

Strokes Now Third in Chief Causes of Death

K.H. SUTHERLAND, M.D.
County Health Officer

Back in the year 1900, stroke was seventh among the chief causes of death in the United States, now it is third.

Although this condition rarely occurs before 45 years of age, virtually anyone past this period of life may be stricken. Fortunately, not all such occurrences are serious.

Many strokes are so slight that no apparent physical or mental damage results. These

have been called "little strokes" by one eminent physician who also stated that many individuals have them and do not even know it.

SUCH CEREBRAL vascular accidents, as they are often called, may occur in a number of ways. Chief among them is clot formation in one of the arteries of the brain (cerebral thrombosis), or the blocking of a blood vessel by a clot float-

ing in the blood stream (embolism). When the blood vessel closes down due to some local irritation, this constriction is known medically as a cerebral vascular spasm, or cerebral occlusion.

In cases where such a spasm is of short duration, medical authorities state that permanent damage does not necessarily occur. Indeed, such damage would be very difficult to detect in many instances.

PHYSICIANS are definitely more optimistic than they were in years gone by concerning the effects of treatment in cases of cerebral vascular disease and strokes. This is true even when the damage done by a stroke is extensive.

Although there is no specific cure for strokes, therapy is greatly advanced over former times and most stroke victims including the hemiplegic (paralysis of one side of the body) need not despair.

Good health habits are beneficial also, both to help the condition and to avoid it. The right amount of the proper foods, plenty of rest and sleep, mild exercise, and, in so far as possible, avoidance of worry and anger are strongly recommended. And, in all cases of stroke, medical attention should be obtained immediately.

A pamphlet on strokes, recently issued by the U.S. Public Health Service, will be mailed to anyone sending a card of request to the Division of Public Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

Church to Note 40th Birthday

The First Methodist Church of Torrance, El Prado and Carson St., will celebrate its 40th anniversary Sunday.

A live telecast of the services has been scheduled on "The Great Churches of the Golden West" over Channel 11.

The Rev. Gilbert S. Zimmerma, pastor of the church, will preach the sermon.

TO BUY, SELL OR EXCHANGE—HERALD WANT ADS

LIFE'S LIKE THAT

By RED NEHER



"It's from Stan's Body and Fenderop."

Scout Trails

Explorer Post 315-X

Jeffrey D. Waters was presented with an Eagle Scout badge at a Court of Honor at the Moose Hall Dec. 11. Roger Pelz, assistant Scout Executive of the Harbor District, made the presentation.

Young Waters is the son of Mr. and Mrs. Jerry L. Waters, 1504 W. 219th St. He is a 1961 graduate of Narbonne High School, and is now attending Santa Barbara City College.

At the same Court of Honor, Jerry Brady received the Life Scout award. A Life Scout award was also presented to Richard Hald.

First class awards were presented to Bruce Corder and Garry Gregg, while Dale Hanson and Jerry Brady were presented Citizenship in Nation and Nature badges. Steve Tidland received a Public Health merit badge.

Special guests at the Court were Mr. Pelz and Torrance postmistress Clara Connor. Refreshments were served by the Women's Auxiliary.

Boy Scout Troop 211

Scout Troop 211 held a Court of Honor at a meeting for members' activities during the past year. Among the presented with awards were Jim Mitchell, Jim Cooke and Bill Brown, one-year pins; Joe Flues, Bugler badge; Jim Mitchell, Jim Cooke and Mike Slinger, second class pins; and Mike Slinger and Bill Brown, assistant patrol leaders.

Dean Hobbs was presented with a pin for constant neatness at camp meetings.

Dean Won, Jerry Jackson, and Roy Moore joined the troop at the meetings. Refreshments were served by Mrs. Slingard Mrs. Holmes. A Christmas party was planned and plans were announced to present the scoutmaster with a gift. Pat Patterson scoutmaster for Troop 211.

Money Okay After Fire Kills Bugs

Money, verbally described as the "of all evil, is actually poisonous and non-toxic — it's been burned — adding to scientists of Life Mutual Insurance Co.

The ess refer to the dry flaky dunn remains after our worth legal tender is reduced ashes in the furnaces of federal reserve banks. Orned whether employees need to this unsavory were endangering their he bank officials in Boston lied Liberty's laboratory, \$1,000,000 (in the form garred grey ashes) for ana

Recreation Chief to Speak Here

Anthony Robles, Lynwood recreation director, will speak Monday at a meeting of the Hollywood Riviera Homeowners Assn.

