



AVIATION WIDENING
Contract for the improvement of Aviation Boulevard from El Segundo Boulevard to Manhattan Beach Boulevard to the Tomel Construction Company, Manhattan Beach, was announced today by Supervisor Burton W. Chace.

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Diabetes Eighth Greatest Killer Among Diseases

Roy O. Gilbert, M.D., Los Angeles County Health Officer

Diabetes, the term generally used for the disease that is called diabetes mellitus in the medical profession, is still the eighth greatest cause of death in the United States. Although the disorder does not rank so high as a cause of death in Los Angeles County, nevertheless there are about 54,000 known cases of the disorder in this area and it is estimated that there are probably an equal number of cases as yet undiscovered. Death from this cause is largely preventable, because of all the serious chronic diseases it is perhaps the easiest to control if discovered and treated early enough.

Diabetes is a condition that occurs when the pancreas does not manufacture enough of the hormone called insulin, which enables the cells to utilize sugar that is taken in food and convert it into the heat and energy needed by the body. The sugar accumulates in the blood stream and is then carried away through the kidneys taking with it the food and water normally used by the body.

The disease has probably been known for as long as there is a written record of mankind. Up until the discovery of insulin by Drs. Banting and Best in 1921, treatment was limited to a starvation diet, the degree of starvation depending on the severity of the diabetes.

Detection of diabetes is not

difficult. A simple test of the urine will reveal the presence of sugar if the individual has the disorder. In those cases where sugar is found, a blood test is used to confirm the diagnosis.

The people most likely to develop diabetes are those individuals who are either past 40, have a family history of the disorder, or are overweight. Indeed, it is estimated that more than 80 out of every 100 persons are overweight before the condition develops. Statistics show that diabetes are women, while the incidence of the disease appears higher in sedentary workers of both sexes than among those engaged in active occupations.

Diabetes is absolutely unpredictable however. Although victimized less frequently, nevertheless about 8 per cent of the known treated diabetics are youngsters under 15 years of age. Underweight individuals, persons doing hard physical labor, or individuals with no known diabetics in their families for generations may also get the disease. Several years ago, a survey indicated that there were approximately 6 or 7 diabetics in each 1000 college students.

Besides increased thirst and appetite, symptoms of diabetes may include weakness, drowsiness, dry skin, excessive urination, and loss in weight. Boils and diabetes are so frequently associated that an individual troubled with boils should make certain he does not have the disease. When the condition is mild, however, there may be no outward sign whatsoever that anything is wrong.

In certain cases, where the dysfunction of the pancreatic gland is slight, the use of insulin is unnecessary and dietary control is all that is needed. Other diabetics however, must take insulin in addition to a prescribed



POOR OSTRICH—Miss Darlene Rodecker, Kathy Vess and Judith Lilore are feeling sorry for the poor ostrich, who lives only to be 25 years old, while men and whales live to be 65 or older. Miss Rodecker's class at Arlington Elementary School has been studying the habits of various animals and drew up this chart showing the relative ages of a number of beasts.



SUCCESSION—Conference is held by Dr. Warren H. Low, center, outgoing chairman of Torrance-Lomita branch of American Red Cross, his successor, Henry R. Halverson, right, and Mrs. Rita Tuomi, treasurer.

Halverson New Red Cross Chief

Henry R. Halverson was installed as president of the Torrance-Lomita branch of the American Red Cross at a dinner Friday at the Jump n' Jack Restaurant.

He succeeds Dr. Warren H. Low in that post.

Other new officers are Rabbi Henry Front, vice chairman; Mrs. Mary Pagan, treasurer, and Mrs. Rita Tuomi, secretary.

Appointments made to date include Mrs. Pat Orsini, blood program chairman, Mrs. Fay Marshall, staff aide, and Mrs. Louise Mangan, Junior Red Cross chairman.

A pamphlet on the subject of diabetes will be sent to anyone who mails a card of request to the Division of Public Health Education, Los Angeles County Health Department, 241 North Figueroa St., Los Angeles 12.

Shoestring Strip Harbor Tour Set

Members of the Shoestring Strip Advisory Committee will participate in the annual inspection trip of the 15th Los Angeles Council District Aug. 22, sponsored by Councilman John Gibson.

The tour of the harbor will replace the regular monthly meeting. The next meeting of the organization will be held Sept. 8 at the Normandie Playground, 22-400 S. Halldale Ave., starting at 7:30 p.m.

Use Press classified FA 8-2345.

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SCOTT • Pink PAPER TOWELS 2 150-Ct. Rolls **41c**

WESTON BANANA CREAMS 6 1/2-oz. Cello Pkg. **23c**

SOFT WEVE • Pink TOILET TISSUE 2 Pak **29c**

GLORIETTA PEACHES FREESTONE—SLICED No. 303 Can **27c**

GREEN GIANT GOLDEN CORN No. 303 Cans **39c**

SCOTT • Pink TOILET TISSUE 2 800-Sht. Rolls **25c**

PREAM For Your Coffee Reg. Jar **35c**

CUT RITE WAXED PAPER 125-ft. Roll **27c**

GREEN GIANT PEAS No. 303 Can **19c**

SCOTKINS • DINNER NAPKINS 70-Ct. Pkg. **27c**

SCOTTIES • Pink FACIAL TISSUE 100-Ct. Box **29c**

MEXICORN CORN • With Peppers 2 7-oz. Cans **27c**

DIXIE DANDY WHOLE YAMS No. 3 Sgt. Can **29c**

VOGUE SOAP Giant Box **45c**

DUNBAR SHRIMP MEDIUM 4 1/2-oz. Can **53c**

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