



"IT IS CHARACTERISTIC OF WISDOM NOT TO DO DESPERATE THINGS."

THOREAU

FROM THE FRONT OFFICE

1. Our local trails are again open, and snow is only present on our 10,000' peaks. Our trips are especially well attended (50-75 persons). Most of our recent climbs have been strenuous traverses representing appreciable gain and distances. Traverses are unusual in that everyone necessarily makes all the peaks. There is no turning back. On each trip that I have been on, a few climbers not in condition to enjoy the trips have plagued the leaders and have caused near night descents of the party. I beseech each of you to consider your physical condition before embarking on a strenuous endeavor. Our safety record in the section should be preserved and individual as well as leaders' responsibility is involved. Prepare yourself with lesser climbs, eliminate excess body weight and enjoy the activity to the fullest.
2. The October meeting (business and social) will be our election and by-laws examination meeting. Peaks to be added or deleted will be voted on at this time. This is our most important meeting of the year, so plan to be there. Mark the date, October 9, on your calendar now. Frank McDaniels is the nomination chairman. If you are interested in directing the activities of the Section and have the time to devote to it, notify Frank so that your name will be placed in nomination. Six Section members are elected with the previous year's chairman as an unelected additional voting member.
3. Rattlesnakes are a problem this year. I suggest that you have your Kit available on each outing. Snakes have been verified at the 8800' level. Ken Ferrell has the distinction of stepping on one and he is still not able to coherently explain what happened immediately afterwards. (What did happen, Ken, set a new high jump record?) Anyhow, if you don't know what to do to reduce the venom's potency, find out - we don't want any "the doctor says you are going to die" diagnosis because of lack of knowledge.

LES STOCKTON

TRIP NOTICES FOR THE SCHEDULE

Leaders who have volunteered (or been volunteered) to lead hikes in the next schedule must get their writeups in to How Bailey IMMEDIATELY. In addition to the usual information about time and place of meeting, all notices should include an indication of the severity of the trip. Easy, moderate, strenuous, suitable for beginners, not suitable for beginners -- are useful characterizations. Also, the RT distance and the total elevation gain must be given. A hike that goes from a roadhead at 6000' to a false summit at 7500', down to a saddle at 7000', and then to the real summit at 8000' has a total gain of 2500'. This information is important in helping individual hikers to select the trips which they can enjoy the most -- which leads to more homogeneous groups for the leader to manage. The name of the game is for everyone to have a good time.

HOW BAILEY

RANGER PEAK, INDIAN MOUNTAIN
ROUSE HILL

May 17

Leader: Bob Hawthorne
Asst: Don McLellan

Among the forty-five hikers who appeared at the former Vista Grande Ranger Station near Idllwild Saturday morning were numerous new faces. The morning was warm and clear. The group warmed up with a short hike along a dirt road to Ranger with Bob Hawthorne in the lead for the umpteen thousandth time. A noisy rattlesnake provided some excitement in an otherwise uneventful stroll.

After arriving back at the cars within an hour, we drove to the road to Indian Mountain. The day had turned hot and the road to the peak was dusty, but a profusion of blooming flowers enlivened the hike. After eating on top all were back to the cars by 12:50.

Later, twenty-five squeezed into the few suitable vehicles and bounced over the long, rough road to Rouse Hill. Starting at 2:00 all except some carsick dropouts arrived by 3:15. Two vehicles, a Scout and a camper, actually drove up the fuel break to the peak. The view of snow-covered peaks around us provided a spectacular panorama.

By five o'clock all were on their way home after a day short on exercise, but fulfilled with natural beauty.

DON McLELLAN

There is no quarrel with Don's use of the word "fulfilled". To carry out, satisfy, or finish is just what he had in mind. But if Daniel Webster had had his wits about him, the word would have been "filfulled".

