

YOUR GOOD HEALTH

Prevention Urged as Season for Influenza Starts Here

ROY O. GILBERT, M. D., L. A. County Health Officer. Although relatively few cases of influenza have appeared in California so far this fall, this is nevertheless the beginning of the season when the incidence of influenza and influenza-like diseases tends to increase.

The spread of influenza, whether from one country to another or to different sections within a country, is under constant surveillance by public health officials. Whenever needed, pharmaceutical companies will have a sufficient supply of prophylactic vaccine on hand to curb the sweep of the disease.

With the exception of an epidemic in Chile during August and September, there seems to have been no widespread dissemination of the disease anywhere in the world in recent months. Absenteeism resulting from respiratory infections in industry and schools in Los Angeles County appears to be normal for this time of the year.

However, there are certain groups of people who are advised to seek medical advice as to their need for the influenza vaccine. In general, these susceptible groups include individuals with heart or respiratory diseases, persons over 65 with a debilitating chronic illness of any type, and pregnant women as well.

Others who are advised to seek the advice of a physician concerning immunization are those persons responsible for essential community services such as law enforcement, fire protection, transportation and communication, and persons responsible for the care of the sick.

One characteristic of influenza

is the abruptness with which it occurs. The infected individual suddenly experiences headache, muscle pains in the back and limbs, sweating, chills, and weakness. Temperature is elevated and the fever may last from one to six days. Generally, however, in uncomplicated cases, the patient recovers in from 48 to 72 hours.

The hazard of the disease is in the complications, especially pneumonia, that may occur. Young infants and persons weakened by age or some other disease are the most frequent victims.

Consequently, even during a year such as this when the disease seems to be of low prevalence, administration of polyvalent vaccine is advisable in certain cases to reduce the risk of infection. This vaccine offers protection against all the important strains of the disease, including the Asian type so widespread a couple of years ago.

A pamphlet giving data on influenza will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

Celebration Set on Bill of Rights

Rep. William H. Meyer (D., Vt.) and Dr. Robert M. Hutchins, president of the Fund for the Republic, will be the keynote speakers at a banquet Sunday, Dec. 13, at 6 p.m. in the Biltmore Bowl commemorating the 165th anniversary of the Bill of Rights.

The event is sponsored by the American Civil Liberties Union of Southern California.

More than 800 ACLU members and guests are expected to attend. The event is sponsored by the American Civil Liberties Union of Southern California.

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CHURCH OF CHRIST—1217 Creavens Ave. in Torrance. Schedule of services: Sunday, 8:30 a.m., 10:45 a.m., 7:45 p.m.; Bible study, 10:45 a.m.; Worship service, 4 p.m.; Young People's meeting, 7 p.m.; Evening Worship Wednesday, 7:30 p.m.; Ladies' Bible class, 7:30 p.m.; Bible study.

DEL AMO SOUTHERN BAPTIST CHURCH—412 Camino Real at Torrance Blvd. FL 5-8441. S.S. 9:45 a.m., T.U. 6 p.m., Worship Service, 11 a.m.-7 p.m. Pastor: Daniel B. Weaver Jr.

FIRST BAPTIST CHURCH—Carson at Manuel. Rev. Morgan Gates, pastor. Robt. Dahn, assistant minister. Church phone, FA 8-5039; 9:15 and 10:45 morning worship; 9:15 Nursery through 4th grade, 10:45 Jr. High through Adult Sunday School; 4:30 p.m. Training Union; 7:30 p.m. Evangelistic service; Wednesday 7:30 p.m. mid-week service. Nursery for every service.

FIRST BAPTIST CHURCH—Park and Newton Sts. in Waltham. Rev. L. P. Husted, pastor. Frontier 5-4793. Bible school at 9:30 a.m.; morning worship hour, 9:30 and 11 a.m.; Nursery care provided for both sessions; Inspirational Gospel Hour at 7 p.m. Wednesday 7:30 p.m. Bible exposition and prayer.

FIRST LUTHERAN CHURCH—Located on Carson St. and Flower Ave. in Torrance. Wm. J. Roeder, pastor. Residence, 2556 El Dorado. Phone FA 8-2243. Church office, 1725 Flower Ave. FA 8-5888. First Church worship 8 a.m.; Sunday School, 9:30 a.m.; second morning worship, 10:45 a.m. Donald Staudt, Interim.

FOUR SQUARE CHURCH—Corner of Arlington and Sepulveda. Telephone, DA 4-2972. Rev. and Mrs. James P. Lowen, pastors. Sunday: Sunday school, 9:30 a.m.; morning worship, 10:45 a.m.; group services, 4:30 p.m.; Y. P. Cadets, Delanders; Evangelistic, 7:30 p.m. Mid-week, Wednesday, Bible study at 7:30 p.m. Public invited.

