

toxoid should be given every ten years. For dirty wounds, a booster may be given if the last dose was more than five years prior to the injury.)

ORAL FLUID REPLACEMENT

Burns

Slightly rounded teaspoon of salt in one qt of water (the equivalent of half-normal, i.e. 0.45%, saline). Have victim drink 4 to 8 quarts in first 8 hours (sipping slowly), 4 to 8 qts in the next 16 hours, then as dictated by thirst.

Cholera or other severe diarrheal illness

To one qt of water add scant tsp Lite-Salt (a mixture of sodium and potassium chloride); 10 tsp sugar; 1/3 tsp sodium bicarbonate

BOOKS

Cain, Harvey, ed. *Emergency Treatment and Management*, 7th ed, WB Saunders, 1985 (indispensable).

Emergency War Surgery (First US revision of *The Emergency War Surgery NATO Handbook*), Desert Publications, Cornville, AZ 86325.

Kearny, Cresson. *Nuclear War Survival Skills* (indispensable).

Lindsey, Douglas. *Simple Surgical Emergencies*. Arco Publishing, New York, 1983 (simple wisdom from the ER front lines).

Physician's Desk Reference. This is a compendium of package inserts from various drugs. It is not the best book for learning about drugs, but doctors get a free copy every year, courtesy of pharmaceutical companies. Your doctor might be willing to give you an old one.

Sanford, Jay P. *Guide to Antimicrobial Therapy 1988*. Order from Jay P. Sanford, MD, PO Box 34456, West Bethesda, MD 20817-0456, \$4 per copy.

Werner, David. *Where There Is No Doctor: A Village Health Care Handbook*. The Hesperian Foundation, PO Box 1692, Palo Alto, CA 94302. (the basics--including how to give an injection, how to treat some dislocations and fractures, the use of common drugs, and assisting at a normal delivery).

Wilkerson, James A. *Medicine for Mountaineering*. The Mountaineers, Seattle, Washington, 1985.

A *Merck Manual* and/or a copy of *Current Therapy* (the latter comes out every year so check the used bookstore).

A textbook of medicine, such as Harrison's *Principles of Internal Medicine* or Beeson-McDermott *Textbook of Medicine*, a textbook of obstetrics, such as Williams *Obstetrics*, and a pediatrics textbook are also helpful. (Again check the used bookstore.)