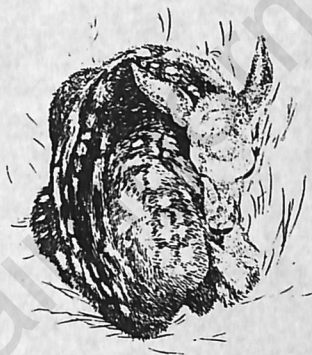


additional dry clothing. Body to body contact can minimise further heat loss. Give him hot drinks and food for heat and energy, and observe him closely for further signs and symptoms. Any injured person should be evacuated off the hill and to hospital as soon as possible, but bear in mind that expert help may be required to move him. Mountain Rescue teams are alert to the probability of hypothermia in all casualties, and have various means of re-warming them.

This article is based on research by Stephen Gauld, and advice and information from Alister MacDonald and Mario di Maio.



Burns Supper at Muir, 1995

FIONA CAMERON'S reply to the toast to the lasses.

Our love is like a great Munro that's newly climbed in June
Our love is like a break in mist - that navigator's boon
So once a year we gather here to celebrate such thrills
And toast the lads who share our love of Burns - and glens and hills.

Our love is like a stormy cloud that parts to show the moon
Our love is like a foaming pint that never comes too soon
So once a year we gather here to raise the drinking cup
To all those lads who share our feast, then do the washing up!