



FOUNDED BY
JAN AND HERB CONN

NEWS OF THE P.A.T.C. MOUNTAINEERING COMMITTEE

1916 Sunderland Place N. W. Washington 6, D. C.

Volume Xv Number 5

April 1960

COMING EVENTS

Sunday trips leave Howard Johnsons at Western and Wisconsin Avenues at 8:30 a.m. Be there by 8 a.m. if you plan to eat with us. Instruction for beginners. Bring lunch, water, and sneakers for climbing.

April 3 CARDEROCK, Maryland. Belay practice with our dummy Oscar.

ROCK CLIMBING MEETING

ORAL RESUSCITATION

The movie, "Respiratory Rescue Technique" loaned to us from the Army Institute of Research at Walter Reed, will be shown Sunday April 3, 6:30 p.m., at the Cabin John Field House, Maryland. Go out MacArthur Boulevard and turn right into the first driveway after crossing Cabin John Bridge.

Oral Resuscitation now supersedes all previous methods used to revive someone who is not breathing. Strangely enough, it is not new but goes back to biblical times when Elisha brought a child back to life * * * "and he went up * * * and put his mouth upon his mouth * * * and the flesh of the child waxed warm." II Kings 4:34)

It has been estimated that two thirds of initial rescue attempts are made by people who just happen to be on the scene. So make sure that you know the proper method and join us on the above date.

April 8 - 9 - 10 HARPERS FERRY WEEKEND - - a multi-club trip

This is a weekend of hiking, climbing, canoeing, and dancing (Friday night) Bring your own sleeping bag and air mattress. The cost will be 50 cents for registration, and \$1.00 a night for sleeping space. Meals for Saturday and Sunday Breakfast and dinner will be \$6.00. Separately, breakfast \$1.00 and dinner, \$2.00. If you plan to attend for the weekend, Bob Adams must know by Sunday April 3. Come on Sunday too. Bobs Phone number: Cherry 8 - 4823.

April 17 SUGAR LOAF MOUNTAIN, Maryland

April 24 STONEY MAN, Virginia

WIND CHILL TABLE
Reproduced from Medical Newsletter VOL. 32, No. 12, p. 37, and
Army Circular No. 40 - 33.

WIND CHILL CHART

Wind Velocity (miles per hour)										
45	35	25	20	15	10	5	3	2	1	0
Temperature (degrees Fahrenheit)										
90°	89.5°	89°	88.5°	88°	88.75°	87.5°	87°	86°	84.5°	83°
82	81	80.5	80	79.5	78	76	74	72.5	70	60
72	71	69.5	68	67	65	60	57	53.5	47.5	23
63	61	59	57	55	52	44.5	39	34.5	20	-11
51	49	47	45	42.5	38	28	18.5	11	0	-27
41	39	36	34	30.5	25	11	0	-9	-23.5	-38
30	28	25	23	18	11	-5	-16.5	-40	-40	-40
20	18	14	11	6	-2	-19	-40	-40	"	"
10	7.5	3	0	-6	-15	-35	-40	-40	-40	-40
0	-2.5	-8	-12	-18	-29	-40	"	"	"	"
-11	-14	-18	-23	-30	-40	"	"	"	"	"
-21	-24	-30	-35	-40	"	"	"	"	"	"
-32	-35	-40	-40	--	--	--	"	"	"	--

Instructions for use of the table:

1. First obtain the temperature and wind velocity forecast data.
2. Locate the number at the top corresponding to the expected wind speed (or the number closest to this).
3. Read down this column until the number corresponding to the expected temperature (or the number closest to this) is reached.
4. From this point, follow across to the right on the same line until the last number is reached under the column marked zero (0) wind speed.
5. This is the equivalent temperature reading. Example: Weather information gives the expected temperature (at a given time, such as midnight) to be 35° F. and the expected wind speed (at the same time, midnight) to be 20 miles per hour (mph). Locate the 20 mph column at the top, follow down this column to the number nearest 35° F. The nearest number is 34° F. From this point, move all the way to the right on the same line and find the last number which is -38° F. This means that with a temperature of 35° F. and a wind of 20 miles per hour, the effect on all exposed flesh is the same as -38° F. with no wind (the same as being in a deep freeze). This nomogram has not been carried below an equivalent -40° F. since at that temperature exposed flesh freezes, and lower temperatures simply accelerate the freezing.

