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By Rama Bennett, Nutritionist
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Nutrition and Nerves
"Be so nervous," is a common complaint made of mal-nourished children. This is one of the most noticeable and serious effects of under-nutrition. A child cannot grow a stable, well-developed nervous system on a faulty diet. Defects in diet are shown in nervousness and irritability as convincingly as lack of weight or growth in height. Nerve debility may also be shown in slowness, excessive sleepiness and body exhaustion.
A child grows the first six years of life, a skull which reaches adult circumference and a brain of almost adult weight. With his rapid growth comes marked instability of the whole nervous system. The essential food materials of a well rounded diet must be given a child at all times for normal nerves to grow. Nerves become frayed from stimulation if they do not have their needed covering of fat.
The irritable, misbehaved child acts no better than his nervous system permits him to act. He may have a less strong nervous system to begin with than the happy contented child. War days demonstrated that such unhappy children showed most convincingly

LOCAL NOTES
M. Randles visited friends in San Pedro Friday.
Mrs. E. D. Jensen of Torrance was a guest Tuesday of her mother, Mrs. Cary Logan.
Miss Melva Johnson, clerk at Lomita school is having an enforced vacation due to a sprained ankle.
Mrs. H. G. Randles and Mrs. G.

Picture Filmed Here Is Booked at the Lomita

"The Brute" and Other Feature Attractions Slated for Week

Lomita theatre patrons will see themselves in action next Sunday and Monday when "The Brute," filmed in the oil field here will be screened at the local picture house. In addition to being an interesting production here because of its local color, "The Brute" is an engaging picture from all standpoints and the management expects a large crowd at all performances. Persons who watched Monte Blue "doing his stuff" on location here will be delighted to see the finished product when it is thrown on the screen at the Lomita theatre.

Mary Roberts Rinehart's much heralded story, "What Happened to Father," may be seen on the screen at the Lomita theatre Thursday and Friday. Warner Oland, Florence Fairbanks, William Demarest, Vera Lewis, John Miljan, Cathleen Callahan, Hugh Allen and Jean Lefferty, compose the all star cast of the Warner Bros. production which was directed by John G. Adolf.

"What Happened to Father," is an uproarious comedy, depicting the foibles of a well-meaning, middle-aged gentleman backstage at a Broadway musical show.

"Winning the Futurity," a thrilling story of the race track, will be at the Lomita theatre Saturday. It is the screen version of the well known dramatic success by the same name. It is a Chadwick Pictures Corporation production under the personal supervision of Hunt Stromberg. Cullen Landis and Clara Horton are supported by a splendid company.

Sally Phipps, one of the most beautiful "finds" of the motion picture year, appears with Madge Bellamy in "Bertha, the Sewing Machine Girl." Fox Films feature which comes to the Lomita Theatre next Tuesday and Wednesday. The supporting cast includes Allan Simpson, J. Farrell MacDonald, Arthur Housman, Anita Garvin, Harry Bailey, Ethel Wales, Paul Nicholson and others.

This is a gripping drama of a young girl in New York, based upon the legitimate stage success by Theodore Kremer. The adaptation is by Ernest Maas and Irving Cummings. Continuity is by Gertrude Orr.

Australian Singer for Philharmonic Fan for Exercise

Florence Austral, the English dramatic soprano who will appear as soloist with the Philharmonic orchestra, during the coming season, believes in plenty of exercise. "I keep in good physical condition by plenty of walking and tennis," declares Miss Austral. "I also give very careful attention to my diet; I believe also that a singer should avoid smoking and all forms of alcohol. Another way to keep in good condition is to be careful about getting plenty of sleep; the minimum of sleep I think should be about seven hours and more if possible.

"Personally I think a singer or instrumentalist can train just as well in America as in Europe. There are so many splendid teachers in this country for all branches of the musical profession I see no reason why any of the younger musical aspirants should go abroad, except, of course, to get operative experience, and with the development of more opera companies in the United States even that will no longer be necessary."

This young artist was born in Melbourne, Australia, and following the precedent of great Australian singers established by Melba (who took her name from the Australian city) Miss Austral, whose name is Florence Mary Wilson, adopted the name of Florence Austral.

U. S. C. Offering Movie Technical Training Courses

Following the announcement of a new 4-year college course in Technical Training for the Motion Picture Industry at the University of Southern California, beginning with the current semester, President R. B. von KleinSmid announces that a number of courses are offered during evening hours at University College, S. C., centrally located in Los Angeles. The curriculum, which has been worked out in advisement with the Academy of Motion Picture Arts and Sciences of Hollywood, of which Douglas Fairbanks is president and Milton Sills is chairman of the committee on college affairs, covers three divisions, namely: "Science and Technique of Cinematography" including physics, chemistry, optics, photography, etc.; "Literature, Dramatics, Stagecraft and Criticism" including scenario writing, plot development and continuity writing; and "Artistic and Technical Aspects of the Motion Picture Industry" including decorative arts, history and architecture, history of ornament and architectural engineering.

The night courses offered at the University College especially meet the demand on the part of those already employed in the motion picture industry for opportunity to pursue serious study of the subjects pertaining to the many phases of cinema work, according to Dr. E. W. Tiens, dean of the Trojan evening division.

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THURSDAY and FRIDAY, OCT. 13-14 "What Happened to Father"
A story of a country popper on Broadway Also Comedy, "Present Arms" and News Reel

SATURDAY, OCT. 15 "Winning the Futurity"
Horses, Women, Fools and Their Money Also a Comedy, "Inventor" and FELIX Rests in Peace

SUNDAY and MONDAY, OCT. 16-17 Lomita's Oilfield Picture MONTE BLUE in "The Brute"
A Brave, Battlin' Melodrama Filmed in the Lomita-Torrance Oil Field Also Comedy, "A Sorority Mix-Up" and News Reel

TUESDAY and WEDNESDAY, OCT. 18-19 DOUBLE PICTURE BILL "Bertha, the Sewing Machine Girl" and Buffalo Bill, Jr. in "Har' Hittin' Hamilton" And a Big Comedy, "Nothing Doing"



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