

Save lives : first aid : keep me handy / Dr. Martin Sagrera.

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SAVE LIVES: FIRST AID Keep Me Handy!

In case of accident, don't move victim if back may be broken. If no pulse in neck, massage HEART.

—SUFFOCATION Turn victim upside down, slap hard. Rub. RESPIRATION.

—SHOCK (pale, cold skin, pulse affected). Lay victim down, elevate feet. Loosen clothing. Avoid sweating. Warm water (nothing if abdominal wound). Make victim talk.

—CONVULSIONS Do not immobilize. Place handkerchief between teeth.

—HEART (CARDIAC ARREST) Lay victim on hard surface. THREE BREATHS and 15 compressions (one per second) with one hand over the other in center of chest (not over ribs), compressing 3 to 4 cm. until victim revives.

—FAINTING Lay victim down. Loosen clothing. Fresh air. Cold compresses.

—ELECTRICITY Shut off current. If you can't, separate victim from current using dry object, without touching victim with your skin. RESPIRATION.

—POISONING. Provoke vomiting with fingers or salt water. Then 3 or 4 glasses milk, 4 raw egg whites, or strong coffee or tea.

—FRACTURE Immobilize fracture. Splint with adjoining joints if victim must be moved.

—HEMORRHAGES

First priority. Make victim sit or lie down. Raise bleeding limb. Press with gauze or cloth, using entire hand. If bleeding continues, cut circulation by pressing nearest pressure point (drawing). If not sufficient, apply tourniquet (maximum one hour).

—WOUND (knife, etc.) Do not remove object (hemorrhage). Bandage object with wound, no pressure.

—BITES Wash with soap.

—SNAKEBITE Lay victim down. Press cord above wound. If poison, cut small X and suck.

—BURNS Lay victim down. Do not remove stuck clothing. Gauze or clothing on burns. Cheer victim. Do not use ointments. If on fire, wrap with cloth and roll on floor.

—MOUTH TO MOUTH RESPIRATION Lay victim chin elevated. Place mouth firmly over victim's mouth, clamp victim's nostrils shut, and blow hard. Watch for exhalation (if none, check position and THROAT). Every 3 seconds for hours if necessary.

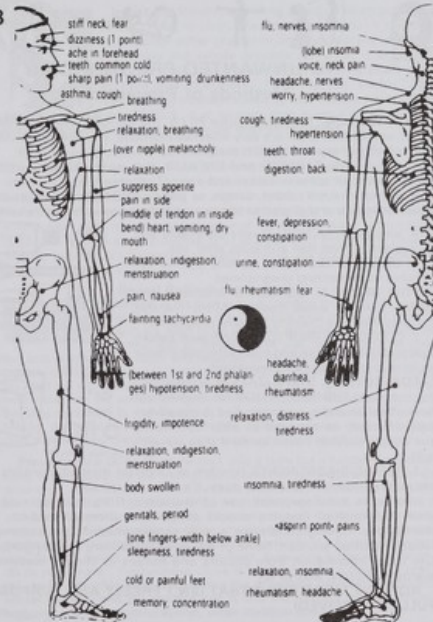
2 RELIEVE YOUR PAIN WITH FINGER PRESSURE

Try Chinese finger massage (the origin of acupuncture) and take advantage of this painless, non-contraindicated method you yourself can apply: find the point in a tense, sensitive, or sunken spot for each problem, according to this drawing. Apply gentle but firm pressure with one or two fingers in a circular motion over the point. Rub clockwise to stimulate and counterclockwise to relax. Massage BOTH halves of the body simultaneously (the half shown in the drawing and the other half on the same side, front or back) except where there is only one point. Massage 1 to 5 minutes. The subject should be relaxed, seated or lying down, not undergoing digestion or pregnant, and not a heart patient. If pain continues, check point and technique and massage again, try a different point for that problem, or consult a specialist or a book on the subject.