WIND CHILL

Anyone who climbs in winter is well aware that wind makes any temperature feel colder. Too many people do not realize what a very great effect the wind has on the ability of a climber to simply exist at relatively mild temperatures. Body heat is swept away by the moving air and to maintain the constant internal temperature necessary for life the body must work that much harder. The combined effect of wind and temperature is shown graphically on the accompanying table together with an explanation of its use.

It must be understood that the equivalences derived in the table are for exposed flesh and only apply relatively to the clothed subject. Additional factors affecting the whole body comfort are insulating value and wind impermeability of clothing, radiation both from the body and from the sun to clothing and body, conduction and convection, humidity, the body's metabolism, and the individual's acclimatization to cold. Attempts to reduce all these factors and many other minor ones to a single index has occupied the attention of scientists for a long time. The original work of Paul Siple, who coined the term "Wind Chill", dates back to the early Byrd Antarctic expeditions and is presented in a popular version in his book, "90 Degrees South". An excellent technical presentation of all the comfort factors including wind chill is "Man in a Cold Environment", A.C. Burton and O.G. Edholm, 1955, available from Williams and Wilkins Co.

The practical climber should consider windproof outer clothing over removable layers of inner garments which can be ventilated, provision of covering for the hands and face, and deciding soon enough to retreat to adequate emergency shelter if the weather becomes too severe. An excellent reference for our practical climber interested in theory and practice is, "Physiology of Heat Regulation and the Science of Clothing," L.H. Newburgh, 1949, W. B. Saunders.

Art Lembeck

CONTENTS OF THE FIRST AID KIT

The Seattle Mountaineer's Climbing Committee has prepared the following list for the individual first aid kit. Each climber is required to carry the following items, & the trip leader may at any time ask individuals to show him their first aid kits. In this case each person is a part of the whole which all together makes up the first aid equipment for the group. They also include ten essentials to be added by each individual, the most important of which are extra clothes and food. We all have special items we like to add and of course the snake bite kit must never be left out in the snake season.

<u>ITEM</u>	<u>QUANTITY</u>	<u>USE</u>
Adhesive Tape (not waterproof)	3" roll on cardboard	Sprains, applying dressings, patching clothing, etc.
Aspirin	$\frac{1}{2}$ to 1 dozen	Mild pain killer
Band-Aids	4 to 6, $\frac{3}{4}$ or 1 inch	small wounds
Burn Ointment	Tube, $\frac{1}{3}$ or $\frac{1}{2}$ oz.	Burns, rope burns, sunburn
Gauze bandage	2" roll	Dressings for burns, wounds.
Gauze flats	Four, 3 x 3	
Tinct. Merthiolate or	$\frac{1}{2}$ oz or 1 oz bottle	Mild antiseptic
Iodine Ampules	$\frac{1}{2}$ dozen	
Needles, Safety Pins		
Razor Blade (single Edge)	1	Cut tape, clothing etc.
Salt or Salt Tablets	1 to 2 dozen	Prevention of exhaustion and cramps due to salt lack
Moisture proof container	1	

* * * * *

Sunday, February 28th, was another one of those fine meetings at the Cabin John Field House. Besides looking at slides of ourselves, we enjoyed the Folk Dance instruction by Karl and Barbara Edler and the refreshments by Alan Talbert.

* * * * *

FOUND!

A light blue doggie with brown ears -- left at Cabin John Field House, February 28th. The editor is keeping it at home right now so if you know its owner, please let her know!

* * * * *

FOR SALE

One pair of ~~Rockclimbing~~ shoes from Blacks in England is being offered for sale by Bill Veter. They are Austrian, size 44 (10-10 $\frac{1}{2}$), new and he will sell them for \$10.00. Phone him during the day at Ex. 3-4120, ex. 496 and in the evenings at Em. 2-2133

* * * * *

Huntly Ingalls writes that he has 3 sections (30 feet each) of Gerry Cave ladder he would like to sell at \$15.00 a piece. They are available at his parents home near Potomac, Maryland, 10400 Oaklyn Drive. The phone number is Axminster 9-9154.

