

your trousers for extra warmth, all the while keeping in mind that two or three light layers are more effective than one thick layer. Do not go to the opposite extreme of wearing too many clothes, as your body will warm up with the exertion of walking, even on very cold days, and you could be uncomfortable.

BEFORE VENTURING OUT INTO THE COLD TRY TO HAVE SOMETHING HOT TO EAT, and take along a high energy snack to eat while walking such as dates, raisins and cheese. Hunger in cold weather can produce increased sensitivity to colds, slow your heart rate, co-ordination and cause dizziness and weakness.

PART THREE: CITY DWELLINGS

SECURITY IN YOUR CITY DWELLING. HOME SECURITY MUST START WITH GOOD LOCKS. Most ordinary locks are no obstacle to the professional burglar, and in fact are really only there to keep honest people honest. In deciding exactly what kind of security devices you want to use in your home, remember that the more deterrents that are placed in the way of a burglar, the more they will delay him, increasing the odds of him being discovered. This might cause him to give up and go in search of easier prey.

(Dogs are a great deterrent to burglary. Even bars on your windows don't necessarily stop them as the more determined thieves come with acetylene torches--& just peel back the bars!

IN BUYING LOCKS OR BURGLAR ALARMS OF ANY KIND, you will be better off in the long run to deal with well-known, established firms, and not fly-by-night groups. Don't be afraid to improvise locks yourself, as your unique lock might stymie a burglar who is accustomed to forcing well-known brand-name locks.

IN GENERAL, DO NOT RELY ON ANY ONE LOCK, as no one lock is unpickable, but rather choose a variety of locks, not necessarily the most expensive, but which will delay the burglar long enough that he might give up. It is always a good policy to change all locks on your new apartment or house as almost anyone could have the keys to the old lock. Resist the temptation to hide extra keys under the doormat, on the ledge, etc.

IT IS OF THE UTMOST IMPORTANCE THAT YOUR DWELLING HAS THE APPEARANCE OF BEING OCCUPIED, apart from having good locks on all your doors and windows. Burglars go a great deal by the appearance of your home in trying to judge whether there is anyone home or not. Following are some suggestions that can help you to give your house an "occupied" look:

A) **IF YOU ARE LIVING IN A HOUSE, TRY TO LIGHT UP THE EXTERIOR** of the house as much as is possible. Your electricity bill might be a little higher but the good this will do in keeping away intruders cannot be measured in dollars and cents, as burglars hate bright lights.

B) **IF AT ALL POSSIBLE TRY TO GET ALONG WELL WITH YOUR NEIGHBOUR,** as he can be in many ways your best lock and protection against burglars. An antagonistic neighbour can give vital in-

formation to a burglar casing your home, or can turn a deaf ear to suspicious noises from your house when he knows that you are away.

FRIENDLY AND TRUSTED NEIGHBOURS CAN KEEP AN EYE ON YOUR HOUSE, pick up the mail and change the lights, curtains, etc., when you are away, as well as being an invaluable help in many of the crises that arise in day to day life. It is also a good policy to tip the building superintendent, doorman, janitor, milkman etc., from time to time, as this will encourage them to look after you when you need their help.

C) **IF YOU ARE GOING TO BE GONE FOR ANY LENGTH OF TIME,** it is not good enough to simply leave one small hall light burning and think that will dissuade intruders. If you are too simple in your precautions, you are not only inviting the professional thief, but also the incompetent one.

TO GIVE YOUR HOME THE APPEARANCE OF BEING LIVIED IN, a good investment is a simple light timer. Time a few of your lights to come on at various intervals, as much as possible during the same periods as when your neighbours do. Range it so that when one light goes off for an interval, another stays on. During prolonged absences leave your curtains or shades drawn just enough so that outsiders cannot tell if there is anyone there.

D) **EVEN IF YOU ARE AT HOME MOST OF THE DAY** there are many opportunities for a diligent thief to enter into your home. For this reason, it is best to vary the times and days that you leave the house for short trips such as shopping etc. Even 45 minutes is enough time for a burglar who is familiar with your schedule to make a haul. When leaving the house a good tactic to employ is to leave the light on in the bathroom, the door slightly ajar, water running a trickle, and the radio on just loud enough that it can be heard at the door.

WHEN NIGHT FALLS, MAKE SURE THAT ALL YOUR CURTAINS OR SHUTTERS ARE CLOSED, and that you leave a light on in any empty part of the house. Many burglars count on television to keep everyone occupied in one room while they operate with impunity in other parts of the house. Before you go to bed, it is good to go around and do a final checkup to see that all valuables are put away, all doors and windows locked etc. A list of things to do along this line will help you not to overlook anything.

E) **KEEP ON HAND A COMPLETE INVENTORY OF ALL YOUR POSSESSIONS,** and note all registration numbers of such valuable and portable items as watches, radios, TV's, tape recorders, typewriters, etc. It is also wise to put on each item some sort of particular identifying mark, known only to you, so that in the event that it is stolen, you can report this mark to the police, who can then return the goods to you if they are recovered.

