

FOOTBALL FIESTA SPECIAL

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Course offers CPR

By SARAH E. WHITE

Heart disease is the leading cause of death in the United States. Many heart attack victims die needlessly perhaps.

Texas A&M University students and citizens of the Bryan-College Station area can try to change that.

The health and physical education department of Texas A&M offers a course (H.E. 217) which teaches a life-saving method called cardio pulmonary resuscitation (CPR). Local citizens can learn the same method at the Red Cross and the local heart association, said Anne McGowan, instructor in CPR and director of adapted physical education. These organizations can certify trainees in CPR.

In order to give assistance to a heart attack patient a person must go through an eight-hour training program, pass both written and practical tests and be certified, she said. Persons who are not certified can do serious damage to the victim if they perform CPR, she added.

Anyone of any age can learn to properly use this method and perhaps save a life, McGowan said. She explained the method as follows:

The CPR involves two stages, mouth-to-mouth resuscitation and cardiac compression. If you find someone lying unconscious shake him to make sure he is not drunk. Tilt the victim's head back to clear the airway for him. If breathing

cannot be heard or seen and the pulse cannot be felt, give him mouth-to-mouth resuscitation. To do this, tilt the victim's head back, pinch his nose closed and cover his mouth completely with yours. Breathe four short breaths into his body. Check his pulse and if there is none begin cardiac compression. To begin place two or three fingers of your left hand on the ziphoid process area near the center of the victim's chest. Move your right hand up and to the right of that location. Place your left hand on top of your right. Press down firmly with your palms keeping your shoulders straight and your elbows stiff for 15 compressions every two breaths if working alone, or five compressions for every single breath if working with another person. The location of the compression on the body must be exactly right because a mislocated press can break the victim's ribs.

The students at A&M studying CPR work on electronically controlled dummies.

This method has been found very useful, McGowan said. Proof that widespread training in this method could be beneficial are the lives of Chancellor Jack Williams and Dr. Claude Goswick, director of university health center. During their heart attacks these men were given CPR. A grateful Goswick said he owes his life to the people who gave him CPR.



Veterans honored

Flowers were placed Friday at the campus World War memorial to honor Texas A&M men who died in the nation's service. Corps Commander Mike Gentry placed the spray. He noted that though the memorial is for 55 Aggies who made the supreme sacrifice in WWI, the ceremony honors all deceased A&M military men. The Veterans Day observance was attended by two dozen cadets and military personnel assigned here. Formerly Armistice Day, Nov. 11, has been observed as Veterans Day since 1954.

GREAT ISSUES AND POLITICAL FORUM

present a debate on:

NATIONAL HEALTH INSURANCE: Which Direction?

with:

Mr. James C. Corman

— 17 yr. U.S. Rep., Calif.

— Co-Author, Kennedy - Corman National Health Care Bill

and:

Dr. William J. Mangold, Jr.

— Vice-Chairman, AMA Council on Legislation

— MD and Law degree

MONDAY, NOV. 14

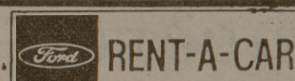
RUDDER THEATER

8:00 P.M.

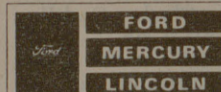
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Campus activities

