

## County Health Officer Explains Infectious Mononucleosis Cases

By ROY O. GILBERT, M.D.  
Los Angeles County Health Officer

Until 1920 infectious mononucleosis, when recognized, at all was called glandular fever. At that time, research workers became fully aware of the protean nature of the disease for it has as many disguises as the old man of the sea in Greek mythology.

Its symptoms resemble those of a great variety of disorders including such widely dissimilar maladies as mumps, appendicitis, typhoid fever, measles, syphilis, leukemia, and infectious hepatitis. Since a number of cases have recently occurred in Los Angeles County, this infectious and probably contagious disease is now receiving attention from public health officials.

The exact cause of the disorder is unknown. Medical experiments indicate that it is probably caused by a virus transmitted by the nose and throat discharges of infected persons. Likewise, in the epidemic form of the disease, the point of entry to the body is through the respiratory tract. For this reason apparently, the disease occurs more frequently during the spring and fall of the year, for these are the seasons when colds and sinus trouble are more prevalent than usual.

### Hits Children

The most frequent victims of infectious mononucleosis are children and young adults although cases have occurred at the ages of seven months and 86 years. Epidemic outbreaks are generally confined to schools and

children's institutions; as a matter of fact, it has at times been called an institutional disease. Scattered cases also occur among the general population and, as a rule, men are somewhat more susceptible than women.

Symptoms may appear anywhere from four to 14 or more days after infection and could well be summed up as "general involvement." The disease is usually ushered in with a high fever which may last from one to three weeks.

In one form the disorder assumes, glands become swollen, particularly the cervical glands of the neck; in another, a rash resembling that of measles, chicken-pox or scarlet fever appears or rose spots, looking like those of typhoid fever, may occur on the abdomen. In certain other cases, the sore throat is so severe that the illness is sometimes mistaken for diphtheria.

### Pains Occur

Abdominal pain and the distressing triad of headache, nausea and vomiting are generally present while pain in the eyes, puffiness of the lids and sensitivity to light are not uncommon. The spleen and liver may enlarge and sometimes there is nosebleed. Small wonder that irritability and mental confusion also occur.

Up to the present time, a number of drugs have been used with varying degrees of suc-

cess. What one patient responds to favorably does not work with the next and treatment is pretty much a matter of trial and error. Locally, however, certain doctors are now using gamma globulin with remarkable success. Bed rest is always very important.

### Seldom Fatal

Happily, recovery is practically assured. Excepting in those cases where complications have occurred, few deaths have been recorded. The illness may last for months in some cases, but most individuals make a complete recovery in a few weeks and, although relapses may occur, recurrences are rare.

The hazards of the disease lie in its similarity to many disorders of everyday occurrence which, in turn, may lead either to family diagnosis or a too facile professional diagnosis. Identification of the disease is relatively simple if the proper blood tests are made, but difficult when they aren't. When, among other things, weakness, exhaustion and depression persist over a period of many months, the possibility that it may be this odd disease with the somewhat staggering name should be investigated.

### CHEESE STATE

Wisconsin has more cheese factories than any other state and for a number of years has ranked first as the leading cheese-producing center of the United States.

## Sacramento Report



By CHARLES CHAPEL

### Anti-Narcotic Bill

There is a growing demand on the part of my readers for more stringent laws regarding narcotics. There are several things you can do to help me get such laws enacted, but first let us examine the facts.

My own Assembly Bill No. 85 was introduced early in the 1953 regular session of the California Legislature. It amended Section 11714, Health and Safety Code, regarding the penalty for sale of narcotics to minors. It increased the penalty for first offense from "not less than five years" to life imprisonment, and it increased the penalty for the second offense from "not less than ten years" to death. This bill was referred by the Speaker to the Judiciary Committee of the Assembly. By tra-

dition, all, or almost all, members of that Committee are lawyers.