WHO GETS ALONG TOGETHER AND WHO DOESN'T							
Nº	SIGN	DATE	YES	NO	SO SO	CHARACTER	
1	ARIES	MAR 21 - APR 20	9 1 5 11 3	10 4 7 8 12 2 6		STRONG	
2	TAURUS	APR 21 - MAY 20	12 6 4 10 2	8 11 5 1 9 7 3		CLEVER	
3	GEMINI	MAY 21 - JUN 20	7 11 3 5 1	6 12 9 10 4 8 2		NICE	
4	CANCER	JUN 21 - JUL 20	8 12 6 2 4	10 7 1 5 11 3 9		LOGICAL	
5	LEO	JUL 21 - AUG 20	9 3 5 1 7	8 2 11 10 6 4 12		IMPULSIVE	
6	VIRGO	AUG 21 - SEP 20	10 6 8 2 4	3 12 9 1 11 7 5		INTUITIVE	
7	LIBRA	SEP 21 - OCT 20	7 5 9 11 3	1 10 4 12 2 6 8		BALANCED	
8	SCORPIO	OCT 21 - NOV 20	6 8 12 4 10	5 2 11 7 3 9 1		FAIR	
9	SAGITTARIUS	NOV 21 - DEC 20	11 1 9 7 5	12 3 6 2 10 4 8		UNDERSTANDING	
10	CAPRICORN	DEC 21 - JAN 20	2 12 8 10 6	7 1 4 9 5 11 3		DIRECTING	
11	ACQUARIUS	JAN 21 - FEB 20	1 9 3 11 7	5 8 2 6 12 4 10		CALCULATING	
12	PISCES	FEB 21 - MAR 20	4 10 2 12 8	9 6 3 11 5 1 7		DIPLOMATIC	

Just as we look for a partner with a similar temperament, we can plan our children to be born compatibly with our health, economy... and sign. (Education can modify temperament somewhat).

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Nudity. The normal human body is beautiful, and contemplating your own body and that of others should be ordinary too. Under the right circumstances (swimming, etc.), collective nudity should be normal. Erotic arousal by nudity in certain situations is also normal and healthy, as is the sexual instinct that causes it.

It has bad results only when accompanied by feelings of guilt or when lacking respect for others. That's when it's "obscene" or "pornographic".

Love and Falling In Love. The strength of passion, like drunkenness or drugs, blinds the lover, who tends to see more what he wants than what the other person is and wants. So failing in love can consist more in self-esteem than esteem for the other's well-being. It is crazy to use this blind feeling to choose your mate, have children, and so on, because you're only setting yourself up for a highly destructive letdown within a few months or years. But falling into a carefully measured dose of love can be highly beneficial after making your well-thought-out choice. "Before marrying, keep your eyes open; afterwards, shut them" (B. Franklin).



Masturbation. This is the caress one gives oneself to satisfy one's sexual needs. It is not mentally or physically harmful, as recognized by modern science and proven by the very fact that almost all men and many women masturbate frequently. It only hurts those who feel guilty. No, this release is good, because it relieves tension and avoids its transference to one's relations with others.

Children and Senior Citizens. Sexuality isn't limited to one's reproductive period, as certain interest groups used to claim. Right from birth, children have broad, multiform sex lives and a right to enjoy them; repressing that will cause them harm lasting throughout their lives. Senior citizens, even more than others if possible, also have a right to love. Sexuality can't be limited to those able to have children or sexual intercourse. Nor is it a privilege of the young or the healthy.

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Initiation. When beginning a sexual relationship, one doesn't have to rush towards intercourse. It's better to caress each other gradually until each achieves orgasm and enjoy the whole process for what it is, and not consider it as mere preparation for intercourse. That isn't the only "complete", "healthy", or "manly" sexual relationship, as maintained by that morality that reduced sex to procreation. In fact, it is proven that it isn't intercourse but masturbation which gives the most intense orgasms.

