

Symptoms, Treatment of Sun Stroke, Heat Prostration Told by State Board

The Oregon State Board of Health this week cautioned Oregonians to be alert to the possibilities of sun stroke or heat prostration from over-exertion. With the advent of hot sunny days, many people will be adversely affected by both conditions, Dr. Richard H. Wilcox, state health officer, indicated.

Although the two conditions frequently are thought to be the same, they require different methods of handling. Sun stroke symptoms include a very red face, hot dry skin, no perspiration, labored breathing or sighing, a full and rapid pulse, high temperature and possible muscle spasms.

Griffins Attend Weekend Reunion Events in Parma

APPLE VALLEY—Mr. and Mrs. George Griffin attended the 1943 Parma high school class reunion banquet held Saturday evening at the Masonic hall. On Sunday they attended a family picnic held in the city park.

Mr. and Mrs. Gene Honey were Friday evening dinner guests of Mrs. Maude Atteberry at Weiser and then all attended the night rodeo in that city.

Harry Ray returned home last week after a two-week visit with his son, Mr. and Mrs. Harry (Nick) Ray and family in Seattle. He also visited with other relatives at Sedro Wooley and Hood Canal, Wash.

Mrs. Vera Springen spent July 6 at Boise viewing the Centennial parade and pageant. On July 7 she visited with friends in Meridian and Dry Creek.

Purchase Home in Fruitland

Mr. and Mrs. Cliff Brown and family have purchased a new home in Fruitland and are in the process of moving. Mr. and Mrs. Don Brown of Parma have rented the Cliff Brown home and are now moving into it.

Miss Ruth Weed was a Thursday evening visitor in the Waldo Smalley home. She left early Saturday for her home in Rock Island, Ill.

Mr. and Mrs. Jack Wilson and family visited Sunday afternoon with Mr. and Mrs. Duane Fuller and family in Boise and also with Mr. and Mrs. John Miller and family in Melba. Vickie and Susan Miller returned home with them for a visit of several days.

Mr. and Mrs. Harry (Nick) Ray and children of Seattle are visiting his parents, Mr. and Mrs. Harry Ray, Sr.

Mr. and Mrs. Monte Leveaux were Sunday dinner guests of Mr. and Mrs. Steve Heinman of Boise and also attended the air show at Gowen Field.

Nichols Have New Son

Mr. and Mrs. Oscar Nichols are grandparents of a new boy born July 10 to their son and daughter-in-law, Mr. and Mrs. Albert Nichols of Nu Acres. The baby weighed 8½ pounds and was named Scott Allen.

Mr. and Mrs. David Thatcher and three sons of Grand Junction, Colo., Mr. and Mrs. David Thomas and three children of Deer Lodge, Mont., Mr. and Mrs. Buster Ray and son of Roundup,

Heat exhaustion, on the other hand, usually produces muscular weakness, dizziness, nausea, an uncertain or staggering gait, pale face, profuse perspiration, weak pulse, shallow breathing and the victim may become cold even though the air is warmer than body heat, Dr. Wilcox explained.

Treatment for Sun Stroke

Sun stroke victims should be moved to a cool place immediately and a physician should be called. The patient's clothing should be loosened, the body cooled and brisk rubbing should be started to stimulate circulation. Avoid ice packs or baths because they constrict surface blood vessels.

In the case of heat exhaustion, the patient should lie down in an area with good air circulation and be given a moderate amount of covering. A level half-teaspoonful of salt in about one-third glass of water may be given repeatedly until as much as a level tablespoon of salt has been taken. Stimulants such as warm coffee or tea may be given and external heat may be needed in severe cases. A physician should always be consulted, Dr. Wilcox emphasized.

Sun stroke and heat exhaustion can strike anyone, although serious cases occur most often among alcoholics, young children, elderly people, overweight persons and those suffering from some chronic illness, the doctor concluded.

Newspaper advertising is printed salesmanship that brings to consumers news of products.

Mont., and Tom Ray of Hamilton, Mont., left recently for their homes. They had been house guests of Mr. and Mrs. Harry Ray since July 4.

Mr. and Mrs. Jack Moran and Suzanne returned last Thursday from a week's camping trip on the Little Salmon, Boulder and Warren streams. While in McCall they visited Mr. and Mrs. John Hillberg and also stopped in Council at the home of Mr. and Mrs. Frank Lasher. Suzanne is visiting this week with the Lasher family.

Mr. and Mrs. Dwight Seward, Mr. and Mrs. Kenneth Saunders attended a barbecue held for members of Golden Hour chapter of the Nazarene church. The picnic was held last Thursday evening at the Jim Langley home in Nyssa.

