

HEALTH TIPS

Frostbite usually can be prevented

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Science News Editor
American Medical Association

Frostbite is a serious health hazard of North American winters. And most of the time it could have been prevented.

Frostbite is more of a problem in the northern states, but even in much of the South there are occasional nights cold enough to freeze unprotected flesh.

Frostbite can be very painful, resulting in amputations. It can leave the victim hypersensitive to cold for the rest of his life.

In some ways the damage of frostbite is similar to a burn. First degree frostbite, like sunburn, is an injury to the surface skin. It is likely to strike ears, toes, fingers, cheeks or nose.

Second degree frostbite produces blisters, as in second degree burns. In third degree frostbite, the damage is deep and much of the frozen part may be lost.

The American Medical Association points out that

prevention is the best possible protection against frostbite.

Prevention means being properly dressed in warm clothing, waterproof shoes, and heavy, dry socks, with good covering for head and ears. Keep clothing dry and avoid tight clothing or garters that may restrict circulation.

Motorists traveling across country in subfreezing weather are advised to have heavy clothing and shoes in the car, in the event of a breakdown and a necessary hike for help.

First signs of frostbite are a "pins and needles" prickly feeling, and then numbness. The affected part will turn white or grey and later red.

First aid possibilities are limited. Thawing of the tissue as soon as possible is the first consideration. This can best be accomplished by getting indoors into a warm room.

Use warm water, not too hot. Treat the frozen part gently and do not rub or massage it.

The old technique of rubbing snow or ice water on the frozen spot does more harm than good, by delaying thawing.

Easter Star chapter meets in Decker

Decker Chapter No. 438, Order of the Eastern Star, held its regular meeting Dec. 9 by special dispensation, with Worthy Matron Judith Hudson presiding.

Special guest, Shirley House, Grand Committee member of the Grand Chapter Order of the Eastern Star of Michigan, was present, bringing a message of faith and greetings from the Cook-Royer Grand Family. Blanche Schave, her traveling companion, of Ubyly, was in attendance.

Worthy Patron Terry Hudson announced the chapter's worthy matron has been elected treasurer of the Thumb association and will serve as president in four years.

Coming events include an invitation to Job's Family Christmas party in Marlette Dec. 17, an invitation to Job's installation in Marlette Jan. 3, 1981; initiation at Decker chapter's regular meeting Jan. 6 and a blood bank in Marlette Feb. 24, for which help is needed.

Leppek dies at 94 in California

Frank Leppek, 94, of Bakersfield, Calif., formerly of Huron county, died Dec. 7 at Bakersfield following a long illness.

He was born April 28, 1886, in Paris township, the son of Matthew and Susan Leppek.

Leppek and Clara Plevnia Mzyk were married Nov. 16, 1915, at St. Mary's Catholic church, Parisville. The couple farmed in Paris and Sigel townships until 1955, when they retired and moved to Bad Axe. They moved to Bakersfield in 1964.

Surviving are his wife; two sons, Ira Leppek, Bakersfield, and Chester Leppek, Harbor Beach; one daughter, Mrs. Clarence (Vivian) Rumpitz, Ubyly; one step-son, Tyrus Mzyk, Elkton; 19 grandchildren; 36 great-grandchildren, and one great-great-grandchild.

Services were held last Thursday at St. Mary's Catholic church, Parisville, Father Stanley Surman officiating.

Burial was in the church cemetery.

A rosary was recited Dec. 9 by St. Mary's Men's Club and last Wednesday by Father Surman at the Zinger Funeral Home, Ubyly.

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