

# 11 EMERGENCY MANEUVERS

**ASTHMA ATTACK:** If you're caught without your asthma medication, drink coffee. The caffeine in a cup or two of strong brew may open up narrowed bronchial passages.

**BLOW TO THE GROIN:** Put your jewels on ice to reduce inflammation. To make the blood flow again, lie down and lay a rolled-up T-shirt underneath your testicles, with the ends of the roll resting on your thighs. Take a Tylenol for the pain. If you see swelling or bruising, go to the E.R.

**DEHYDRATION:** Drink a glass of warm tap water. Studies show that hot drinks enter the bloodstream faster than cold drinks do.

**FISHHOOK IN THE THUMB:** To remove a fishhook from your buddy's thumb or finger, loop a piece of string through the bend in the hook and wrap the free ends around your index finger. Grasp the hook and push down slightly to disengage the barb from inside your friend's finger or thumb. Slowly straighten the string so it's parallel to the hook's shank, then yank on the string. The hook should come out, meat-free.

**HEART ATTACK:** Call 911 for help (better yet, have someone else do it). Then cough vigorously; you may be able to kick an irregular heartbeat back to normal. Grab an aspirin and chew it—the medicine will enter your bloodstream more quickly and may prevent the forma-

tion of a clot. Wait for the ambulance. If you try to drive yourself, you may black out behind the wheel.

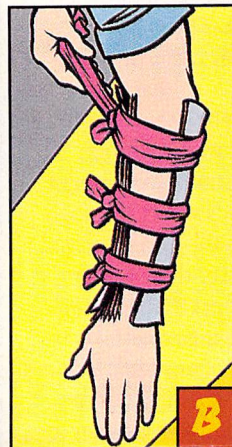
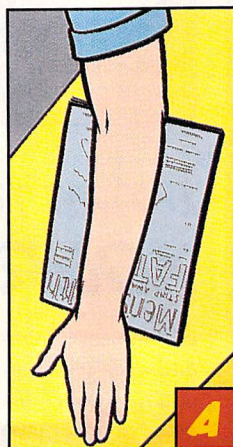
**INSECT BITE OR STING:** Reduce the inflammation with ice. Then rub aspirin (if you're allergic to aspirin, use meat tenderizer) on the bite to break down the venom. Relieve the pain and itching by dabbing the bite with a pasty salve of water and baking soda. If you're outside, use a mud pack.

**LOST FILLING:** Until you can get to the dentist, plug the hole with a piece of molded candle wax or sugarless gum.

**LOST TOOTH:** A tooth must be replaced within 30 to 60 minutes. Don't disinfect, scrape or scrub the tooth, but if it's dirty, rinse it with water. Then push it back into its socket. Once in place, press it down with a finger or bite into a rolled handkerchief—then see a dentist. If you can't replace the tooth yourself, take it to your dentist in cool water or milk.

**MINOR BURN:** Submerge a superficial burn in cool water until it no longer hurts. You can also use shaving cream (it absorbs heat as it expands, halting the burning process) or a bag of frozen peas (you can mold it around your skin).

**SMASHED THUMB:** To reduce swelling, bruising, pain and bleeding, lift the damaged digit above heart level and squeeze the tip for 5 minutes. Then apply ice.



## BROKEN ARM:

TO MAKE AN IMPROMPTU CAST, PLACE YOUR WRIST PALM-DOWN ON TOP OF A THICK MAGAZINE. ROLL THE MAGAZINE INTO A U-SHAPED CRADLE, AND SECURE IT WITH TAPE, AN ACE BANDAGE, OR LONG STRIPS TORN FROM A SHIRT.

## 8 GROOMING PROBLEMS Solved!

**Dandruff:** Dip a cotton ball in castor oil and rub it on your scalp—the flakes will dissolve. Wait 5 minutes, then wash your hair thoroughly.

**Bad breath:** Chew on parsley, lemon rind or an apple, or mix 2 ounces of a 3 percent hydrogen-



GOOD FOR SHAVING... AND SALAD!

peroxide solution with 2 ounces of water. Swish a mouthful vigorously for 30 seconds.

**Zits:** Use a drop of calamine lotion or rubbing alcohol to absorb excess oil. Then hold an ice cube wrapped in

a washcloth against the skin for 60 seconds.

**Bad posture:** Stand against a wall, with your shoulders and buttocks touching it. Slip your arm into the space between your lower back and the wall, then tilt your hips so the extra space is eliminated. Hold for 20 seconds. Perform the exercise once a day.

**Wrinkles:** Sleep on your back. Eight hours with your face pressed against a

pillow wrinkles your skin and causes permanent creases over time.

**Oily skin:** A few drops of vinegar dabbed on a tissue and rinsed away with water will kill the shine.

**Body odor:** Close up those offensive pores with strategically placed rubbing alcohol (use sparingly).

**You're out of shaving cream:** Go for a few drops of olive oil. The next-best option is petroleum jelly.