

### How to Open a Pack Of Smokes in the Tropics

The climate in the tropics may cause trouble for the aficionados of smoking. The cheap local brand is often packaged into a so-called soft pack, which gets easily brittle in the high humidity of the jungle, turning those all-important nerve-soothing puffs to useless wet pap that fills up your breast pocket. Catastrophe is avoidable by opening the pack in a correct manner. This technique was taught to us by a Cambodian fisherman:

- 1 Buy a pack of cigarettes, but do not remove the foil wrap.
- 2 Turn the pack upside down and place your lighter underneath, in a state of readiness. Carefully melt the foil just so that you can open the pack.
- 3 Open the wrap. Do not tear or throw away the foil.
- 4 Enjoy the cool smoking satisfaction.
- 5 Re-fold the wrap around the pack to protect the payload.

### Getting Rid of the Guinea Worm

Guinea worm or Medina worm is one of the most repulsive spectacles in the animal kingdom. Small parasite known as *Dracunculus medinensis* is contracted when a person drinks stagnant water contaminated with the larvae of the Guinea worm, causing a condition known as Dracunculiasis.

*Dracunculus medinensis* mates in the tissue of abdominal area. Females travel inside the human body to lower limbs, where they exit through the skin after a year or so. After fever, diarrhea, vomiting and asthma attacks a painful abscess is formed on the foot. Eventually it bursts open, revealing the head of the worm in the wound. That's when the beast should be captured, so it can't return inside the host.

Medina worm can be extracted by surgery, but it's important to get it out completely. Broken worm causes inflammation, boils and gangrene. Centuries old trick is to roll the worm around a stick. This method takes time and patience as the dracunculus is slowly inched from the host and around the stick. It takes weeks, even months as some of the worms may be as long as 40 inches.

If you do not have a doctor handy when the worm decides to come out, follow these instructions.

- 1 Carefully pull the worm out of the wound and start rolling it around a stick. Repeat the procedure a couple of times per day.
- 2 Attach the stick to your leg with a string, so the worm won't be able to crawl back inside you.
- 3 The worm must be extracted as a whole and it mustn't break to avoid painful infection. Take your time as you make the worm turn.