McPartlands Return From Eastern States

Returning July 14 from a 25-day trip to New York City and Washington, D.C., were Mr. and Mrs. Walter McPartland, Kathleen, Linda and Pam.

McPartland, vice president of the Oregon State School Activities association, attended the national meeting at Lake Placid, N.Y.

The family spent July 3 at Gettysburg, celebrating the centennial of the battle there.

In Washington, D.C., July 4 the McPartlands saw Mr. and Mrs. Charles Quinowski and former resident Mrs. Dennis Patch. Quinowski, a Nyssa teacher, is attending school in the capital city.

The McPartlands attended the July 4 program and fireworks display at the Washington monument.

A visit with relatives in Oklahoma, Iowa and South Dakota and former Nyssans, the Hugh Toblers of Virginia, were highlights of the trip.

The family visited Mt. Vernon and other historical sites along the way.

VISITS GRANDPARENTS

Sherrie Lee Steinke of Vale is visiting this week with her grandmother, Mrs. Verda Steinke. She is also visiting her maternal grandparents, Mr. and Mrs. Tom Weeks and other relatives.

SON VISITS PENRODS

Mr. and Mrs. John Penrod of Pocatello spent the weekend with the Paul Penrods. They took home their sons, John and Sam, who had been visiting the past month with their grandparents, the Paul Penrods.

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THE NEW DICTIONARY WILL LIST MANY MORE.



VETERANS SLATE PICNIC

Buddies and Sisters of Malheur Barracks No. 352 will hold a picnic Sunday, July 21, at 1:30 p.m. at the H. O. Hopkins residence, 113 North Third street, Nyssa.

All World War I wives and widows are invited. Those attending are asked to take a covered dish and own table service.

HOOPERS ATTEND AIR SHOW

While attending the Boise air show Sunday, Mr. and Mrs. D. W. Hooper lunched with Mr. and Mrs. Blaine Hooper and girls.

Mrs. J. L. Herriman spent last month with her sister, Mrs. M. S. Ayres of Cupertino, Calif. She returned July 10.

DANCE SET AT EAGLES HALL

The Rhythm Rounders from Boise are scheduled to play for dancing Saturday evening at the Nyssa Eagles hall. Special prices will be offered during the cocktail hour from 9 to 10 and a jackpot drawing will be held.

COOKED FOOD SALE SLATED

Ladies of the Fulton circle of the local Methodist church will hold a cooked food sale slated to begin at 1 p.m. Tuesday, July 23, at the Idaho Power company office at 210 Main street in Nyssa.

TIBBETS COUPLE FETED AT SURPRISE PATIO PARTY

Mr. and Mrs. L. E. (Bud) Tibbets were guests of honor at a surprise patio party Saturday evening at the home of Mr. and Mrs. Mark Hartley. Menu items for the buffet dinner were furnished by couples attending.

Guests included the Art Bosselmans, Gene DeMincks, Bob Elliotts, Duane Holcombs, Rodney Holcombs, David Sarazins and Richard Wilsons. Mr. and Mrs. Duane Holcomb assisted with the arrangements for the evening.

The honorees are leaving soon to make their home in The Dalles.

GRADUATING CLASS OF 1958 HOLDS FIVE-YEAR REUNION

Twenty-seven members of Nyssa high school graduating class of 1958 met Saturday for their five-year reunion at Nyssa south park. Also present were their husbands and/or wives and children.

The gathering began with a picnic dinner served at noon in the park. Water skiing on Owyhee reservoir and bowling concluded the day's activities. This was the first reunion for the former students.

Nyssa Area Residents Attend Boise Air Show

Among Nyssa area residents attending the Centennial Air show at Gowen Field in Boise July 14 were the Dudley Kurtzes, Robert C. Smiths, Walter Cannons, Dr. John Olsens, Max Urrys and Norbert Sarazins.

Dr. John Longs, Mrs. Lyda Kohl, Mrs. Angie Cook, Percy Cappers, Bob Loves, Ed Pruyns, Speed Porters, Tammy Bybee, Don Weavers, W. E. Kouns, Desmond Joneses, Ferrell Joneses, Merle Lewises, Andy Andersons and Everett Heldt.

Earl Bostons, Gene Honeyes, Mrs. Helen Butler, C. B. Hill and Karma Kesler.

The Ted Morgans flew over. Mr. and Mrs. Eugene Orr and family went to the show with his parents, Mr. and Mrs. Walton Orr of Parma.

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