

Engagement Announced



Miss Jane Getz, daughter of Mr. and Mrs. E. L. Getz of Corvallis, announced her engagement recently to Benny Bates, employee of the U. S. Engineers at Camp Adair.

Doc Reynolds Gives Rules to Keep Fit

Heat Losses May Be Prevented With Care

Heat exhaustion and heat stroke which are different degrees of the same condition, are a disturbance of the heat regulating mechanism of the body, due to excessive heat in an atmosphere with a high degree of humidity. The condition is preceded by a great reduction of body fluid and is characterized by collapse with or without a rise in body temperature. Heat production in the body occurs very largely by oxidative processes in the muscles. Heat loss is accomplished to a small extent through the lungs in the expired air but mainly through the skin by conduction, radiation and evaporation of perspiration. The amount of heat dissipated by these physical processes depends upon the condition of the skin, the clothing that is worn, the degree to which the air is saturated with moisture and whether or not the air is in motion.

It is obvious from the above statement that the prophylaxis or prevention of heat exhaustion and heat stroke has largely to do with simple hygienic procedures. The following precautions will greatly diminish accidents due to heat.

1. The skin should be kept reasonably clean of dirt, oil and grease so as not to obstruct the sweat gland ducts.
2. Clothing should be light, loose and airy to facilitate rapid evaporation of perspiration which is a cooling process.
3. Alcoholic beverages should be avoided since alcohol produces a diminished efficiency in body temperature regulation and inhibits normal reactions to heat and cold.
4. During hot weather the average man doing heavy manual labor, should drink, at least, 12 to 16 glasses of cool (not cold) water a day.
5. The water intake should be

fairly evenly distributed throughout the day with some increase in the intake during the hottest part of the day, to compensate for increased perspiration during that time.

6. Large quantities of water should not be drunk at one time when the body is much overheated. Too cold water is likely to cause severe cramps.

7. People who have previously suffered from heat exhaustion or heat stroke are particularly susceptible to recurrent attacks and should exercise all possible precautions to avoid them.

8. Various remedies are in popular use for the prevention of heat exhaustion and heat stroke. They most certainly should not be regarded as a panacea or substituted for the simple hygienic measures enumerated above.

D. D. REYNOLDS, M. D.
Physician and Surgeon
Main first aid station, Camp Adair.

Board Asks Workers To Ride Bus to Work

The Benton county rationing board put out the following bulletin for cantonment workers this week:

To all employees who are working at Camp Adair:

You should ride the busses, as you will be unable to procure tires. Should no busses be running at the time you are to go to work, please notify the war rationing and price administration office in the city hall, Corvallis.

It has been reported that some of the bus service has been discontinued on account of lack of patronage, and the bus operators are willing to cooperate in arranging schedules that will accommodate you.

Notice to all dealers in automobile tires and tubes:

We are asking that all dealers file an inventory of all new and used tires and tubes on or before July 15, 1942. This is to be done so that the O.P.A. may have more complete information as to stocks available.

Contractors' Water Supply Safe to Drink

The water being supplied by the contractors at Camp Adair is being brought in from sources that have been approved by the Oregon state board of health. The water is supplied from either Corvallis, Albany, Camp Arboretum or the U. S. engineers' well. This water is and will be strictly supervised by the U. S. engineers and the state board of health.

With the clarification of the water supply, it is therefore deemed advisable that salt tablets be made available to all employees. All persons are advised that upon taking salt tablets at least one glass of water per tablet is recommended by medical authorities and not more than one tablet should be taken every two hours during the hours of excessive heat. The above information should be complied with as any variation will cause a very severe gastric disturbance.

It is the duty of each and every employee to secure adequate medical attention for himself, or for any fellow employee who is ill from heat. This is especially important as medical records show a 30 per cent fatality rating in heat cases.

It cannot be too strongly emphasized that the water being supplied by the contractors is approved by the state board of health and each employee should drink at least 12 to 14 glasses of water each day. Salt tablets should be regarded only as an aid in the prevention of heat distress and not as a cure.

Salem to List Rental Properties in Detail

(Continued from page 1.) accommodations will be filed according to their separate classifications for immediate reference. Newspaper and radio publicity will be used in an effort to make the lists complete.

As a feature of the service, details of each available listing will be filed on the sheet. Special accommodations, limitations, various facilities and rental per month will be included in all cases.

"We are going to list all the important details concerning these offerings, so that a prospective renter may get a good picture of the property from its description before he ever sees it," Mr. Cochran said Monday. "This extra effort on our part will be done in order to save time and assist in the choice by renters."

Lt. Bob Ingalls Here For Camp Adair Duty

Lt. Robert Ingalls, son of C. E. and Mrs. Ingalls of the Corvallis Gazette-Times, has been assigned to Camp Adair for duty and arrived here Monday.

Lt. Ingalls served on recruiting duty in Portland during the winter and more recently finished the staff school at Ft. Leavenworth, Kan.



Wagner's

Restaurant--Confectionery
The Main Corner in Corvallis

Here Is Some Sense!!!

1. Get All Your Rubber in by Friday.
2. Buy War Bonds and Stamps Every Pay Day.
3. Keep Your Mouth Shut About All Things Around Camp.
4. Keep Your Health. Don't Be Sun-Struck.
5. Work Hard and Fast —But Carefully.

(Space Donated by a Patriotic Citizen)