



By FRED NEHER

Does Hot Weather Get You Down? Health Officer Has Some Hints

Residents of Los Angeles County have enjoyed a pleasantly cool spring and early summer this year and have had little reason to complain about the heat thus far. Nevertheless, it is almost a certainty that unpleasantly hot days are in the offing and, as usual, will no doubt result in a certain number of heat-induced illnesses and some deaths.

Even in the hottest weather such unhappy occurrences may be avoided in most instances. As a matter of fact, it is surprising how well heat can be tolerated by most individuals when a few precautions are taken in order to live with it in reasonable comfort.

WHEN IN a normally healthy condition the human body is equipped to adjust to a certain degree of heat, as it possesses a very excellent air cooling system. In hot weather the sweat glands dilate and the amount of perspiration released to evaporate in the air is considerably increased—a process that assists in keeping the body cool.

On those days when the humidity is high, however, it is more difficult for a person to keep comfortable, for the air is already so moist it does not readily accept the additional moisture released by the body in perspiration. This helps explain why people in certain parts of the country suffer more during hot spells than do individuals in Los Angeles County where the humidity is generally low.

HEATSTROKE and heat exhaustion are the two major emergency conditions associated with excessive heat. Both conditions may occur after too much exercise or too much exposure to the sun, and both require the prompt administration of first aid measures. In each condition; indeed, first aid measures helpful in one condition are actually harmful in the other.

Heatstroke most often happens to elderly people and is often fatal. Common symptoms include flushing of the skin—which also becomes hot and dry to the touch, dizziness, high fever, violent headache, and difficult breathing. Unconsciousness and convulsions may also occur.

FIRST AID in heatstroke consists of placing the victim in the shade with his head and shoulders raised, sponging the body with cool water, and applying cold compresses or an ice bag to the head. Stimulants are never given, and a doctor should be obtained without delay.

In the event of heat exhaustion the skin is pale and cold and perspiration is profuse. Dizziness, nausea, and severe cramps may be experienced. Treatment consists of keeping the patient warm, placing him flat on his back

with the head low, and administering half a teaspoon of salt washed down with a few swallows of water. Coffee or a teaspoon of aromatic spirits of ammonia may be given as a stimulant. Unless the individual makes a swift recovery, a doctor should be called.

WITH A LITTLE care these extreme reactions to hot weather may be avoided, and one of the best preventives is very easy to take as it consists of doing as little as possible. If it is necessary to go out in the sun for more than a brief period a light broad-brimmed hat should be worn, but any type of head covering is better than none at all. Clothing should be light in weight and loose fitting.

Well-balanced meals are necessary for good health at any time of the year, but most people will feel better if they eat less at mealtimes during excessively warm summer days. If lighter meals do not satisfy hunger, wholesome snacks may be eaten.

THE AVERAGE person loses about two quarts of water and nearly an ounce of salt from his body on a real hot day, and these substances must be replaced in order that the body's air conditioning system may function efficiently. This is why an individual feels more comfortable on hot days if plenty of water or fruit juice is consumed and an extra pinch of salt is added to the food.

THIS SMALL amount of salt is usually enough, although individuals doing hard labor or strenuous exercise will require more. Active children also need a little more, which can be taken in the form of a few salted crackers or nuts.

It is always advisable for individuals with heart or kidney trouble to get medical advice before taking more salt than is ordinarily allowed in the diet.

Cleanliness is more than ever important when the weather is uncomfortably warm. Daily bathing with tepid water is the established custom in many tropical countries, and its cooling effect is beyond question. It also has the additional advantage of keeping the skin clean and so permits more efficient functioning of the body's cooling system.

QUITE A FEW people never feel too fit during the hot weather. They not only look and feel uncomfortable but also lack energy. This is not altogether an imaginary state, as some persons are more heat-susceptible than others. Nevertheless, sensible adaptation to hot weather usually results in a lessening of discomfort and a feeling of greater well-being. In any event, such measures help the individual to endure the heat at less cost to himself.

San Diego Firm Given Contract

Ryan Electronics in San Diego has been awarded an \$8,300,000 contract by the Navy for airborne navigation systems, spares and support material.

T. Claude Ryan, president of Ryan Aeronautical Co., said Ryan Electronics is a major operating division of C-W Doppler navigation equipment for both fixed-wing and rotary-wing aircraft. Much of the electronic work is done at the firm's Torrance plant.

Inn Observes Anniversary

The Plush Horse Inn, four-story motor hotel at 1700 Pacific Coast Hwy. in Redondo, is observing its fifth anniversary.

This year's anniversary marks the latest addition, a 24-hour coffee shop. The inn has 116 rooms decorated in a contemporary theme. Each room features individually controlled air conditioning, sound-proofing, television, and radio and are available in either king size or dual beds.

Many rooms feature private balconies that provide views of the ocean and overlook the swimming pool and children's wading pool. Special facilities offered by the inn include bellmen, parking attendants, valet service, 24-hour telephone service, elevators, and limousine service to the airport.

A highlight of evening hours is dancing with the Eddie Baxter Trio and vocalist Ted Howard in the lounge located in the Old English Tavern restaurant.

The main dining room is open for luncheon and dinner. It seats 275 people.

Street Opening Stated Friday

Supervisor Burton W. Chace and Raymond S. Slaney, mayor of Rolling Hills Estates, will cut a ribbon Friday, Aug. 11, marking the opening of Hawthorne Blvd. between Silver Spur Road and Palos Verdes Drive North.

The ceremony is scheduled for 11 a.m. at the intersection of Palos Verdes Drive North and Hawthorne Blvd., according to Ruth Carley, Rolling Hills Estates deputy city clerk.

New Market Opens Soon

ThriftyMart will open its 62nd supermarket Tuesday, Aug. 15, in the Spring Valley area of San Diego.

It will be located at 1049 Elkton Blvd. and include a five-acre shopping center with parking for 342 cars. The 26,250 square foot market will have five complete departments, grocery, meat, produce, delicatessen and liquor, as well as a representative clothing and housewares department.

The first ThriftyMart in the

Little League Holds Benefit

Torrance National Little League will present a "Mothers Baseball Game" as a fund raising project on Sunday, Aug. 13, at Del Amo Field.

The game will be followed by trophy awards. There will be no admission charge, but contributions will be accepted.

San Diego area opened March 28 at 6120 Lake Murray Blvd., La Mesa. The firm plans to begin construction soon or two more supermarkets in the border city.

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