

Nearly All Typhoid Fever Cases Can Be Traced Back to a Carrier

By K. H. Sutherland, M.D., County Health Officer

"Where there's a case, there's a carrier." This statement, made in relation to typhoid fever, was not wholly supported by the physicians who made it, but the fact remains that the occurrence of typhoid fever in this part of the world can almost always be traced to a typhoid carrier. While carriers are harmless to themselves, under certain conditions they are a real source of danger to others.

Typhoid carriers may be arbitrarily divided into convalescent or temporary carriers, and chronic or permanent carriers. Chronic typhoid carriers are those individuals who continue to harbor the infective agent of typhoid (Salmonella typhosa) beyond a period of one year after contracting the disease. These individuals may continue to discharge the organisms in their bodily excretions for an indefinite time or for the rest of their lives.

THE CARRIERS, whether convalescent or chronic, may be broken down into three types, namely intestinal or fecal, urinary, and abscess or fistula. The intestinal carriers are by far the most important and largest group.

The actual number of chronic typhoid carriers in the general population is unknown. However, it is estimated that from two to five per cent of all typhoid fever patients become chronic carriers of the typhoid bacilli. It is well established that the carrier state is more common in persons over 40 years of age, and that it occurs more frequently in women than in men.

IT IS ALSO possible to be infected with typhoid organisms without becoming ill, and there are quite a few chronic typhoid carriers who are unaware that they have ever had the infection. This is particularly true in the case of elderly people who were sometimes repeatedly exposed to the infection during the years when it was much more prevalent than now. These individuals come to the attention of health officials only when they transmit the disease to others.

The most famous chronic typhoid carrier of all time was Mary Mallon, a housemaid and cook known in medical annals as "Typhoid Mary." Some 60 years ago, over 50 cases of typhoid fever in and around

New York were traced to Mary's cooking; as a matter of fact, there is evidence that she was indirectly responsible for well over a thousand cases in a water-borne epidemic in Ithaca, New York, in 1903.

SEVEN CASES of typhoid fever were reported within the jurisdiction of the Los Angeles County Health Dept. in 1960, and chronic carriers were responsible for most of them. To be more specific, three cases were traced to known carriers and one to a possible carrier, while two of the infections were contracted outside of California. The source of infection in the remaining case could not be determined.

In order to keep track of known typhoid carriers, all local and state health departments maintain carrier registries. Some 39 typhoid carriers were listed in the registry of the Los Angeles County Health Dept. at the end of 1960. During that year, five new names were added, and seven were deleted. Names are dropped from the list for various reasons including death, removal of residence to another area, or when surgical treatment of the carrier state is successful.

ALL KNOWN carriers are kept under strict surveillance by health officials. None, under any circumstances, are permitted to work around food. Members of the carrier's household are immunized against the disease, and annual booster shots of the vaccine are administered as additional protection. Owing to the instruction and supervision received from health officials, known typhoid carriers usually present no hazard to the community or household.

Certain medications have been used in the treatment of chronic typhoid carriers, but the results have been disappointing. Surgical removal of the gallbladder or a kidney may eliminate the reservoir of infection in those cases where the infective agents have localized in these organs.

Modern sanitation makes explosive outbreaks of typhoid fever a thing of the past in Los Angeles County. Individuals may become ill here after acquiring the infection elsewhere, but the local source of infection is most usually the chronic typhoid carrier.

"Where there's a case, there's a carrier," is by no means an idle statement.

Southern California Gardeners Can Take Vacation During July

The month of July is a good one for the gardener. Except for a minimum of maintenance, he should be able to take his garden or leave it alone. There is no planting that needs to be done and plenty of loafing that should be!

At the same time, July is a month in which you'll find plenty to do if you've a mind to do it. You could utilize your vacation in the garden — re-designing borders and paths, installing a pool, planting for the colorful fall season that lies just ahead. Suit yourself.

THE GARDENER who plans to spend his vacation a way from home, however, should take a few precautions to protect his garden while he's gone. Mulch heavily with wet peat moss around camellias, azaleas and fuchsias. Do likewise with steer manure around roses. Then move potted plants to a shaded spot where they won't dry out and where they will be easily reached by a hose.

The California Assn. of Nurserymen suggests drawing up a detailed watering schedule for your "garden sitter" so that nothing is left to chance. Include which areas should be watered, when, and for how long.

If you are looking for a garden brightener, there are plenty in July: tuberous begonias can be bought in bloom; likewise cushion chrysanthemums, which will give you color until the fall chrysanthemum show starts. You will find yellow marguerites and blue aster frikartii—a colorful pair in any sunny spot — as well as container-grown roses and hydrangeas, both in bloom.

IF THE barbecue is a focal point in your summer garden, make it more appetizing by lining it with pots of herbs. C.A.N. nurserymen offer many culinary favorites in ready-to-use sizes.

And if you want a project, consider a pool with running water. A C.A.N. nurseryman can obtain a small circulating pump for you, and furnish plants ideally suited for a pool site. Start it now and enjoy its refreshing nearness through the rest of summer.

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	Fisher's	40 oz.	41	37¢
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	Heinz	4 1/2 oz.	3/37	3/31¢
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DETERGENTS	All Jumbo Dash	2.39		2.29
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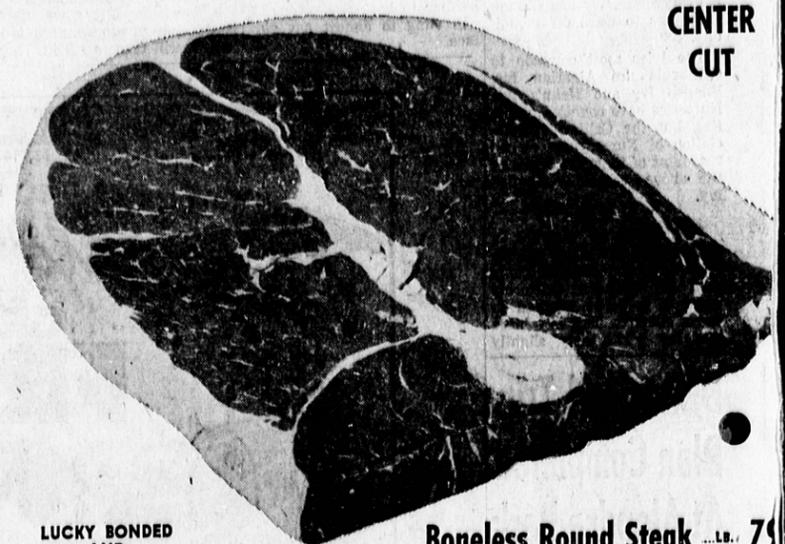
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