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 Anchorage, Alaska
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Mountaineering Club of Alaska
 Box 2037
 Anchorage, Alaska 99501
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ANNUAL MEETING: Monday, October 19 at Room 212 at AIU. The meeting will start at 8 p.m. This is the night of election ... so please do come and vote for our new Board of Directors. Dues must be paid if you wish to vote and it would help greatly if you'd send them in by mail to Box 2037, Anchorage. Dues are: Single \$5.00, family \$7.50, junior \$2.50 and out-of-town membership \$2.50.

ROCK PILING AT EKLUTNA CABIN October 3-4 by David Meyers

The advance party, Nick Parker, Mike Judd and myself arrived at the foot of the glacier at about 12 noon Saturday. Since we had half a day to "kill", we took a 3 hour excursion from camp to the snowslide at the foot of the "rocks" at Eklutna. There we spent 1/2 hour cutting steps up and down 10 foot pitches of 65° snow. While doing this we got pretty dirty and wet. It took us 20 minutes from there to the glacier and we strapped on crampons to go to the base of the crevasse-filled area. Back at camp, we met up with Dave DeVoe. It took us 5 minutes to ford the stream with Dave's equipment, as it is now impossible to drive over the last stream before the campsite.

Next morning we started at daybreak without breakfast, and when we arrived at the cabin, we started tea, had our breakfast and went right to work. Dave DeVoe and Mike sawed out the door while Nick and I kept piling rocks against the sides of the A. We have now rocks up to the second layer of plywood. We also calked some of the cracks on the windward side. The door is usable and can now be latched both from the inside and outside. The descent took a little longer than expected due to a change in the conditions of the snowfield below the cabin. The snow was treacherous and we had to belay each other. Yet, by dark we had broken camp and were well on our way home.

Note from Dave DeVoe: It appears desirable to have more rocks piled against the cabin, particularly on the windward side to keep the wind from blowing underneath and perhaps causing damage. Perhaps some of you would enjoy another trip to the site in the beautiful fall weather. MCA greatly appreciates any help.

REVIEW OF A LECTURE ON FROSTBITE BY DR. William Lills

by Carrie Lewis

Frostbite treatment, a topic which might be of interest to mountaineers now that the winter season is approaching, was the subject of a lecture given by Dr. William Lills on October 6th at a Ski Patrol meeting.

Dr. Lills, an Anchorage orthopedic physician, is a renowned authority on the treatment of frostbite. He maintains that the final result of a frozen injury depends upon emergency first aid and the care involved with thawing. Important, of course, as in burn injuries, is cleanliness: you should keep the injured part as free from infection as possible. Hospital care is essential to maintain sterile conditions. This is also important in immersion, a non-freezing (40-50°) type cold injury which may later result in a fungus infection, trench foot, chilblains, and permanent tissue changes.

Many theories have existed in the past about how properly to thaw a frozen part, but now most authorities agree in general on rapid rewarming technique. This, according to Dr. Lills, involves placing the frozen part in a warm water bath of bathtub temperature or a little warmer (104-106° approximately), preferable in a whirlpool with a soap such as Phisophex in it, and constantly exercising the part. You should keep it in the bath until the skin is flushed, and then let it stay a few minutes longer. Unfortunately, this is a painful way to thaw, but it is much better than the older methods in which there is no sensation during thawing. Eventually, ugly blebs and blisters form, and sensation ceases (later to return), but this is a good prognosis, although the injury is highly susceptible to infection. Should no blisters form, indicating irreparable tissue damage, the part will most likely be lost, with gangrene setting in. Dr. Lills said he has had excellent recovery from badly frozen tissue which he had been able to treat before it had started to thaw. This includes tissue frozen for well over 24 hours.

Important for mountaineers to know is that tissue is frequently, if not always, irreparably damaged when there is a freezing, thawing, then re-freezing and re-thawing cycle. For instance, you are far better off to keep your limb frozen, and ski or walk out for help rather than try to get temporary relief in a cabin or tent, only to re-freeze your limb after you leave. You should never thaw with the use of excessive heat such as over a fire or in an oven. All you'd do is "cook" your limb. Also very bad is the practice of thawing with immersion in ice water or snow. This thaws much too slowly, resulting in irrevocable biochemical changes in the tissue, and invariably involves loss of the part, except when the freezing was superficial. Thawing at room temperature, which takes three to six hours, gives sometimes good and sometimes bad results.

Along with his lecture, Dr. Mills showed colorful slides of the injuries, gory enough to gladden the heart of a Merguis de Sade. Two of the rogues in his gallery were victims who borrowed boots which didn't fit properly. Two others were mountaineers who were climbing Mt. McKinley, and although realizing they had frozen feet at their 16,000 ft. camp, decided to climb to the top anyway. They "thawed" their feet by warming them under each other's armpits, climbed to the top, came back to their camp where they "rethawed" and walked out. They lost part of their feet.

Dr. Mills says he is not a mountaineer or skier and cannot understand why we like such cold sports, but he loves us all because we give him such interesting business!

ALASKA RESCUE GROUP GLACIER PRUSSICK

October 11

by Helga Bading

It was a good turnout! Fourteen ARG members arrived at Jolly-Vi's in time to rescue Rescue Chairman Davis from his predicament ... a flat tire and no jack. Mission accomplished, ARG headed on to Byron Glacier to 'play around' a bit.

There is now a very good Forest Service Trail to the snout of Byron Glacier, giving tourists a chance to get to the ice ... in tennis shoes, if they wish. Once on the ice we joined forces with no less than 18 students from the AMU climbing class so there were 33 people in all. (That beats even the Seattle Mountaineers' party up Mt. McKinley).

The weather was cloudy, but it held nicely as we demonstrated first of all how to prussick out of a crevasse. The ones who tried got the message: let's not fall in, this is hard work. The AMU class decided for a walk up to the ice fall, while ARG practised with the newly acquired ascending hooks they, too, can produce gigantic snarls. Efforts culminated in Joe Pichler extracting victim Marge Prescott out of our crevasse single-handed. He operated two conventional prussicks from the top while Marge shifted her weight from one rope to the other ... it was a good workout for both.

A leisurely stroll up the glacier provided a pleasant ending to a good day "out" and an interesting lesson.

ALASKA RESCUE GROUP ANNUAL MEETING will be held November 2 at AMU. At that time we will see a color movie "ice climbing on Mt. Rainier" to tie in with our lesson on safety on a glacier. It is very important that you come to vote for our new Board members. All who paid last year's dues can vote, as well as new members. Please put this on your calendar.

MOA ANNUAL MEETING October 19th

Vote! Vote! Vote! Vote!