

County Health Officer Offers Some Tips on Packing a Lunch

Many people believe that if they eat a good meal in the evening, it doesn't matter too much what they eat for lunch. This is an erroneous idea, according to Dr. Roy O. Gilbert, Los Angeles County Health Officer.

The energy that an adult or child has in the afternoon depends largely upon what he eats for his lunch. Research in nutrition has established the fact that we cannot make up for a poor meal. This is because the blood and tissues of our bodies must maintain a proper balance of vitamins, minerals, proteins, fats and sugars at all times.

Thus it can be understood that a packed lunch is as important as breakfast or dinner. Ideally, the packed lunch should supply one-third of all the health foods needed during the day, and it is therefore deserving of the same care devoted to planning and preparing other meals.

Liquids Missed
Liquid foods such as milk, fruit juices, and hot soups are too often overlooked in the packed lunch, despite the fact that they can be easily carried in jars or thermos bottles. Custards and other milk dishes as well as fruit preparations can also be securely packed. Hot soups, especially those containing milk, are of particular value during the cooler seasons of the year.

Raw vegetables and fruits are necessary in a well-balanced diet, and the packed lunch offers an excellent opportunity to use these foods.

Sandwiches, of course, are usually the foundation of the packed lunch. Wholewheat or enriched bread will help to supply minerals and vitamins. The protein requirements of the body are most easily taken care of in sandwich fillings. Meat, eggs, cheese, fish, and peanut butter can be used separately or they can be combined with pickles, celery, catsup, chopped vegetables, spices, fruits, and various other foods to provide variety.

Tips Given

Here are a few tips to the person who has to plan the packed lunch. Plan your lunch menus at the same time you plan other meals if you want to be sure that the day's diet is a balanced one. Plan to prepare some foods such as sandwich fillings, puddings, and fruit dishes the day before. Cream butter well before spreading and apply to both sides of bread to prevent soaking from the filling. Remember, foods with variety in flavor and color add more interest to the lunch and do much to prevent the monotony of preparing or eating the "same old lunch" every day.

Further information on the preparation of healthful and appetizing lunches may be obtained by sending a card of request to Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

Plumber Gets Lesson In Hospital Costs

The hospital cashier was having a bad time with the husband of a patient who was about to be released.

"This bill is terrible and I'm not going to pay it!" the irate spouse declared.

"How can you expect a working man like me to pay \$128 for three days of care? What do we need in Government-run hospitals?"

The man's wife had been brought into the hospital for an emergency appendectomy three days before. The bill, broken down, covered \$52.50 for the room for three days, \$80 for the surgery, \$10.50 for routine laboratory and \$5 for drugs, etc. The man did pay the bill finally—a little sheepish, after he was favored with a cool and friendly analysis of the charges and a comparison of them with his own economy.

No Complaint
The man was a plumber. He

was asked, first, if the services his wife had received were satisfactory, and he agreed that the meals were good, the linen was clean, the nurses were courteous, competent; the hospital was obviously carefully and effectively operated in every way. He had no complaint as to the prompt and competent treatment of the patient.

His change of mind resulted from the following discussion: "What would it cost the hospital," he was asked, "if you were to provide it with plumbing service over a continuous three-day period?"

"Plumbers' rates are \$22 for an eight-hour day," he replied. "What about the two night shifts?" he was asked.

"Those would be at double time. That would be \$44 each."

"So the cost for one day of consistent attendance by one plumber would be \$110."

"That's right. And for three days, it would be \$330."

"And that's for wages alone. It doesn't include material. It takes 2½ employees for every patient, or 5/6th of one person's efforts, around the clock, for your wife. In addition to this, the hospital supplied food, linen, medication, surgical equipment, laboratory services, telephone services, dressings and techniques and skills which are at least as specialized as those of a skilled trade such as yours. In addition, the hospital assumed a tremendous responsibility

for the safety of your wife. There was a pause. "Do you still think your bill is too high?"

He Understood
"For the first time," he said, "someone has taken the time to explain hospital charges to me in language I can understand."

"As gracefully as he could the husband went out and paid his bill.

"The incident inspired a somewhat further analysis of comparative hourly costs of hospitalization compared with going rates among skilled trades. An electrician's rate per hour is \$2.75, a machinist's \$2.41, a teamster's \$1.81, a laborer's \$1.70. An analysis made of 70,516 patients admitted to Bay area hospitals during 1951 represented 374,027 patient days, or 8,976,648 hospital hours. Total money paid by these 70,516 patients was \$10,403,042, a cost of \$1.11 per hour for all hospital services, including laboratory, surgery, etc. The prevalent public misunderstanding of hospital charges is a good example of our failure in communication."

This incident was reported from Peralta Hospital in Oakland by Administrator George Wood and passed along to the Torrance Herald by local hospital officials.

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Lesson Sermon Shows Healing Based on God

Scientific healing rests today, as in Jesus' time, on the understanding that God alone is Cause and Creator, asserts the Sunday lesson-sermon "God, the Only Cause and Creator," in all Christian Science churches.

In the Golden Text the Psalmist (68:10) sings: "All nations whom thou hast made shall come and worship before thee, O Lord; and shall glorify thy name. For thou art great, and doest wondrous things: thou art God alone."

Luke's gospel (13:11-13) records that when Jesus saw "a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself . . . he called her to Him, and said unto her, Woman, thou art loosed from thine infirmity . . . And immediately she was made straight, and glorified God."

Mary Baker Eddy says in "Science and Health with Key to the Scriptures": "Immortal Mind is the only cause; therefore disease is neither a cause nor an effect. Mind in every case is the eternal God, good. Sin, disease, and death have no foundations in Truth" (p. 415).

Oil Drilling Area Okayed

Application for a permit to establish an oil drilling district west of Figueroa St. and north of Pacific Coast Hwy. has been granted to Joseph R. Neaves Jr., the Los Angeles Planning Commission has announced.

Neaves will be allowed to drill on a nine and one-half acre tract in the area, provided that if and when a well is produced, the pumps and other equipment are hidden from sight and the district is beautified into a park-like area.

Wallet Lifted

Wanda Frossard, 204 First St., San Pedro, reported Saturday to Torrance police that someone stole her wallet, containing \$30, from a counter at Newberry's while she was shopping.

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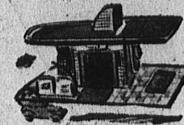
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