DON'T EVER MAKE THE MISTAKE OF BELIEVING THAT THIEVES ARE ONLY AFTER JEWELRY, paintings etc. Many burglars are perfectly happy with your housekeeping money, old checkbooks, radio, TV. Drug addicts are often looking for anything to steal that can bring them even the slightest profit in the streets. They usually work the poorer areas of town & are dangerous when apprehended, as they know that they will probably go to jail.

F) **THERE ARE A NUMBER OF PRECAUTIONS TO FOLLOW IN DEALING WITH UNKNOWN TELEPHONE CALLERS** & callers at the door. Don't give your number out over the phone to people who have "the wrong number". Simply confirm that it is not the number that they are looking for. Be very cautious in deciding who to allow into your home, & check carefully the identification of any repairmen.

IF YOU HAVE ANY DOUBT, ASK THEM SOME OF THE DETAILS ON THEIR ID, ask for a driver's license, or ask them for the phone number of their superior so that you can call to check. It is also best to avoid opening the door unless fully dressed. Keep your chain lock fastened at all times & check callers out through your peephole before opening the door. Suspect salesmen with fantastic bargains, as well as those who protest at having their ID thoroughly verified. Genuine callers won't mind.

NEVER LEAVE THE DOOR OPEN WHILE YOU GO IN SEARCH OF YOUR WALLET OR PURSE. If bona fide workmen or repairmen do have to come into your home, be certain that no objects of value are present, as they may simply return at a later date to rob you.

A VERY PRACTICAL & LOW COST INVESTMENT IS TO INSTALL A GLASS SPYHOLE in your front door, preferably made of very thick glass with a wide angle view. Door lock chains are a good safety device as well. The chain slide should be mounted if possible at a 45 degree angle so that the chain is at full stretch when it drops into the end of the slot. The slide should also be placed slightly above the chain's anchor on the door frame.

G) **IF YOU DO FIND YOURSELF IN A HOUSE THAT IS BEING BURGLIED,** it is best to allow the intruder to take what he is after & not to provoke him. Try to get a description to give to the police & don't try to subdue him unless you are sure that you can. Cat burglars are often unbalanced & dangerous criminals & are the most likely to hurt you if you try to resist. The easiest thing to do is to pretend to faint.

IF STAYING IN A HOTEL, LET AS FEW PEOPLE AS POSSIBLE KNOW YOUR ROOM NUMBER. Once inside your room, lock the door securely, & as a double safety precaution barricade the door with a chair braced under the door handle. Hide any valuables overnight, for example, by taping money to the underside of a dressing table or drawer.

FIRE. (PREVENTATIVE TIPS): AT NIGHTTIME IT IS ALWAYS BEST TO UN-

PLUG THE TV, not simply turn it off. If it does catch fire, smother it with a blanket & if necessary call the fire department. If any electrical appliance catches fire, do not throw water on it unless it is unplugged, or the main switch is off.

IF YOU ARE ON CITY OR BOTTLED GAS there are some very important precautions to follow. Primarily ascertain that all butane appliances have adequate ventilation, & that gas bottles are stored away from any source of heat such as night storage heaters, electric heaters etc.

IF YOU EVEN SUSPECT THAT THERE IS A GAS LEAK SOMEWHERE, verify by putting soapy water over the tube & joints, as it will bubble where the leak is. If on city gas & the gas goes off, be sure that your mains & pilot light are off, & that of your neighbours as well, as when the supplies resume it could fill your room & cause an explosion.

CONCERNING ELECTRICAL APPLIANCES, warn your family never to touch electrical switches with wet hands & do not use heaters designed to be immersed in the bath. Any kind of electric heater in the bathroom is very dangerous as there is a risk of possible electrocution.

KEEP ON HAND A FIRE GUARD TO PROTECT AN OPEN FIRE OR HEATER when you leave the room, especially when children are about. Burning fat should be doused with a damp cloth, salt, sand or earth. Resist the temptation to allow junk to accumulate in attics, cupboards etc. where hot pipes can trigger a fire.

TRY TO DEVELOP THE GOOD HABIT OF BEING FIRE CONSCIOUS all the time, & be prepared to adapt, fix or change the smallest thing that constitutes a fire hazard.

SOME ADVICE TO FOLLOW IN CASE THERE IS A FIRE. a) Have already arranged & practised a plan of action for your whole family concerning what to do. b) See that the fire department is called at once. Check on each member of your family. c) Do all that you can to eliminate drafts that may fan the fire. Close doors & windows, even in rooms away from the fire.

d) **IF YOUR CLOTHING CATCHES FIRE** lie down on the floor & roll over in rugs, curtains or blankets. Do the same if other people catch fire. e) Before entering a room where you think there might be a fire test the doorknob to see if it is hot. If it is, don't open it, as it might take up to 30 minutes for it to get to you, giving you valuable extra time.

IF TRAPPED IN A ROOM, STAY CLOSE TO THE FLOOR where the air is clearer & stuff newspaper towel or rags into the cracks around the doors to eliminate smoke. As a last resort have sheets, curtains or blankets knotted together to make a rope making sure that one end is securely tied to a heavy piece of furniture. Never, never, never leap from a burning building when higher than