Monday
Venezuelan Student Association, Venezuelan Exposition, 9 a.m. to 5 p.m., MSC
El Paso Hometown Club, Aggie pictures, 7:45 p.m., MSC lounge
Sigma Delta Chi, Aggie pictures, 8 p.m., Zachry
Tuesday
Sigma Delta Chi, Pam Johnson, staff writer for The Dallas Morning News, 6 p.m., 350 MSC
Texas Student Education Association, Callie Smith, TSTA executive secretary, 7 p.m., 206 MSC
Venezuelan Student Association, Venezuelan consul from Houston on "Functions of the Venezuelan Consulate", 7 p.m., 308 Rudder
Recreation and Parks, slide presentation on "Miles and Miles of Texas", 7:30 p.m., 404 Rudder
Class of '79, 7:30 p.m., 137A MSC
Automotive Help Session for Girls, sponsored by the Society of Women Engineers, 7:30 p.m., 121 Civil Engineering Building
El Paso Hometown Club, Aggie pictures, 7:45 p.m., MSC lounge
Sigma Delta Chi, Aggie pictures, 8 p.m., Zachry
Wednesday
Brazos County A&M Club, reservation deadline at 12 noon for meeting at Rudder Inn Ballroom, refreshments available 6:30 p.m., Coach Shelby Metcalf a speaker
Venezuelan Student Association, competition on the soccer field between Venezuela vs. Hong Kong. Allan Panamericana vs. Sur-America, 5 p.m., 308 Rudder
Sigma Delta Chi, Aggie pictures, 8 p.m., Zachry
Texas A&M Microcomputer, 7 p.m., 203 Zachry
Bridge Committee, 7:15 p.m., MSC
Pre Veterinary Society, 7:30 p.m., Rudder
California Cities Hometown Club, 8 p.m., 139 MSC
Student Y Annual Thanksgiving Service, 8 p.m., All Faiths Chapel



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MONDAY EVENING SPECIAL

Salisbury Steak with Mushroom Gravy Whipped Potatoes Your Choice of One Vegetable Roll or Corn Bread and Butter Coffee or Tea

TUESDAY EVENING SPECIAL

Mexican Fiesta Dinner Two Cheese and Onion Enchiladas w/chili Mexican Rice Patio Style Pinto Beans Tostadas Coffee or Tea One Corn Bread and Butter

WEDNESDAY EVENING SPECIAL

Chicken Fried Beef Steak w/cream Gravy Whipped Potatoes and Choice of one other Vegetable Roll or Corn Bread and Butter Coffee or Tea

THURSDAY EVENING SPECIAL

Italian Candle Light Spaghetti Dinner SERVED WITH SPICED MEAT BALLS AND SAUCE Parmesan Cheese - Tossed Green Salad Choice of Salad Dressing - Hot Garlic Bread Tea or Coffee

FRIDAY EVENING SPECIAL

BREADED FISH FILET w/TARTAR SAUCE Cole Slaw Hush Puppies Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee

SATURDAY NOON AND EVENING SPECIAL

"Yankee Pot Roast Texas Style" Tossed Salad Choice of one vegetable Roll or Corn Bread & Butter Tea or Coffee

SUNDAY SPECIAL NOON AND EVENING

ROAST TURKEY DINNER Served with Cranberry Sauce Cornbread Dressing Roll or Corn Bread - Butter - Coffee or Tea Giblet Gravy And your choice of any One vegetable Tea or Coffee

"Quality First"

SENIORS and Graduates

L-O

Should have your AggieLand pictures taken

THIS WEEK at

barker photography

Bring Fee Slips

Dress: Civilians — coat & tie
Coeds — optional
Corps — Midnights

Pictures are taken Mon.-Fri. 10-5

NORTHGATE

846-5766

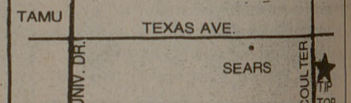


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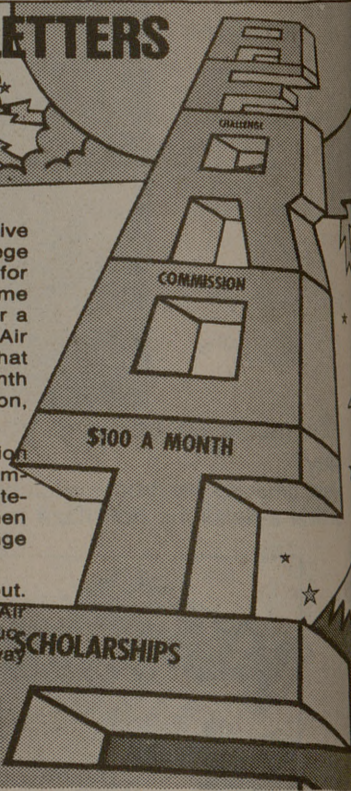


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