The meeting is scheduled for 8 p.m. at the Parkway School. Mayor Albert Isen will present scroll awards to winners of the Christmas home decorating contest.

New members who have joined since a recent membership drive will be welcomed to the organization. On the agenda will be reports on landscaping on Palos Verdes Boulevard and parking on Camino de las Colinas.

Garden Checklist

1. Christmas gift plants should be carefully watered. Most of them can be safer for the garden.
2. Chrysanthemums should cut back to the ground if you haven't done it already.
3. Fuchsias are better pruned toward the end of winter than now. Wait until early February.
4. Many deciduous shrubs need pruning at planting time. Ask your nursery.
5. Perennials may still be planted. Primroses, delphinium, phlox, columbine—many are available.

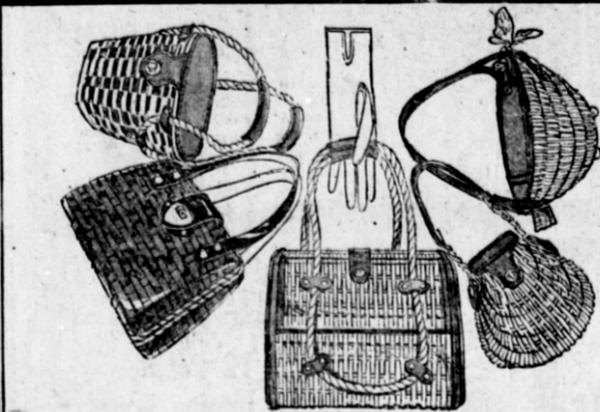
BE SAFE!
Especially if You Work
GRAND OPENING



Manhattan Beach Blvd. & Inglewood, Redondo Beach



the akron



Sale of Basket & Leather Handbags

- take high fashion in hand!
- help yourself to a woven wonder... capacious handbags in natural blond or warm mahogany
- generously trimmed in genuine leather... and they're even fully lined!
- we've got dozens of superb styles... light and versatile and well-woven... some as big as a breadbox!
- the handles are rope or leather... the fittings are brass... be casual... be dressed... be boldly-tagged!
- boldly-tagged \$5 elsewhere

2.99 plus f.a.t. sorry, no mail orders



Olive Barrel Planters

- what won't they think of next?
- the mediterranean olive barrel... now converted to a great tub planter!
- weathered wood... bound in steel
- 2 huge feet in diameter... and 19 inches high
- to hold any huge plant... or even a tree... or a giant receptacle for toys, trinkets, tots!

3.99 sorry, no mail orders



Fruited Dripless Candles

- too beautiful to light (almost)
- a miracle of color... waxen fruit clinging to a 12-inch candle column!
- clean, dripless, 3 inches thick... laden with apple, grapes, lemons, orange, banana... incandescent glory!
- candles in red, green, yellow, blue, pink, purple

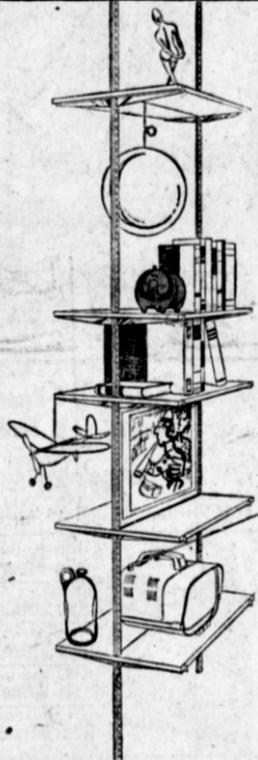
3.99 sorry, no mail orders



Porcelain Spice Jars

- to hold spices, to add convenience, to sprinkle color!
- 5-inch corked cylinders of porcelain... in beautiful decorator colors
- decals included... you affix the spice-names you need (clever!)
- select one or a set... in blue, white, mustard, lavender, black, pink, etc.
- spice is the variety of life!

