42
Oats	Apr. 1 - May 1	Clay loam	8 tons	2 to 3 bu	12-14
Barley	Fall or Spring	Clay loam	8 tons	2 bu	11-13
Rye	Sept. 1 - 30	Light loam	8 tons	1 to 2 bu	35-40
Buckwheat	June	Clay loam	5 tons	1 to 2 bu	10-12
Wht. Beans	May 10 - Jun. 10	Clay loam	8 tons	1 1/2 bu	12
Potato	Mar. 15 - Jun. 1	Sandy loam	5 to 10 tons	5 to 10 bu	10-20
Mangels	Apr. - May 15	Sandy loam	8 to 12 tons	6 to 8 lbs	22-24
Flax	Mar. 15 - May 15	Loam	10 to 15 tons	2 to 3 pecks	15-20
Tobacco	Seed Bed, Mar.	Sandy loam	8 to 10 tons	oz-6 sq. rd.	15-18
Hay	Apr. - May	Clay loam	10 tons	8 to 15 lbs.	

MIDDLE STATES

Corn	Apr. 20 - May 30	Medium loam	8 to 12 T. man	6 to 8 qts.	16-18
Wheat	Sept. 20 - Oct. 20	Loam	8 T; 300 lbs. fer	2 bu	41-43
Oats	Mar. - May	Moist clay loam	8 T; 300 lbs. fer	2 to 2 1/2 bu	16-17
Barley	Mar. - May	Clay loam	8 T; 300 lbs. fer	2 to 2 1/2 bu	13-16
Rye	Sept. 1 - Oct. 1	Sand or gra' 1'm	8 T; 300 lbs. fer	1 1/2 bu	40-43
Buckwheat	June - July	Loam	5 T	1/2 to 1 1/2 bu	8-10
Wht. Beans	May - June	Sandy loam	8 T	1 1/2 bu	13-14
Potato	Mar. - May	Loam	10 to 18 T.	8 to 15 bu	14-22
Swt. Potato	May - June	Sandy loam		10 to 12 bu	10-15
Cabbage	Mar. - July	Clay or Sandy 1'm	300-600 lbs. fer	4 to 8 oz	8-15
Turnips	July	Loam		2 to 5 lbs.	10-12
Mangels	May	Loam	10 to 20 T.	10 to 15 bu.	15-18
Flax	May	Limestone loam		20 qts.	8-10
Tobacco	Seed bed, Mar.	Sandy loam	commercial fer.		15-20
Hay, tim'hy.	Aug. - Oct.	Clay loam		6 to 8 qts.	
Hay, clover	Feb. - Apr.	Clay loam		6 qts.	

PERENNIAL PLANTS

Artichoke, Globe	1/2oz.	Feb.-Mar.	May	3-4	24	16	Hardy Aug.-Sept.
Asparagus	40 plants			April	1 1/2	14	Hardy May-June
Dandelion	1/2 oz.			May	1 1/2	8-10	Hardy Sept. (1st yr.)
Horseradish	50 roots			April	2	8-12	Hardy
Rhubarb	25 roots			May	2 1/2-3	24	Hardy 2nd Spring

If crowns get too large after two or three years—divide and reset. In northern states mulch asparagus before freezing weather. Blanch by covering with straw or leaves. Tends to become rank weed—cultivate closely & root out volunteers. Keep blossom stalks cut back—flowers and seed exhaust plant.