

Torrance Facing Some Hot Days Ahead, These Hints May Help

By ROY O. GILBERT, M.D., L. A. County Health Officer

Blessed with a singularly cool spring and early summer this year, the people of Los Angeles County have so far suffered very little from the heat. But chances are that the hot weather, already prevalent in many parts of the country, will be settling in very soon. Although the discomforts and dangers that attend the heat of summer are well publicized, reports of deaths and illness, attributed to excessive heat, inevitably follow a spell of hot weather. Apparently the warning cannot be issued too often. Keeping reasonably comfortable when it's hot is not always easy especially when people must remain at work. Neither can exposure to the sun's rays be altogether avoided although, to be sure, a head covering can always be worn. And, complaining about the heat while doing nothing at all to make it more bearable, simply aggravates an already uncomfortable state.

Wear Light Clothing

When in a normally healthy condition, the body has an efficient air cooling system. The moisture given off from the

skin and the perspiration released by the sweat glands evaporate in the air and assist in keeping the body cool. It is a good idea to wear light, loose clothing in hot weather so that this natural function is in no way hindered.

In humid weather, when the air is already so moist that it does not readily accept additional moisture, it is more difficult to keep comfortable. Which explains why people in many other parts of the United States suffer more during hot weather than the residents of Los Angeles County where the humidity is generally low.

Should Eat Less

It is also a fact that most people feel better in real hot weather if they eat less. No particular diet is advised providing it is well balanced, although some people seem to think that cold foods are more appealing when the weather is warm. But if the amount is restricted, it makes little difference whether it is hot or cold.

The body generally loses a large quantity of water and considerable salt when the individual becomes hot enough to perspire freely. This should

be replaced by drinking plenty of liquid, preferably water or fruit juices. A little extra table salt added to the food is generally enough to make up what is lost, although individuals doing hard manual labor or violent exercise may need more. Persons with heart or kidney trouble should always ask their physician's advice before taking more salt than is customarily allowable in their diet.

Don't Over-Work

Activity should be suited to the weather. Too much exercise during the heat of the day or over-exposure to the sun's rays frequently cause either heat stroke or heat exhaustion which, by the way, are two distinctly different things. In the event of any such occurrence, a doctor should be called at once.

Heatstroke, sometimes called sunstroke, generally occurs in elderly persons and may be fatal in about 50 per cent of the cases. The face grows red and the skin is hot and dry to the touch. Dizziness, high fever, violent headache, and difficult breathing are common. Unconsciousness and convulsions may

occur. Treatment consists of stripping the victim to his underclothes and placing him in the shade with head and shoulders raised. The body should be sponged with cool water or covered with cold, wet clothes. Ice or moist cold may be applied to the head. Cold, not iced, water may be given when the patient is conscious. Stimulants should not be administered.

First Aid Notes

In heat exhaustion, the skin is cold and pale and perspiration is profuse. Chills and nausea are common. First aid measures consist of loosening the clothing and placing the person flat on his back with the head low. He should be kept warm and given coffee or aromatic spirits of ammonia in water, no iced water.

But with care and sensible moderation these conditions may be avoided. Indeed, it is surprising how well heat can be tolerated when a few precautions are taken. The individual may not be comfortable all the time but at least he can survive and be none the worse when it's over.

Printed information on warm

Board Raises Requirements

High school requirements will be the same during the coming school year as they were before double sessions came in to effect at Torrance High school, the Torrance Board of Education decided Tuesday night.

The requirements for graduation were reduced from 220 to 210 because one period of the day was removed while the school was on double session. The opening of North High school this fall will eliminate double sessions, and the requirements will revert to 220. Students in school last year will need only 210, however.

Each student must be enrolled in four courses during each school year. Required subjects include physical education, four years; language arts, three years; freshmen problems, world heritage, contemporary problems, mathematics, American Heritage and science, each one year.

In addition to the Torrance and Ferndale refineries, Root has worked on and supervised many other construction projects for General Petroleum, including its San Ardo pipe line. A native of North Dakota, Root studied at the University of California and the University of Oregon.

Mike Root Promoted By Refinery

M. L. "Mike" Root has been appointed assistant manager of the engineering department at the Torrance refinery of General Petroleum Corp., according to an announcement by C. M. Reading, manager of the engineering department at Torrance.

In 1953, Root was transferred to Ferndale, Wash., and served as construction engineer while the company's Mobilgas refinery was being built there. Root was first employed by the company in 1928 as a clerk while its refinery at Torrance was being built. In 1946 he became assistant manager of the engineering department at General Petroleum's Vernon location and in 1949 was appointed construction engineer at Torrance.