39c each sorry, no mail orders



Wall Shelf Standards

- put convenience on the shelf!
- room for everything... shelves for books, toys, records, bric-a-brac, what-nots... build 'em yourself with a mere screwdriver!
- metal wall standards... they go so easily onto your wall
- then slip in the brackets... presto! frames for all your shelves!
- amazingly sturdy... no overloading woes... a practical addition to any home!

each 2 ft. length 39c

each 4 ft. length 69c

- chromed brackets: 6" 19c 8" 29c 10" 39c
- Rosewood and pagoda shelving available

sorry, no mail orders



Hacienda Lanterns

- 13-inch lanterns from Mexico... oldtime elegance in antique copper and glass!
- electrify them, or candle them, or leave them as they are
- hanging bracket included... suspend one in a bare corner, in the patio, the den, at the door... or filled with lily!

2.69

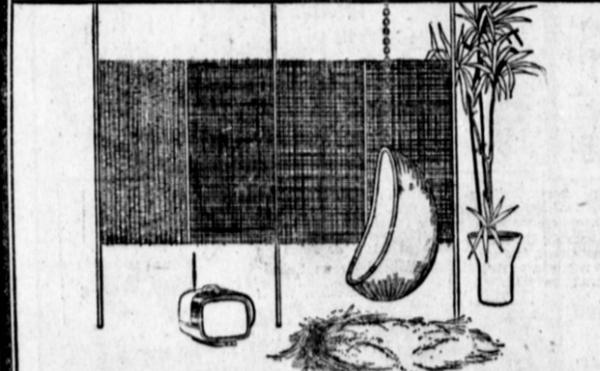
• giant 24" lantern 8.99 sorry, no mail orders



Feathered Birds

- our fine feathered friends, hand made in the orient... almost alive!
- singing colors, real feathers, life-size, playful!
- lit willow, sparrow, white eye, bluebird, others
- at a window, perched on a plant, swinging in a cage... imagination takes flight!

39c sorry, no mail orders



Sale of Grass Cloth Wall Paper

- 36" wide... double width!
- dress your walls in this naturally textured wall paper we have the glue... you-do-it-yourself!
- huge rolls of woven grasses... casual, of course... yet elegant when it has to be!
- natural colors, tending to greens, browns, golds, whites... astonishingly adaptable to modern decors
- for a living room wall... for a den... for panels in a playroom... you'll find it endlessly useful!
- each roll is a full yard wide (twice the usual width) and 24 feet long... and we have all you need!
- these very rolls are 7.99 elsewhere

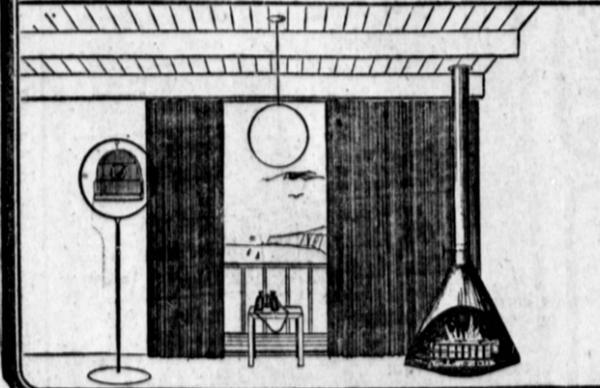
3.99 double-width roll sorry, no mail orders



Aleppo Pine Tree

- the famed aleppo pine... for an absolutely striking effect!
- abundant grey-green needles on twisting branches
- easy care... fast-growing... hardy... an unusual eye-catching newcomer to your garden!
- now over a foot tall... in gallon can

69c sorry, no mail orders



Sale of Matchstick Bamboo Drapes

- home fashion in bamboo... a new look for the new year!
- versatile as curtains... covering windows... as flexible dividers... hiding closets... chasing the sun
- spray-paint them if you like... or leave them naturally golden

24"x30"	29c	36"x36"	89c
30"x30"	39c	24"x54"	59c
36"x30"	89c	36"x54"	89c
24"x36"	39c	48"x54"	1.29
30"x36"	59c	72"x54"	1.99
		96"x54"	2.89

• and a complete stock of 84" lengths! sorry, no mail orders



Swedish Bubble Bud Vases

- colors to flatter any blossom... hand-blown of bewitching swedish glass!
- elegance in a vase... choose yours 8" or 10" tall
- it will brighten any flower... bubbling brightly
- exciting colors: blue, green, pink, gold, amethyst, smoke, crystal clear

8 inch 89c

10 inch 99c sorry, no mail orders

OPEN DAILY 9 A.M. to 9:30 P.M. SUNDAYS 10 to 7

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