

Former Sandy woman named to committee

A former Sandy resident has been named to the Oregon Committee for Humanities (OCH) by Gov. Vic Atiyeh.

Elaine F. Furumoto of Oregon City was appointed to a four-year term on the committee. It is part of the federally-funded state programs of the National Endowment for Humanities.

Duties of the committee include making grants to non-profit organizations and carrying out programs for public benefit which further

understanding of the humanities.

The committee's goal is to "bring humanities and scholars together with local residents."

Furumoto was a VISTA volunteer from 1966-68 with the Valley Migrant League, working with migrant farm workers in Sandy.

She graduated from Pasadena City College in 1958 and also studied at Clackamas Community College and Portland State University.

Commissioners name traffic safety members

The Clackamas County Board of Commissioners has appointed two new members to the Clackamas County Traffic Safety Commission.

Barbara Hartfiel and Bob Brunelle were assigned to serve out the unexpired terms of two members who recently resigned from the commission. They will serve

until Aug. 1, 1982.

The commission is comprised of volunteers from the county who are concerned with safety on the streets and highways of Clackamas County.

Persons wishing to become future commission members should contact traffic safety director Patsy Faulkner at 655-8560.

The Doctor Says

Summer fun increases heatstroke

With the return of hot summer days and vigorous outdoor activity comes the danger of sunstroke and heat exhaustion.

Sunstroke, or heatstroke, is a life-threatening emergency, according to members of the American Medical Association.

It is a disturbance in the body's heat-regulating system caused by extremely high body temperature due to exposure to heat. The body temperature can be 106 degrees or higher. The skin is red, hot and dry and there is no sweating. Pulse is rapid and strong. The sufferer may be confused or lose consciousness.

If the body temperature is 105 or higher, undress the victim and put him into a tub of cold water (not iced). If no tub is near, spray the victim with a hose or sponge the bare skin with cool water or rubbing alcohol. Cold packs may also be applied.

Continue until the temperature drops to 101 or 102 degrees, checking constantly to avoid overchilling. Get medical help promptly. Do not give alcoholic beverage or stimulants, such as coffee or tea.

Heat exhaustion can occur after prolonged exposure to high temperature and high humidity. This can occur indoors as well as out. Body temperature may be normal or only slightly elevated, but the skin is pale and clammy and there is heavy sweating. The victim is tired and weak, dizzy and has a headache. Nausea, stomach cramps and fainting may also occur.

Move the victim into the shade or a cooler area. Have him lie down and raise the feet eight to 12 inches. Loosen clothing and place cool, wet cloths on the forehead and body. Use an electric fan or, if possible, move the victim into an air-conditioned room.

If the victim is not vomiting, give him clear juice or sips of cool salt water (one teaspoon of salt per glass). Give half a glass of liquid every 15 minutes for one hour. Discontinue if vomiting begins.

Another common summer problem is rash.

Most of us have broken out in a rash at one time or another an usually it isn't

serious. But sometimes a rash is a sign of something more threatening.

A rash may stem from allergic reactions, fever, heat or infectious diseases. Medical attention is required if blue, purple or blood-red spots appear. These may mean bleeding under the skin.

If there is pus or red streaks, or if itching is severe, call the doctor.

Heat rash is common in the summer. Treatment consists of staying inside out of the heat. Dusting powders and soothing lotions help the itching. Wear light, dry and loose clothing in warm weather. The heat rash usually disappears in a cool environment.

Hives are an allergic reaction to something. These involve bumpy, irregular swellings that sting, burn and itch. Animal hairs, feathers, plants, fabric dyes and viral infections may cause hives. Food is the most common offender. The best treatment is simply to avoid the offending substance.

A skin reaction sometimes appears with almost any medication. Most often, the

rash stems from the use of powerful drugs, such as barbiturates, tranquilizers or antibiotics. Usually, the rash disappears when the medication is discontinued.

Contact with plants can also cause rashes. The most common offenders are poison oak, poison ivy and poison sumac.

Many infectious diseases cause rashes. Among these are chickenpox, German measles, Rocky Mountain spotted fever, scarlet fever, certain forms of meningitis and infant measles.

Infants often have rashes. Diaper rash is not dangerous, but can cause a lot of discomfort. Diaper rash stems from a burn when the urine stays on the skin for prolonged periods and breaks down into ammonia.

Careful cleansing and drying, coupled with very absorbent, dry diapers changed frequently, helps prevent diaper rash.

The above medical tips come from Frank Chappel of the American Medical Association. The Post will frequently run medical advice from reliable sources.

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