HONOR ROLL

New 100 Peak Emblem Holders

Charles Jones #207
Jon Hardt #208
Sue Petitjean #209

New 200 Peak Bar Holders

Barbara Akawie #27
Ray Redheffer #28

Membership Applicants

Phyllis Strawn
Ray Magnuson
Norman Lampman
Greg Johnson
Pete Friedrich
William DuBruhl
Donald Huebner
John Waggoner, III
Ann Waggoner

Many are convinced that the program activities of the HPS actuate interest and a mutuality of participation which bridge the often identified gaps of communication, age, and motivation. No more convincing proof is needed than is contained above. Sue Petitjean, #209, completes an entire family of 100 Peak Emblem Holders, and at the 200 Peak level, Barbara Akawie, #27, does the same for her family.

MOUNTAIN RECORDS REPORT

The Climber's Guide Project has progressed to a point where the committee is now involved with arranging the details of publication of the first volume as approval has been received from both the Angeles Chapter and the Sierra Club Publications Committee. This first of four volumes will deal with the Liebre and San Gabriel ranges and will include the entire Angeles National Forest area. It will be in the form of a paperbound booklet, which hopefully will retail for approximately \$1.95 and be available by the end of the year.

The balance of the project is moving ahead as scheduled with approximately half of the peak list now completed.

All completed Climber Guides are available at cost. For each copy, include 5¢ as well as a stamped self-addressed legal size envelope. Requests should be sent to W. E. Von Pertz, Committee Chairman. Official "Peak Lists" are also available for 10¢ and the stamped envelope.

W. E. VON PERTZ

If you treasured The Man Who Walked Through Time and The Thousand-Mile Summer, then hesitate not with Colin Fletcher's newest The Complete Walker. Subtitled "The joys and techniques of hiking and backpacking", it discusses the "House on your back" and your use of it in informative and complete detail.

PROFILES IN MOUNTAIN HISTORY, NO. 3: BALDY'S GUARDS OF HONOR - THE PEAKS AROUND SAN ANTONIO

Projecting outward from Baldy's massive buttress are four elongated arêtes. Rising from these long, sinuous spines and their subsidiary ridges are a baker's dozen of summits, 13 proud sentinels defending Old Baldy's stark virtue. None of these thirteen are as rich in mountain lore as the great peak they guard. Still, each has a tale to tell regarding the derivation of its name.

IRON MOUNTAIN (7995'): This high point of the serrated spur extending westward from Baldy's twin summits, considered by many to be the toughest climb in the San Gabriels, was originally called Sheep Mountain by the early miners in San Gabriel Canyon. This was because large bands of Big Horn Sheep once roamed her steep flanks. The U. S. Geological Survey, which mapped the San Gabriels in the 1890's, ignored the local designation and bestowed the name Iron Mountain for the iron ore in her formation. In 1940 the Forest Service told Will Thrall that the name would be changed back to Sheep Mountain when new maps came out, but the change never occurred. In view of the iron-man requirements of the long ascent, most 100 Peakers are probably satisfied with the U.S.G.S. designation.

PINE MOUNTAIN (9642'): This northernmost of the twin peaks along the high spur leading north from Baldy was probably given its name for the heavy growth of conifers, mostly Jeffrey Pine and White Fir, which cover its slopes and summit.

MT. DAWSON (9551'): This southern summit of the twin peaks was named for R. W. Dawson, a prominent early settler of San Gabriel Canyon. Dawson came to the canyon in 1876 and tried his hand at mining. In 1890 he secured the water rights to Crystal Lake, but failed in an attempt to develop the water power when it was discovered that the lake was fed only by run-off, not by springs. In 1904 he took over the management of Coldbrook Camp (Squirrel Inn), the first and most popular of the North Fork resorts, operating it until about 1907. Dawson knew the mountains well and often hiked through them. Dawson Saddle between Throop and Lewis is also named for him.

