

Thursday, June 29, 1989

## Heat, humidity make deadly duo

Official says body needs water boost to fight heat stroke, cramps

By Holly Beeson  
STAFF WRITER

Sweating can be unpleasant but, in hot and humid weather, it can save lives.

Dr. Clift Price, associate commissioner for the Texas Department of Health, said sweating is necessary for controlling increased body temperatures. Therefore replenishing the body's water supply is essential while exercising outside.

"If you're not used to exercising

in hot weather," he said, "body temperature will go up much higher and cause heat cramps mainly in the lower extremities."

Heat cramps can be cured by resting and drinking sufficient amounts of water.

A more serious condition is heat exhaustion, when 3 percent of body water is lost, Price said. Symptoms include dizziness, nausea and headache.

The most dangerous condition is heat stroke, when people lose the ability to control body temperature.

"When heat stroke occurs, body temperature can reach 106 or 107 degrees," he said. "This can cause sudden weakness, severe headache, loss of consciousness, brain damage and sometimes death."

People most susceptible to heat problems are young children and elderly people, Price said.

"Children's bodies aren't as capable of perspiring as easily as adults," he said. "Elderly people gradually lose their ability to sweat and dilate blood vessels."

"The elderly can get used to the

heat by gradually increasing the time they're outside in the heat, but it's probably best that they avoid going outside between 10 a.m. and 3 p.m. — the hottest part of the day."

Some drugs and health conditions can also affect heat loss, Price said. Tranquilizers, sedatives and diuretics (chemicals increasing urine flow) can all interfere with heat loss.

Heart disease, diabetes and other

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## Election set to fill seat left empty by Wright

AUSTIN (AP) — An Aug. 12 special election was set by Gov. Bill Clements Wednesday to fill the congressional seat being vacated by Jim Wright, who stepped down in the face of a House ethics committee investigation.

Clements set the date after receiving an official letter of resignation from Wright. The former House speaker's district encompasses most of Fort Worth and parts of Tarrant County.

"This is to notify you officially that I am resigning my seat in the United States House of Representatives for the 12th District of Texas, effective at the close of business Friday, June 30th, 1989," the letter states.

The brief missive also gives Wright's best wishes to Clements. A copy was sent by Wright to the U.S. House clerk, Donald K. Anderson.

There had been speculation that Wright would seek re-election to his seat, despite resigning as speaker, but Wright said Tuesday that he would leave Congress.

His announcement prompted Democrats to back a local attorney to replace Wright.

"You can be sure that Pete Geren is our candidate," said U.S. Rep. Mike Andrews of Houston, co-chairman of the Democratic Campaign Committee. "I can't think of a better person to take over for Jim Wright."

The main function of Andrews' organization is to help elect Democrats to Congress.

Geren, 37, ran Democratic Sen. Lloyd Bentsen's office from Houston, Austin and Dallas from 1985 to 1987. Last year, he served as finance chairman for Bentsen's re-election campaign.

"It looks like everything is starting to fall into place for Pete," Dennis Sheehan, Tarrant County Democratic Party chairman, told the Fort Worth Star-Telegram.

Sheehan said Democrats consider it essential to unite behind a single candidate.

"We've lost too many elections in the past because we were split as a party," he said.

The only other Democrat believed to be strongly considering running, former State District Judge Catherine Adamski, said she would make her decision by the end of this week.

The campaign could develop into a confrontation between Geren and Republican Dr. Bob Lanier, an allergist and television personality.

U.S. Sen. Phil Gramm has issued a strong recommendation for Lanier.

A subplot to a Geren-Lanier contest could be the resulting battle of influence between Gramm and Bentsen.

## NOW claims Clements' veto of two bills endangers sexual assault victims' rights

By Mia Moody  
STAFF WRITER

Members of the National Organization for Women are concerned that the rights of women might be jeopardized since bills that would make it easier for sexually assaulted and battered women to file charges against their attackers were struck down recently by Gov. Bill Clements.

Clements vetoed a bill that would have allowed a woman to file charges in a sexual assault case without taking a polygraph test, as the current law requires.

The other vetoed bill would have allowed a

battered woman to include as evidence past incidents concerning the offender when filing charges.

Mary Calk, legislative liaison for NOW, said one of the bills, passed by the 71st session of Congress, would have improved treatment of sexually assaulted women when they report an assault in Texas.

"Currently, sexually assaulted women are made to suffer twice by being forced to take polygraph tests in order to have their charges accepted," Calk said.

"When men file criminal charges, they are not required to take polygraph examinations, so why should women?"

Dr. Wendy Stock, an assistant psychology professor and faculty adviser for the Texas A&M chapter of NOW, said these bills are needed to protect women from unfair treatment.

"Polygraph tests are not held in high regard," Stock said. "They are not always accurate and they are not usually used in other cases, so why should women be made to suffer the assault twice by the use of a device that is highly questionable?"

Women are treated unfairly when they bring charges against repeated attackers for battering, Calk said.

"Currently when women bring charges against

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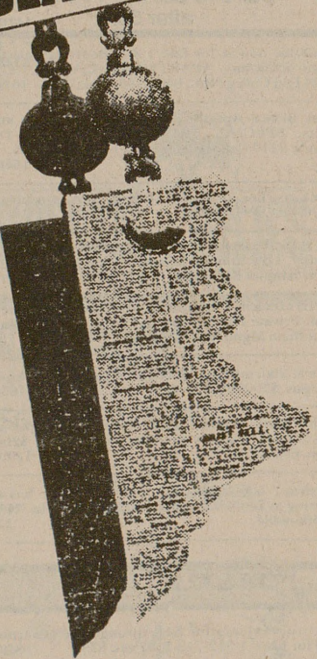
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