Men's and Women's Sexual Paces. They're usually quite different. Men, for instance, are more stimulated by imagination and sight; women, more by touch. That's why it's common for the male partner to become aroused and achieve an orgasm before the woman. And so the man should avoid premature ejaculation, so that his partner can also enjoy sex. But it's neither easy nor better to have simultaneous orgasms. Whichever climaxes first should help the other. There are always individual variations, so each should ask the other what he or she wants at the time.



Sexual Rationing. We all have to eat, but each of us must eat in his own way, according to his needs, opportunities, and tastes. It's the same with our sexual appetites, which are even more variable. But when more people were needed, due to epidemics or war, sex used to be controlled and rationed, like food, and reduced to its reproductive function, intercourse; it was prohibited to "waste" sex through masturbation, homosexuality, and so on. Ignorance and interest groups have upheld that limitation, even now that we are suffering from overpopulation. Male dominance (patriarchy) also used to make women be considered as inferior and only their bodies, their sexual organs, valued. Only "good" women, mothers who claimed they wanted children, not sex, used to be held in official esteem.

Pleasure as a Duty. Pleasure isn't only a right but a fundamental duty we have to ourselves, for our own physical and mental health and that of those around us. How can anyone love others if he doesn't accept and really and fully love himself? True pleasure, far from being egoistical, tends to be passed on and conveyed to others. However, sexual dissatisfaction leads to many physical imbalances (such as anxiety-related obesity) and mental disorders. "Sexual responsibility comes automatically in a healthy, satisfactory sex life" (W. Reich), in keeping with Saint Augustine's theory of "love and do as you please". Furthermore, "love is free as long as it does not procreate", as Dr. Marañón said, adding that the difference between the traditional sexual morality and the modern one is that the modern morality knows of and uses effective contraception, while tradition does not.

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NO UNWANTED PREGNANCIES

Methods of Prevention

FOR WOMEN: 1. Contraceptive **PILLS**, the **INTRAUTERINE DEVICE** (IUD), and **INJECTIONS** are very effective methods. The **DIAPHRAGM** is very effective, especially with cream.

2. Spermicide **TABLETS** and **CREAMS** also work. Aspirins in the vagina produce some irritation and are not reliable.

3. A vagina-sized rubber, cotton, or plastic **SPONGE** soaked in salt, soap, or lemon and placed in the vagina before sex is rather reliable.

4. Vaginal **DOUCHING** is very unreliable and is useless if done half a minute after sex.

5. **BREAST FEEDING** is healthy but no too reliable in preventing pregnancies.

FOR MEN: 1. **CONDOMS** (rubbers) are widely used to avoid disease. Many married couples also use them to prevent pregnancy.

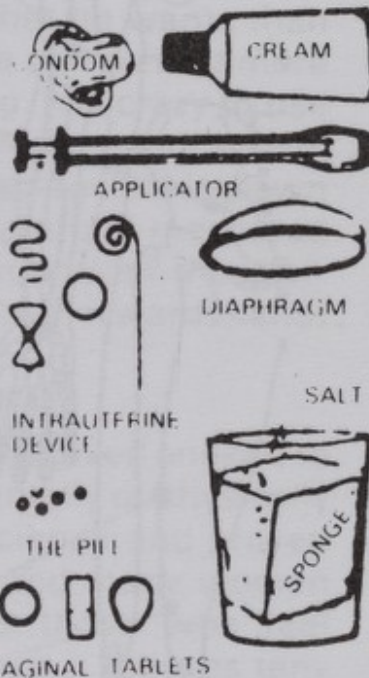
2. **COITUS INTERRUPTUS** (withdrawal before ejaculation) is simple and quite effective if done in time, but sometimes unpleasant.

FOR BOTH: 1. **STERILIZATION** (vasectomy) for men and **TUBAL LIGATION** for women are very effective and permanent. Sex is not adversely affected, as opposed to after castration; the couple wouldn't even know if they weren't told.

2. **PERIODIC ABSTINENCE** (rhythm or calendar method) consists in abstaining from sex on fertile days. It's not very reliable.