THUNDER MOUNTAIN (8587'): This subsidiary summit between Baldy Notch and Telegraph Peak was unnamed for years. Then, in the early 1950's, two names were proposed almost simultaneously. The Sierra Club offered "Mt. Harwood", in honor of the late Aurelia Harwood, former president of the Club (Harwood Lodge is named for her). The Mt. Baldy Ski Lift Company, which constructed a chair lift on the peak in 1952, suggested the more dramatic "Thunder Mountain". This contest between skiers and conservationists was won by the former, the U. S. Board of Geographic Names deciding in favor of Thunder Mountain.

TELEGRAPH PEAK (9008'): The generally accepted story is that government surveyors in 1896 placed a heliograph on the summit and signalled to cohorts on Mt. Wilson, 22 bee-line miles away. An old San Antonio Canyon prospector told Will Thrall another story - Years ago, a murder was committed in a nearby canyon. A deputy spotted the killer escaping along the canyon rim and climbed the peak to signal the posse.

TIMBER MOUNTAIN (8303'): The Forest Service supplied this name to this minor, forested summit just north of Icehouse Saddle.

BIG HORN MOUNTAIN (8441'): Years ago Big Horn sheep were numerous in the eastern San Gabriels, roaming at will over and around the higher peaks. A few survivors can be occasionally observed today. This timbered rise near the north end of the Ontario Ridge was named in honor of these hardy dwellers of the lofty crags.

ONTARIO PEAK (8693'): This high point of the great Ontario Ridge was named for the horticultural colony established on part of the old Cucamonga Rancho by George and W. B. Chaffey in 1882. The Chaffeys, former residents of Canada, named the colony after their favorite Canadian province of Ontario.

SUGARLOAF PEAK (6924'): From lower San Antonio Canyon this subsidiary peak between the Ontario Ridge and Icehouse Canyon resembles a prolate hemispheroid in form, hence the name.

CUCAMONGA PEAK (8859'): This lofty summit, two miles east of Ontario Peak, guards the eastern terminus of the San Gabriel Range. It obtained its name from the great Rancho Cucamonga (established 1839) on the plain to the south, which in turn was named for the old Shoshone Indian rancheria of Kukil-Mongo. The word is a Shoshonean place name, the meaning of which is obscure. Anthropologists have come up with three different derivations: (1) sandy place, (2) place of many springs, and (3) lewd woman - from a legend that an indian chief sent his wayward daughter to live on the peak.

ETIWANDA PEAK (8662'): This bump on the ridge leading northeast from Cucamonga Peak was named after the agricultural colony established near Cucamonga Rancho in 1881 by George and W. B. Chaffey. The Chaffeys chose the name of an indian chief in the Lake Michigan region, a former friend of the Chaffey family.

LOOKOUT MOUNTAIN (6812'): From about 1914 until the late 1920's a fire lookout station surmounted this welt on the great Baldy south ridge. A good trail led to the summit and it was a popular hike from Camp Baldy. Later the lookout was moved to nearby Sunset Peak, and the trail fell into disrepair.

SUNSET PEAK (5796'): Years ago the old Sunset Trail went from Camp Baldy over the ridge to Browns Flat and San Dimas Canyon, passing just below the peak which apparently received its name from this old pathway. In the late 1920's the fire lookout was moved here from Lookout Mountain.

Next issue: Profile #4, The Peaks Above Crystal Lake - Islip to Baden-Powell

JOHN ROBINSON

When the staff pointed out that there was too much blank space at the bottom of this page, the editorial board was quick to agree. After extensive discussion covering most of the salient points relating to the space gap, the Board took unanimous action directing the editor to remedy the identified insufficiency.

So I have.

TEHACHAPI MOUNTAIN
DOUBLE MOUNTAIN

May 24

Leader: Dick Akawie
Asst: Carol Akawie

After meeting at 8:45 a.m. at the entrance to Tehachapi Mtn. Park, the group drove to Area 6 of the campground, which has an elevation of about 6000'. We left a few minutes after 9:00, going first by trail, then fire road, and then by jeep road and indistinct trail to the top of Tehachapi Mtn., which was reached a little after 11:00. Inasmuch as the scouting trip last October had gone off course on the way back from Tehachapi Mtn. to the campground, the two women who did not wish to go further were asked to wait there until we got back from Double Mtn. The group then proceeded cross country down the southwest side of Tehachapi Mtn. to the saddle between the two mountains and followed another dirt road to the top of Double Mtn., which was reached at 12:15; the register is on the west peak, while the radio station is on the east peak. After lunch we went back down the side of Double, up a jeep road to the top of the ridge on the east side of Tehachapi Mtn., and contoured around to the ridge on the north side of the peak. Those who had waited on top of Tehachapi Mtn. -- their number had grown to about a dozen because of latecomers -- then were joined to the main group.

