

# undheit! Gesundheit! Gesundheit!

by Uncle Walt

Fire consists of hot burning glowing gas. Because so much energy is released, fire is a potent force with either good or bad results. Earlier cultures included it among the four elements: Fire, Earth, Air, and Water.

To use fire constructively and avoid its dangers, you must know something about it. As well as being hot (the temperature depends on the material which is burning) smoke, carbon monoxide and other dangerous gases are released.

In order to aid firefighting, they have been classified into four categories: Class A through D.

Class A fires are burning solid materials such as wood, paper, rubber, etc. Cold water directed at the base of the flames is most effective for Class A fires.

Class B fires are burning gases and liquids, such as gasoline, grease, and oil. A stream of water will just spread the fire. Use carbon dioxide or dry chemical extinguishers. Keep in mind that even large fire extinguishers usually last only 60 seconds.

Class C fires are burning electrical equipment.

Unless the power has been turned off, water may make the fire worse and will also create a shock hazard. Dry chemical extinguishers are called for. Get someone to shut off the power. Learn the locations of power and gas shut-offs where you live and work.

Class D fires are burning metals such as magnesium. These are rare. High temperatures and blinding light are created. Don't use water.

Read instructions on fire extinguishers before fire strikes. Learn Fire Department numbers (in Halifax-Dartmouth: 4103) and the location of alarm boxes, exit doors, and firefighting equipment. Use windows for exits if necessary, but only on the ground floor. Close windows and doors to slow down the fire.

Smoke from fires kills more people than burns. Stay close to the floor to avoid smoke. A wet hankerchief over your nose and mouth will stop carbon particles but not poisonous fumes.

Burns are classified as First, Second and Third Degree, the last being the most serious. Don't apply ointments. Keep victim warm and reassured till help

arrives. As with all first aid, doing too much is more dangerous than doing too little.

To prevent fires at home, don't overload electric circuits or use the wrong fuses, do discard warn wires, be very careful with candles, get rid of piles of cluttered rubbish and use your head always. Baking soda by the stove will take care of grease fires, but why eat fried food anyway?

If your clothes catch fire, lie down immediately. Standing up makes you a human torch with your face in the flames. Never run. Roll up in blankets or rugs, but don't let these catch fire too. If someone else's clothes are burning, make them lie down and smother the flames similarly.

Panic and hysteria are responsible for many casualties. For an excellent book covering numerous emergencies, get and read (and re-read) "The Book of Survival" by Anthony Greenback. It is available for a \$1.05 (U.S.) money order to New American Library, 120 Woodbine St., Bergenfield, N.J. 07621.

Till next week, take care.

**THE BEAN SPROUT**  
 UNPACKAGED ORGANIC FOODS  
 WHOLE GRAINS — BEANS & PEAS  
 FRESH FLOUR — FRUITS — NUTS & SEEDS  
 HERBS — SPICES — TEAS

UPPER LEVEL ↑ 1709 BARRINGTON ST. 423-8630

## Nuptial nonsense

by Alison Manzer

Neptune's latest play "I Do! I Do!" is entertaining and very light. It is simply a musical comedy and really seems to have little social comment, other than perhaps reflecting on the institution of marriage.

The situations are those common to many married

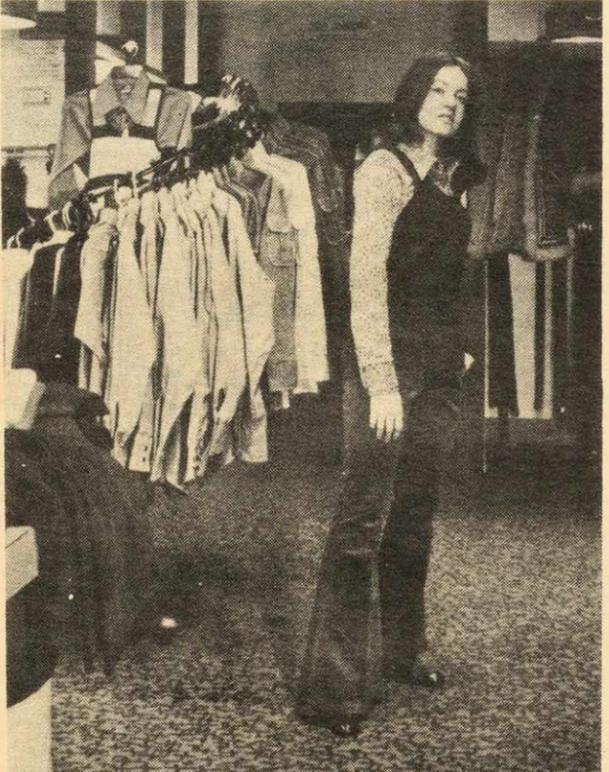
couples and the familiarity must reinforce the comedy of the situations. Attitudes toward the children and the resulting effects of trying to raise them in a modern society provide a central theme for comic presentations. The romantic and yet basic outlook on issues such as sex in marriage are

shown with a light effect. This was particularly brought out in the wedding night scene as both Agnes and Micheal reveal their insecurity.

The reflection of the wishy-washy romantic outlook on marriage at times overwhelmed the comedy. This would have to be taken as the main fault because the presentation of the romance was rather weak compared to the later humour. The use of hackneyed devices like lowering an arch of flowers perhaps destroyed some of the effectiveness of the comic lines.

There were several good points to the play, such as when the actors changed makeup on stage rather than having a second intermission. The comedy was also good in that it entertained the entire time and was relaxing.

**JEAN JUNCTION**



a variety of  
**Denims & Cords**  
 to match with our  
**Sweaters & Tops**  
 for a  
**New You!**  
 located in  
**Village Square**  
**Scotia Square**



**Remington**  
 TYPEWRITERS  
 Adding Machines - Calculators - Photo Copiers - Kardex & Filing Equipment  
 SALES - SERVICE - RENTALS  
 429-6888

**Citadel**  
 OFFICE EQUIPMENT LTD.  
 AUTHORIZED REMINGTON DEALER  
 5577 Cunard St., Halifax

**Formal Wear RENTALS**  
 Black or White  
 Tuxedos and Accessories  
 Available from Stock

**Rubin's**  
 OF HALIFAX

SCOTIA SQUARE  
 PHONE 429-5936

THE FACTS ABOUT  
**ABORTION**  
 REFERRAL SERVICE

The New York State Abortion Act provides for the performance of abortions by licensed physicians in accredited hospitals and their affiliated out-patient clinics, up to and including the twenty-fourth week of pregnancy. There is no residency required for a therapeutic abortion and for those seventeen years or older, parental consent is not necessary.

The Abortion Referral Service (ARS) is a self-supporting organization whose function is to assist those women confronted with problem pregnancies. ARS makes all necessary arrangements with Board Certified obstetricians and gynecologists in fully accredited hospitals and clinics. This medical attention can be provided within 24 hours after your initial contact. If necessary, we will gladly assist in transportation arrangements. For immediate confidential information and assistance, call:

ABORTION REFERRAL SERVICE, INC.  
 Philadelphia 215-878-5800  
 Detroit 313-961-1775

8 A.M. to 10 P.M.  
 Seven days a week

Please, don't delay! There is no need in today's world for illegal or expensive abortions.

**BRITISH MOTORS LIMITED**  
 "Your Authorized Dealer"



**BRITISH**  
  
**LEYLAND**

**AUSTIN — MG**  
**TRIUMPH**  
**ROVER**  
**JAGUAR**

For Further Information  
 or a Test Drive Call  
**Tim Herbert — 422-9258**  
 Dalhousie Campus Representative