GREEK ORTHODOX—317 S. Broadway, Redondo Beach. Phone Frontier 5-8921. Divine Liturgy, 11 a.m. to 12 noon every Sunday. Rev. Naum Nihiloski, Sunday school classes at 10:30 a.m. Greek school and Bible classes every Tuesday, Thursday, 7:30 p.m.

GREYFRIARS MEMORIAL PRESBYTERIAN CHURCH (Fundamental Orthodox) Formerly of Los Angeles. Worship in the Sea Aire recreation hall at Reynolds and Lupine. United meetings on November 7th at 10:30 a.m. Sunday school, beginning at usual at 9:30 a.m. Bring your children (nursery). Dr. David Calderwood will preach.

IMMANUEL LUTHERAN CHURCH (Missouri Synod)—705 Knob Hill Ave., Redondo Beach, near Southview Park, west of Hawthorne, south of Sepulveda. Sunday School, 9:45 a.m.; worship service, 9:30 and 11 a.m. Pastor: A. L. Scheutz. Frontier 8-9538 or 5-7535.

LUTHERAN CHURCH OF THE GOOD SHEPHERD—21190 Victor St. Torrance. Gerald W. Garlid, pastor. Phone FR 3-1144 or FR 5-0931. Sunday, 9:30 a.m.; Sunday school, 10:45 a.m.; morning worship; child care during the service. Thursday 8 p.m. Mid-week Bible Study.

NATIVITY CATHOLIC CHURCH—1442 Engracia Ave., Torrance. Rev. Joseph K. Mc Ardle, pastor. Telephone FA 8-2776. Schedule of masses: Eight Sunday masses, seven at main church, 1447 Engracia Ave., 6, 7, 8, 10, 11 and 12:15. One mass at Mission Church of St. Joseph's, 2214 W. Del Amo Blvd. at 9:30 a.m. Confessions three times on Saturdays, 10 to 11 a.m., 4 to 6 p.m., 7:30 to 9 p.m. Baptisms Saturdays and Sundays at 2 p.m. Infant care from 9 to 11 a.m. at Nativity Annex, 1415 Engracia Ave., Torrance.

ST. ANDREWS EPISCOPAL CHURCH—Phone FA 8-3781. Res. FA 8-5649. 1432 Engracia (across from Torrance Memorial Hospital). Rev. Hugh R. Percy, B.A. B.D. Holy 11 a.m. Holy Communion Sunday—first Sunday in month.

ST. MARK'S PRESBYTERIAN CHURCH—245th St. at Woodward Ave., Lomita. (Near Lomita Blvd. & Harbor Ave.) Church phone, DA 4-0884. Rev. Eldon Durham, Minister. Telephone, DA 4-0139. Sunday services 9:30 and 11 a.m. Church School, 9:30 a.m. Westminster Fellowship Youth groups, 5:00 and 7:00 p.m. This church will come people of all races.

SOUTH BAY BAPTIST CHURCH—4545 Sherrayne Lane, Seaside Ranchos, Torrance. Rev. Louis Rhoden, minister of visitation, FR 5-3433. Sunday morning worship and elementary school age services at 10:45 a.m. Sunday School, all ages, 9:45 a.m. Sunday evening worship, 7 p.m. Youth fellowship groups, 4 p.m. Sunday, Bible study and prayer meetings, 7:30 p.m., Wednesday, Crib nursery and toddler care is provided at all stated church services.

SOUTH BAY CHURCH OF GOD—17661 Yukon Ave. Phone FA 1-2674. Rev. C. L. Tierney, 17615 Yukon, Torrance. Sunday school, 9:30 a.m.; morning worship, 11 a.m.; Sunday night service, 7:30 p.m. Mid-week services, Wednesday, 7:30 p.m.

TEMPLE MEMORIAL—112 N. Catalina, Redondo Beach. Rabbi Henri E. Front. Friday night religious services, 8:15 p.m. Religious school, First Methodist Church (temporary location) 119 Torrance Blvd., Redondo Beach, Saturday 9 a.m. Phone FR 9-5893 or FR 5-4620. Sisterhood meetings every second Monday, 8:30 p.m. Brotherhood every second Tuesday, 8:30 p.m.

TORRANCE SEVENTH-DAY ADVENTIST—1416 Acacia Ave. Elder Glenn L. Goffar, pastor. Phone: Residence, FR 5-8231. Church office, FA 8-1840. Sabbath school, 9:30 a.m.; church services, 11 a.m.; Bible study, Wednesday, 7:30 p.m.; young people's meeting, Friday, 7:30 p.m.

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