The rapid descent brought us back to the cars between 3:45 and 4:00 p.m. Thirty-seven had climbed Double Mtn., and about 48 signed in on Tehachapi Mtn.

The route back from Tehachapi Mtn. is easily lost at present. It is important to stay on the ridge which goes due north, and a compass is essential. Three latecomers, who arrived on top of Double Mtn. just as we were ready to leave, were given directions for the route back. Yet they still got lost coming down from Tehachapi and did not arrive back at the campground (in a deputy sheriff's car) until 7:00 p.m. The driver also learned not to park downhill from the road on pine needles, as he had no traction when he tried to back uphill and managed to roll forward into a pine tree.

DICK AKAWIE

SOUTHERN SIERRA EXPLORATORY May 30, 31, June 1

The first two days of this trip went almost as planned, despite the slowly drying out roads. Chuckwalla was cancelled after checking with the owners of the mine who control the road approach. The road from Havilah to Lightner and Breckenridge is badly washed out, but these should be rescheduled. Harper is privately owned and no permission will be given.

We left the Jawbone Canyon dry camp at 8:00, caravanned up a wash about two miles, then made the steep 2000' climb of Cross Mtn. for a panoramic view of a new and colorful area. The 600' scree run down almost made us forget the trudge up. At 12:30 we caravanned some 10 miles to a saddle on Butterbread, and ascended a straight-forward ridge to the summit. From here one can see from Tehachapis to Olancho and from the Piutes out across the desert to the East. Thence up Kelso Valley and the Harris Grade road (much better than the Geringer Grade) to a peaceful forested campsite by an abandoned lumber mill a couple of miles South of the site of Claraville.

Saturday morning we climbed Sorell from camp. This is a lovely trail-less climb through a pine forest with a nice little summit block at the top with a spectacular view. (A rough and soft logging road crosses a shoulder close to the top, and I walked out this road some three miles to a point where Lew and I had turned back in a VW the previous week.) The group was overwhelmingly (18 to 1) in favor of adding this peak to the HPS list. We next drove to the start of the Piute Lookout road and hiked out to the end. Lew Hill carried a watermelon for the group to enjoy on top, and what a treat it was! If possible, this view is even more spectacular, particularly of the Kern basin; but unfortunately, except for a soft spot at the start and a couple of snow patches which will probably be gone in another week, the road is quite passable (in fact, much better than the main road). Here we met a man who had come up the road from Bodfish, a road that was still boggy and utterly impassable just one week before. So, after bagging Piute Mtn. (the highest point, but no view at all because of the trees), we went on to Saddle Springs campground. A few hardy souls got Bald Eagle before supper.

By this time most of the group had dispersed. Some went home early, and some planned further peak-bagging (Nichols, Onyx, or Pinyon) on their own. Seven of us finally found a nearby SPS peak none of us had done, so we drove up the Lamont Meadow road to Chimney Creek campground. Some hundred Sierra Club cars were already there for the scheduled car camp in that area. We seven climbed Sawtooth Peak to complete a very enjoyable and highly diversified weekend.

HOW BAILEY

SAMON PEAK, BIG PINE
WEST BIG PINE, MALDUCE

May 30, 31, June 1
Unscheduled

Leader: Ken Ferrell
Asst: Fred Bode, Sr.