Kenneth Hoewel Promoted With National Supply

Kenneth O. Hoewel has been appointed division manager of the Midwest Division of The National Supply Company, succeeding Demzel G. Mann, who has retired.

Hoewel started with the company in 1935 as a store clerk, serving at Oklahoma City and Seminole. In 1937 he was sent to the Torrance plant for training in sales and service work on rotary equipment, and then spent two years in this work in Kansas oil fields.

He was appointed a sales engineer at Tulsa in 1939 and became general foreman of the assembly department at the Toledo plant in 1942. He served as division sales manager of the Midwest Division from 1944 to 1953, when he was promoted to division manager of the Northwest Division.

Plane Crash Survivor at Rotary Club

One of the survivors in a plane crash north of Los Angeles about a year ago told members of the Torrance Rotary club about the harrowing experience and what it meant to him at the club's regular meeting last Thursday evening.

Bob Williams, now a field representative for the Pacific Bible College of Astoria, was a Civil Air Patrol chaplain and was enroute to Sacramento from Lockheed Air Terminal when the right engine of the plane caught on fire.

What happened between that time and the time that all of the passengers and crew aboard were able to bail out and land safely made a lasting impression on him, Williams said.

From that moment on, he said, he knew he had been spared for some purpose. His assignment at the Rotary club, who brings students here from remote parts of the world to study Christianity, is a fulfillment of that purpose, he said.

He was introduced by City Atorney James M. Hall, program chairman for the club.

Patrol Shows Off at Open House Sunday

More than 300 breakfasts were served and over 100 rides in airplanes given at the Civil Air Patrol open house at the Torrance Municipal Airport Sunday, officials reported.

Seven pilots, five of them members of the CAP, were kept busy from 8 to 4 p.m. flying local citizens some 6000 miles in their craft. CAP pilots flying included Maj. David Cochran 1st Lt. Robert T. Pinkney, 1st Lt. Carl Shirley, 2nd Lt. Jean Hardesty, and W/O Everett Craig.

Mayor Albert Isen, three members of the Airport Commission, and representatives of local civic organizations were among those present to see the CAP displays and demonstrations.

Art Exhibit Slated Today

The adult education division of the Centinela Valley Union High School District is exhibiting the work done by the Oil Painting classes during the summer session today, at 4500 Lennox Blvd., Lennox, from 1 p.m. to 4 p.m. Refreshments will be served.

The public is invited to come to the exhibit and to join the oil painting classes in the fall term which will begin Monday, Sept. 12.

The classes are under the direction of Mrs. Arla T. Franklin, who will conduct day classes Monday through Friday at the above address this fall and also an evening class on Thursday from 7 p.m. to 10 p.m. at the Lawndale Civic Center, 147th and Burin Ave., Lawndale.

UCC Forms Division For Atomic Research

Union Carbide Nuclear Company, a Division of Union Carbide and Carbon Corp., has been formed to integrate the corporation's diverse activities in the atomic energy field, it was announced Tuesday by Morse G. Dial, Union Carbide's president. Dial stated that an important objective of the new company will be to carry on large-scale research and development activities leading to increasingly important participation by the corporation in the industrial applications of atomic energy.

Window Smashed

Someone threw a rock through his window Thursday, Amund Amundson, of 24729 Walnut St., Lomita, reported to sheriff's deputies. He blamed the incident on children.

Twin Pontiac Marks Most Increase

National figures submitted this week indicate the Pontiac Twins have made the greatest increase in sales over the same period last year of any dealer in Southern California, reported twin owners Richard and Robert Greenwald, of Twin Pontiac, 505 Pacific Coast Hwy., Hermosa Beach.

With special selling devices being employed, i.e. Any new Pontiac for \$100 less than the price of any of the low priced three, the Twins showed nearly a 200 per cent increase over the previous year.

The twins attribute this influx in Pontiacs being sold in this area to the fact that "we're not making a great profit on each car sold, but we're doing our best to make friends and meet new people each day."



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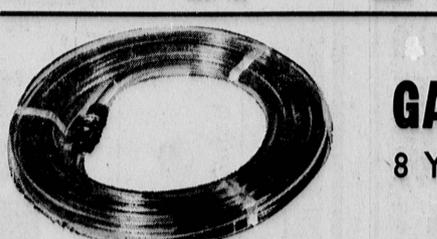
12c

REG. 25c

24 ON CARD BOBBY PINS

4c

REG. 10c



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8 YEAR GUARANTEE
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JUMBO BEACH TOWELS
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