In order to avoid surprises, use contraception from the beginning of your relationship. Couples should consolidate themselves first, by themselves. Having children is a very serious matter. Use the most reliable method you can. None of the ones listed here are dangerous. Get more information from doctors and nurses in clinics, maternity wards, hospitals, and so on.

NOT ONE MORE CHILD THAT ISN'T FREELY AND PURPOSEFULLY CONCEIVED!



1-97

HEALTH AND CHILDREN: AVOID ABNORMALITY

Nowadays half the babies born don't die, as they used to. That's why we must control not only the number but also the quality of our children, because the weaker ones survive. Since now we can also satisfy our sexual needs without causing pregnancy, it's a crime to beget children if you're not healthy, and more so if you have transmissible hereditary diseases, such as schizophrenia, epilepsy, diabetes, venereal disease, alcoholism, or

also AIDS.

Both mother and children are debilitated; 1) if the mother is less than 20 or over 35. 2) if the children are born one right after another. 3) if many children are born. 4) if during pregnancy the mother works hard, eats too little, too much, badly, or underdone meat, suffers strong emotions, smokes, or takes medicines without consulting her doctor.

SEXUALLY TRANSMITTED DISEASES

1. **HERPES:** Passed by sexual contact. Symptoms: tiny red spots on genitals or anus, which are not always painful. Herpes can be serious for children. Avoid sexual contact until you get medical treatment.

2. **GONORRHEA:** Passed by sexual contact. Symptoms: in men, a burning feeling while urinating and yellow secretions from the penis. Women rarely feel itching but can transmit the disease to their children or become sterile. If you suspect you have gonorrhea, avoid sexual contact and visit your doctor; gonorrhea can lead to arthritis or meningitis. Well-treated, it's soon cured.

3. **SYPHILIS:** Passed almost solely by sexual contact. It develops in three weeks or more. A hard, painless ulcer (chancre) appears on the genitals or mouth. It will disappear (but the disease won't). Six weeks later a rash appears, highly contagious spots on feet, hands, or mouth. They disappear in a few weeks, and the third stage, which can be deadly, takes years to develop. Visit your doctor at the first symptom, when it's easier to cure. Meanwhile, avoid sexual contact and pregnancy.



AIDS THREATENS US ALL: FIND OUT OR DIE



AIDS IS TRANSMITTED: A) **Sexually:** 1. By male/female intercourse (solution: use condoms). 2. By anal intercourse or sodomy (solution: use condoms). 3. By oral sex or "69", if skin is broken. B) **Non-sexually:** 1. By sharing hypodermic needles (solution: use disposables ones). 2. By blood transfusion (solution: medical control). 3. By pregnancy in the mother is a carrier (solution: use contraceptives). **AIDS IS NOT TRANSMITTED:** By shaking hands, sharing toilets, or family life.

ANTIBODY DETECTION TEST: This test should be taken by those who may have come into contact with the virus by sharing hypodermic needles or due to sexual practices. Maybe not all those who test positive will develop AIDS, but they should know **as soon as possible** that they have the virus, 1) because each fresh infection they receive will multiply their possibilities of developing the disease, and 2) in order not to infect their partners **or get re-infected from their partners**. 3) In order to use the treatments being tested to stop the disease.

PROTECT YOURSELF AND OTHERS: Avoid contact with secretions (blood, mucus, semen). Don't share toothbrushes, razors, and the like.

--Remember that deep kissing and anal intercourse usually cause small, almost invisible wounds that favor infection.

--Try less sexual partners, longer-lasting forms of pleasure, and **SAFE SEX** in general.

Apart from this, in order to prevent AIDS as well, avoid chances of catching venereal diseases or hepatitis B, which are spread by sharing glasses, bottles, and so on.

This knowledge is vital. Loan this sheet to your friends and relatives. Explain it to those who can't read or understand it. Make copies and distribute them door to door and by mail. Dr. Martín Sagrera, 20 books author, as **El problema poblacional**, Editorial Fundamentos. 15, Caracas Street. 28010 Madrid. Spain.