This classical unscheduled hike in the Los Padres National Forest Primitive Area over the Memorial Day weekend was accomplished by ten hikers, Ken Ferrell; Ray, Heddy, and Peter Redheffer; Joe and Debbie Kazlowski; Don, Don Jr., and Dick McLellan; and Fred Bode Sr.

We met Friday morning at 7:00 a.m. at Highway 166 and Kirschenman Road and drove to the Reyes ranch via Foothill Road and Santa Barbara Canyon Road, as the road from Highway 33 was impassable. Mrs. Reyes and her son greeted us (by prearrangement) and, to our surprise and delight, offered to haul us up the winding and rising road, a total gain of about 2,600 feet. This was the break we needed to make all four peaks. It was an easy four to five mile hike to Chokecherry Springs, even with a heavy pack.

Samon Peak lived up to its infamous reputation. We had to fight brush most of the way. All made it except Fred who had made the climb in 1966. Everyone got back around 8:00 p.m.

We rose Saturday at 5:00 a.m. to tackle Big Pine and West Big Pine, an easy hike up and down the road past Almar Guard Station. We had lunch on West Big Pine. On the return hike we picked up our packs, which we had left at the Summit Ridge at 6,175 feet, and proceeded down the Madulce Trail. We left the packs this time at the intersection of the trail to the Madulce Guard Station. It took us about three hours to make the peak. The view from the top was magnificent.

We arrived back at the Madulce Guard Station campground at about 7:00. It had been a satisfying two days so far, since we had made all four peaks.

Sunday morning our irrepressible leader, Ken Ferrell, again blew reveille at 5:00 a.m., so that we could have an early start down the Santa Barbara Canyon Jeep Trail to Willow campground. The stream had done considerable damage and the trail was wiped out time and time again. At Willow campground we had lunch around noon and shortly broke up for the trip out.

The weather was excellent during the three day hike, warm but not hot, and nights just right. This was a very gratifying hike and much credit for the success of the trip was due to our foresighted and considerate leader.

FRED A. BODE, SR.

FOLLY, SAN JACINTO,
JEAN, MARION

June 14, 15

Leader: How Bailey
Asst: Vic Gleason

The hike up to Deer Springs Saturday morning turned out to be rather rough. The two largest stream crossings were negotiated all right, but the slow pace caught up with us and it got dark at just about the place where washouts, snow patches and fallen trees pretty well obliterated the trail. Ken Ferrell was volunteered to lead one group - cross-country over a route he had never seen - directly up to the campsite, and I brought the remainder in at 10:30. Four and one-half hours to climb 2400 ft.! Several people were late starting, and four never did find the camp -- though they found us in the morning. I was a most discouraged leader that night.

However, a good night's sleep and a little judicious weeding-out enabled the rest of the trip to go as planned after all. We left at 7:30 for Little Round Valley, and then made a direct ascent to Folly. The sky was overcast and it was already stormy over the desert, but we had no trouble all day. The rocks up to San Jacinto were mostly bare, so we arrived about 11:00. There we met Lew Hill and a contingent from the San Diego chapter. Some of our group went back down to Little Round Valley and returned by trail. Twelve of us continued on to Jean for lunch and then Marion. The snow added quite a lot to the effort required on this traverse. Under trees the surface was continually up and down some 3-6 feet, and in the open it was sun-cupped. The third-class summit provided a fitting climax and everyone was quite happy -- probably just because now it was all downhill. In addition, it was Joyce Davis' 100th, duly celebrated (on Folly, to save weight!). The route to Deer Springs from Marion is direct, with lots of glissading. Below camp, with packs now, we got to see what we had missed the night before, and we actually lucked out with an additional shortcut and reached the cars by 6:00.

It was a varied and very full 24 hours, somewhat more strenuous than planned because of the snow, but enjoyable nevertheless. This is the most Sierra-like area in Southern California and it deserves to be better known.