* * * * *

LETTERS TO THE EDITOR

I am afraid that quite a few of us have been guilty of cluttering up the landscape with the remains of lunches etc., and Chuck Wettling has written in to remind us of this fact.

"All who use and enjoy the out-of-doors have an individual responsibility to protect what remains of natural beauty in this industrial world. We of the rock climbing fraternity are aware of this, but occasionally people in our group leave the remains of their lunches in prominent locations along the trail. There is no excuse for this. All left-overs should be taken home and disposed of in the garbage can. Nothing should be left behind on the trail, in a cave, or thrown into the river."

* * * * *

UPS AND DOWNSFebruary 28 CAMP LEWIS, Maryland

Don Hubbard	Al Klov Dahl
Adam Bortz	Art Lembeck
Betty Johnson	The Adams Family
Chuck Wettling	Fred Barker
Pete Peterson	Bob Mole
Joe Nolte	Hal Kramer

Pete Grant
Al Du Mont
The Worrells
Jim Shipley
Dave & Rennie Horwitz
Larry Lepley

Larry Lepley
The Edlers

Camp Lewis

This splendid winter day the sun shone into the palaces of the great and summoned forth two of our Statesmen, lately elevated to the rank of Roshi. Roshi Hubbard quickly sequestered the cutest of the newcomers, whether for instructions in Zen or rock climbing we know not. Roshi Lembeck, in the Full Lotus Position, pressed others into service testing new equipment. Meanwhile seven others scampered up the East Face. First time for Harold Kramer, Fred Barker and Dave Horwitz.

Conditioned by this warm-up Bob Adams led a forced march to Cardrock. There he demonstrated his easy method for climbing the JAM BOX. Addicted to orthodoxy, those who tried to follow were unable to master the technique of feet-over-head climbing and took the usual ride down.

In the evening we had local(?) slides from Carderock, Seneca, Colorado and Alaska. Karl Edler and the Folk Dancers then took over and were going strong when last seen.

Bob Mole

*(We are indeed indebted to Dr. Cecil Cullander (see UP ROPE, March 1960) for new books to read, new vocabulary, and something else to talk about. Our chairman is even quoting poetry -- in Japanese of course. Ed.)

March 6 CARDEROCK, Maryland

Betty Johnson
Carmen Torrey
Joe Nolte
Al Klov Dahl
The Adams Family

Mike Ingerman
Ed Goodman
Larry Lepley
Karl Edler
Barbara Edler

Alan Talbert

Bob Adams did the Jam Box again and just about everyone else tried. "Seven times down and eight times up" says Bob. The rest of the day was spent at the Spider Walk which has added one more to the long list of waiting, trying neurotics - Ed Goodman. (We understand that as of March 13, Ed made it but there are plenty more waiting to take his place. Ed.)

March 13 CUPIDS BOWER, Maryland

Carmen Torrey
Chuck Wettling
Betty Johnson
Joe Nolte

Al Klov Dahl
The Adams Family
Bob Mole
Roland Zimmerman

Jim Shipley
Walt Kuckes
John Ackerman
Alan Talbert

Every where one looked -- skating rock climbers on the river. There was Bob Mole with his brand new ice skates, and Kate and Al showing how skating by the experts is done. Chairman Bob Adams caught in the act says "It's just a demonstration that I can be reasoned with! Once he proved that he was not "a rock climbing snob" it was on to the Ph. D and other associated climbs, where various people tried many things. Kay and Hal Blinn joined us for lunch.

EDITOR: Betty Johnson 4404 Jenifer St. NW #2, Wash. 15 DC Em. 2-4789

BUSINESS MANAGERS: Karl and Barbara Edler, 4112 Fairfax Ave., Landover Hills, Md.
Please send your dollar for 12 issues to their home address.