

### Nipperts welcome second child

Alan and Janet Nippert of Portland welcomed the birth of their second child last week. Nicole, age 2. Grandparents are Hal and Pat Nippert of Boring and Lee and Esther Huber of Portland. Great-grandparents are Svea Carlson of Sandy and Viola Nippert of Erick, Okla. Nathan Alan Nippert was born June 6. He weighed 8 pounds, 8 ounces at birth and was 22 inches long. Nathan joins a sister, Milligan is a ground equip-

### Milligan promoted to airman

Mark M. Milligan of Suncook, N.H., has been promoted to the rank of senior airman in the U.S. Air Force. He is the husband of Chriss Milligan. ment mechanic with the 20th Field Maintenance Squadron at RAF Upper Heyford in England.

### Risner graduates with honors

Sheila Risner of Sandy graduated recently from Linfield College with cum laude honors. She lives on Shadtree Lane in Sandy. She earned a grade point average of between 3.56 and 3.79 for the cum laude distinction. She is a language major at the McMinnville School.

### The Doctor says:

## Diagnosing illness a problem for families

Someone in your family is sick or injured. When does it become serious enough to call the doctor?

That is a question which faces every family or individual sooner or later. And there is no pat answer. If the problem is a real emergency, such as a broken bone, severe bleeding, possible heart attack or stroke, diabetic coma, or severe abdominal pain, the victim should be taken to the hospital, preferably in an ambulance attended by paramedics.

If you're unsure of the victim's condition and the symptoms include pain, vomiting, diarrhea, difficulty in breathing or high fever, call the doctor, regardless of the hour. If the illness or injury is not severe, call during office hours.

If you must call the doctor at home, do not wait until late at night unless the victim's condition suddenly worsens.

It is very helpful when calling the doctor to be prepared to give specific information on symptoms, including temperature, pulse rate, number of loose, watery stools, location of pain and age of victim.

If there is severe head, neck or back injury, allergic shock, drug overdose, or unconsciousness, call an ambulance and head for the hospital. Most communities today have an ambulance service and many are manned by paramedics trained to stabilize the victim before transporting. Paramedics should not be called, however, for minor illnesses or injuries such as sprained ankles, minor cuts or colds.

There is no one who can say what constitutes an emergency for another person. If you will feel relieved by going to the hospital emergency room, you should go. Call ahead and tell them you are coming and the nature of the emergency.

Emergency room treatment is generally more expensive than medical treatment in a doctor's office. Most hospitals will process insurance forms and many today will accept major credit cards.

Another difficult decision is diagnosing the nature of an upset stomach.

All of us have gotten sick at some time or another and the likely cause is simply an upset stomach. But sometimes vomiting is a sign of a more serious illness, according to the American Medical Association.

Vomiting is common with virus infections such as a cold

or the flu. It is also associated with overeating, too much alcohol and emotional upsets.

Vomiting may be present with more serious conditions, such as appendicitis, bowel obstruction, asthma, animal bites, allergic reactions to insect stings, spider bites, marine life bites, snake bite, scorpion stings, withdrawal from drugs, heart attack, heat exhaustion, shock due to injury, diabetic coma, food poisoning and head injuries.

Any vomiting that is severe or lasts longer than a day or two needs medical attention.

Dehydration or chemical imbalance can occur. This is especially true in infants, the elderly or chronically ill persons.

Treat simple vomiting with replacement of lost fluids by frequent sipping of liquids, such as carbonated beverages, tea, juice and bouillon. Avoid solid food for a day or two.

Vomiting is common in children and infants. In newborn and infants, spitting up food after eating is common and not the same as vomiting. It is usually not serious, but care should be taken to avoid choking.

The above medical advice comes from Frank Chappell of the American Medical Association.

## SUMMER'S FINEST FRUITS AND VEGETABLES

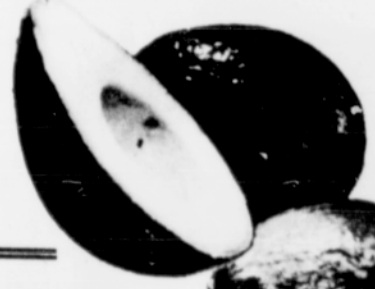


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