HOW BAILEY

SPECIAL REPORT -- SALT

Lookout editor, Jerry Russom, recently asked each H.P.S. 200 peak emblem holder for an opinion on the proper use of salt while hiking. Fourteen of the total twenty-five answered. Each reply was thoughtful and cogent; several included photocopies of appropriate reference material. Respondents were Sam Fink, Bob Hawthorne, Phil Martin, Harry Melts, Dick Akawie for himself, Shirley and Carol, Fred Bode, Sr., Larry Salmon, Dave McGlone, Ken Ferrell, Forrest Keck for himself and Mary, and Bob Herlihy. This article is an informal compilation of those responses, with the addition, at the request of the editor, of some related medical considerations.

The replies covered the complete opinion spectrum. One respondent uses salt in tablet form "when I have been perspiring quite a bit" and also takes one or two tablets "with lots of water" when he experiences a muscle cramp. Another reports "I have used salt tablets ... in hot weather." A third writes that he takes salt tablets only after he has experienced a cramp "which occurs very seldom." Four, on the other hand, are not in favor of supplemental salt intake. One of these, interestingly enough, feels that salt, as such, is never needed by the body and that the requisite amounts of sodium and chlorine can be supplied from "unsalted" foodstuffs. Somewhere in between are the remaining seven, one of whom "formerly" used salt tablets and six who mention efforts to increase the salt content of food while on expeditions. A reasonable summary would seem to be that three have some interest in supplementation by way of salt tablets, six add additional salt to their food, one is equivocal, three are more or less opposed to salt reinforcement, and one has a strong aversion to the use of "salt" for any purpose.

There is wide agreement on the matter of water intake. At least eight stress the need for copious amounts of water. One suggests "I think that the water washing down a salt pill does more good than the salt pill," and another writes "drink all the water you can possibly hold before starting out." Most intriguing was one who felt his hiking success was "due to the fact that I am a good beer drinker and consequently capable of great liquid intake."

It is proper to assume, in spite of the diversity of opinion as regards supplemental salt, that each reply is correct. Correct, that is, for each particular individual, taking into account difference in physique, degree of fitness, customary type of hike and style of hiking, dietary habits, usual water intake, climate and other variables. By the time one has climbed more than two hundred peaks he has found what is "right" for him. For those who are as yet undecided on the "salt question" and who would like to resolve it without two hundred peaks worth of experience, a few basic observations are offered.

For its proper function the human body needs many things, including air, water, food, some shelter, trees, streams, rocks, places to hike and electrolytes. The least interesting of these must be electrolytes. They are chemical compounds of rather unromantic origin but their presence is absolutely essential for life. They are used by the body for a number of vital tasks, sometimes in their original form as compounds like sodium chloride, potassium chloride, sodium bicarbonate, and others; sometimes they are broken apart into ions such as sodium or potassium or bicarbonate, or chloride to function as ions or to be reassembled in other combinations. They are easy to come by since they are present in most foods, but the body does not have a very good reserve supply. When electrolytes are lost in quantity they must be replaced promptly otherwise there will be disruption of body processes.

While all electrolytes are essential, this discussion will deal with one of the most important to hikers, sodium and its replacement by sodium chloride, the same sodium chloride we use as table salt. Potassium, of at least equal consequence, belongs to a separate discussion. Most hikers know that sodium lack may be one cause of muscle cramps but do not always remember that sodium imbalance can also bring about more serious problems, such as nausea, mental confusion, extreme weakness, or collapse. It would be interesting to know how many of the wrong directional choices made in the late stages of a hike occur because of disturbed thought processes brought about by electrolyte imbalance or dehydration.

The art of salt and water balance is facilitated if one keeps several principles in mind. First, it is necessary to remember that abundant water intake places no special burden upon a hiker, since the kidneys can and do easily dispose of any truly unneeded water. A shortage of water, however, can lead to serious problems and can make electrolyte balance difficult to maintain. Second, one must remember that an excess of sodium can be as distressing as a shortage, and an even slightly dehydrated body finds difficulty in disposing of unwanted sodium. Sodium replacement should be undertaken only when there is clear need for it and only in the presence of an adequate water intake.

