

## APPENDIX B

### HELPFUL TIPS

The following list has been compiled (in alphabetical order) to provide you with basic information on several topics that could come up during your posting. It is hoped that these tips will help you to avoid potential problems.

#### Automobile Care

Evaporation of fluids is higher in the tropics so check battery, radiator and oil weekly. When parking in the hot sun, leave windows open half an inch to allow moist heat to escape. If your car develops a musty odour during the rainy season, place a few moth balls in it until the odour disappears.

#### Automobile Tire Pressure Table

Instead of measuring tire pressure by pounds per square inch, measure it in atmospheres or in kilograms per square centimetre.

| Pounds per<br>Square Inch | Atmosphere | Kilograms per<br>Square Centimetre |
|---------------------------|------------|------------------------------------|
| 16                        | 1.08       | 1.12                               |
| 18                        | 1.22       | 1.26                               |
| 20                        | 1.36       | 1.40                               |
| 22                        | 1.49       | 1.54                               |
| 24                        | 1.63       | 1.68                               |
| 26                        | 1.76       | 1.82                               |
| 28                        | 1.90       | 1.96                               |
| 30                        | 2.04       | 2.10                               |
| 32                        | 2.16       | 2.24                               |
| 36                        | 2.44       | 2.52                               |
| 40                        | 2.72       | 2.80                               |
| 50                        | 3.40       | 3.50                               |
| 55                        | 3.74       | 3.85                               |
| 60                        | 4.08       | 4.20                               |

#### Baby Foods

The Mission Report will indicate if baby foods are available at the mission. If they are not, you may wish to buy a special grinder for baby food (available through a mail order catalogue and elsewhere), a blender and/or food processor could be helpful, and possibly a book with instructions on preparing food and formulas from various kinds of milk you may be unaccustomed to using.

#### Batteries

For flashlights, hearing aids, and transistor radios, batteries should be kept in an airtight container in a cool, dry room, but even this is no guarantee that they'll stay fresh more than a few months. Mercury batteries seem to last longer than zinc carbon types. Pack batteries with an air space above them so that no metal touches their points or store them in a freezer.