Members of the Committee first said I should amend the bill so that it would punish only adults selling narcotics to minors and not cases where minors sold to minors. I accepted that amendment. Next, I was told that I must amend the bill so that these more severe penalties of mine would be optional with the judge sentencing the criminal and not mandatory as I wanted them to be. Again, I accepted the suggestions of the Committee but when I brought the bill before them for a formal vote, the majority of them voted against it and gave as their reason the fact that "it is difficult to get convictions where the penalty is severe."

You may be surprised to know that almost all lawyers, sheriffs and police officers opposed my bill on the grounds that it was too severe, just as the members of the Assembly Judiciary Committee said it was. On the other hand, I received thousands of letters, especially from women who belong to the Soroptimist clubs, endorsing my bill.

After the Committee turned it down, my only recourse was to go on the floor of the Assembly and ask for a vote of members to take the bill out of the Judiciary Committee and bring it to the floor. I did not do this simply because Assemblyman H. Allen Smith, of Glendale, asked me to refrain because such action might jeopardize a whole series of anti-narcotic bills which he was presenting. His bills were good and I was glad to help him get them passed, but I hated to drop my own bill.

**What You Can Do to Help**  
Normally, I could not bring this bill up again until the regular session of 1955. The March, 1954 budget session is supposed to be devoted entirely to budget items, except that the Governor can give the Legislature permission to consider emergency legislation.

Therefore, if you agree with me that more stringent laws are needed to combat the dope traffic with children, do this for me, and for yourself, and for the children of California: write the following letter: Governor Goodwin J. Knight, State Capitol, Sacramento 14, California. Dear Governor Knight:

"Please permit the Legislature to consider in March, 1954, the bill by Assemblyman Charles Edward Chapel for more stringent penalties for those who sell narcotics to children. I consider this an emergency." Sign your name and mail it today. It is an investment for California!

**90 Per Cent Hopeless**  
Experts on narcotic addiction agree that 98 per cent of all victims cannot be cured. They may be sent to Federal narcotic wards in hospitals in Lexington, Ky., and Fort Worth, Tex.; they may be placed in State institutions; or they may be confined in city or county jails; but regardless of the place or the method of confinement or treatment, only 5 per cent ever break the dope habit!

**Narcotic Addiction**  
Even the very best treatments in private and public sanitariums can cure only the physical craving for narcotics. After the so-called "cure," the mental weakness which gives rise to addiction is still present in most cases. Only those people who really and truly have a deep-seated mental determination to break the dope habit can be permanently cured.

You can use group therapy like that practiced by Alcoholics Anonymous; you can apply hypnotism, or confer the benefits of religion, but unless the dope victim makes up his or her

## San Pedro Auto Dealer Appointed 17th District Finance Chairman

Charles Soderstrom Jr., prominent Republican leader and automobile dealer of San Pedro, has accepted appointment as finance chairman for the Republican Central Committee of the 17th Congressional District. It was announced this week by Jack Drown, chairman of the 17th District Central Committee.

Soderstrom was active in the last campaign, taking a leading part in the Eisenhower and Nixon work for the area, and also in the race of Robert H. Finch for Congress. Finch was the first Republican nominated for Congress in many years in the 17th District, and was defeated by incumbent Cecil King by a vote which local leaders feel can be overcome next year.

One of the first moves of the new finance chairman was to sponsor and arrange for a \$10-per-plate dinner meeting to be held December 8 in the Fish Shanty, 101 highway, Welleria, at which Rep. Patrick J. Hillings, of the 25th Congressional District, will speak.

own mind to quit, nothing can save him. He will look you in the eyes and swear he will quit, but five minutes later he is raising money to get another "shot." This is why it is a waste of money to build sanitariums for those already "hooked." The only answer is to go after the peddlers. A thousand dollars spent in the apprehension, arrest and conviction of one dope peddler will do more than one hundred thousand dollars spent in an almost hopeless effort to cure those already addicted.

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