To know when fluid loss should be replaced with plain water and when it should be replaced with a salt and water combination, one must appreciate the differences between the three common methods of fluid loss. 1) Loss by respiration: Inhaled air is usually rather dry, exhaled air is saturated with water vapor. Each breath, except when inhaled air is very moist, "gives away" some water and the loss may amount to several liters (a liter approximately equals a quart) in the course of a vigorous hike in dry air. Water thus lost does not contain salt. It should be replaced with plain water. 2) Loss by perspiration: To prevent overheating, the body must constantly rid itself of heat generated by its motors (muscles). When the outside temperature is above 27°C (80°F), the body must use evaporation of water from the body surface (perspiration) to supplement its other methods of cooling. Perspiration does contain salt. The salt content varies somewhat with the physical fitness of the hiker but seldom exceeds 3 or 4 grams of salt per liter of perspiration. A vigorous hike in hot weather may cost the hiker more than one liter of perspiration per hour, necessitating the replacement of both salt and water. 3) Loss through the kidneys: This loss is of minor consequence since the kidneys guard or regulate the water and salt balance and will generally not pass either water or salt unless it is in excess. The wise hiker will drink sufficient water so that he urinates on a fairly regular basis since this tells him that he is not risking dehydration. Unusually long periods without urination suggest that the water intake has been insufficient.

These principles lead us to conclude that the experienced hiker will take large quantities of water, since this gives the body some latitude to establish fluid balance, and will take supplemental salt in moderate amounts only when he is subjected to excessive and prolonged perspiration. Supplemental salt should only be taken with a sufficiency of water. A safe and generally accepted proportion would contain one gram of salt per liter of water (roughly one teaspoonful of salt per gallon of water). Interest has been expressed recently in several commercially available electrolyte replacement solutions, supposedly used in great quantities by athletes. In theory, these have value, but should be used with caution until a hiker determines their suitability in his particular case. More about them, perhaps, in a future edition of the Lookout.

It is important to remember that vomiting or diarrhea can cause drastic loss of salt and water, that obesity interferes with fluid balance, that kidney and heart disease present special hazards, as do some of the drugs currently in use for the treatment of hypertension. These problems require the special advice of one's physician. For healthy hikers, however, a bit of trial and error, keeping in mind the principles here outlined, will allow the establishment of a personalized method of maintaining good fluid-salt balance, possibly even before the two hundredth peak.

BOB LOVELAND

In the last issue of the LOOKOUT, John Robinson in his profile on Baldy asked "who holds the 100 Peak Section record for most Baldy ascents?" By return mail, HPS emblem holder Don McGeein reports 51 such climbs since 1929.

The committee for next year's HPS banquet is patella deep in preliminary arrangements. Chairman Lew Hill has reported that there will be a need for selected slides which have one or more of the following characteristics as related to the HPS and its activities: Historical, uniqueness, personality, beauty, humor, or technical excellence. Each slide offered should be annotated with who, what, where, and the name of the owner for eventual return. It is conceivable that a sequence of two or three slides might be necessary for adequate treatment of a subject. Send to Lew at Box 441, North Hollywood 91603.

The LOOKOUT needs five willing hands from 9-11 a.m. on both September 20 and November 22 (Saturday morning). Its coalition and preparation for mailing takes 1 x 10 hours or better 5 x 2 hours. If you are possibly available on either date, please notify the editor in writing, including your home phone and a check will be made just prior to the date. Downtown L. A., no traffic on Saturday, parking, and breakfast included.

A FELLOW MEMBER IN TROUBLE

FOR SALE: Iowa Grosse Zinne boots, size 9W. About 15 miles of wear. My lousy feet just won't fit these great boots. My cost: \$38.00. Your cost: \$23.00. John Linden (213) 341-1999.

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ARTICLES AND LETTERS - This publication is the official NEWSLETTER of the HPS and as such welcomes articles and letters pertaining to the activities of the Section. Typewritten, double-spaced copy should be sent to the Editor prior to the 15th of odd-numbered months.

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