

# Flu Shots Necessary For Many

By K. H. SUTHERLAND, M.D.

Each year in the fall, physicians and public health workers are frequently asked to advise patients and other individuals, business firms and employers of people in vital public services as to whether immunization against influenza is recommended.

Routine annual immunization is advocated for some individuals because of their age or physical condition. For others, the need for vaccination is contingent upon the likelihood of a sizeable outbreak of influenza.

Because influenza is always with us to some degree, regular immunization is recommended for those people among whom unusually high mortality rates might be expected to result from influenza. These high risk groups can be broadly categorized as: 1) persons of all ages who suffer from chronic debilitating diseases; 2) persons in older age groups; and 3) pregnant women.

**THE FIRST GROUP** comprises many illnesses. Children or adults who have had rheumatic heart disease are included, especially those with mitral stenosis. Also included are people with other kinds of heart or circulatory disease—arteriosclerosis, hypertension, cardiac insufficiency of any degree.

Chronic lung disorders place sufferers in the high risk category for whom influenza immunization is recommended: chronic asthma bronchitis, or bronchiectasis; pulmonary fibrosis, emphysema or tuberculosis. Patients with diabetes or Addison's disease should also be immunized.

Age as a high risk factor has been noted in past influenza epidemics. A moderate increase in mortality was seen among influenza patients who were over 45 years of age and a marked increase among those over 65.

**IMMUNIZATION** is recommended for pregnant women because of a higher than expected mortality which occurred among expectant mothers during the first worldwide epidemic of Asian influenza several years ago.

It is not expected that there will be any large scale outbreak of influenza in the United States this year. This disease tends to occur in two to three-year cycles and outbreaks of the two major strains of influenza have occurred too recently for an epidemic to be considered likely this winter.

Nevertheless, anyone who is in a high risk category and who has not been vaccinated against influenza since July 1963 should begin his vaccination protection at once, since two injections given two months apart are necessary for optimum protection. For those vaccinated since July 1963, only a booster dose is necessary.

**PREPARATION** of the vaccine makes use of eggs, therefore the only individuals within these groups for whom immunization against influenza is not recommended are those who are allergic to eggs or egg products.

A pamphlet giving additional information on influenza will be mailed to anyone who sends a card of request to the Health Education Division, Los Angeles County Health Department, 220 N. Broadway, Los Angeles.

## New Cigarette Brand Revealed

Now you can buy a filtered cigarette made with pipe tobacco.

Robert B. Walker, president of The American Tobacco Co., has announced a completely new departure in cigarettes... Half & Half, a blend which has for nearly forty years been one of the nation's leading pipe tobaccos.

Walker stated, "Half & Half cigarettes are meant for people who love tobacco. All you have to do is light it up and the Half & Half aroma speaks for itself. The new cigarettes are king size with a white Estro-n tip that helps hold the rich, rough cut blend in place, but it does not get in the way of the flavor coming through."

# COME AND SEE HOW MUCH MEMBERSHIP BUYING CAN REALLY SAVE YOU AT CERTI-BOND, "THE FRIENDLY ONE!"

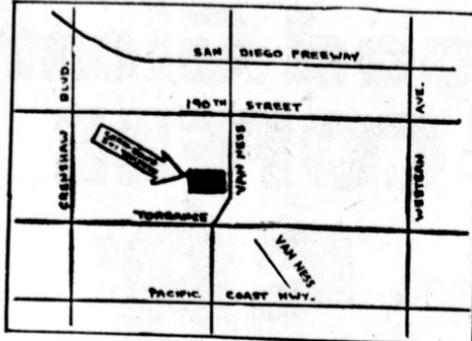
MEMBERSHIP DEPARTMENT STORE WITH COMPLETE SUPERMARKET

**501 VAN NESS AVENUE (Formerly Arlington) TORRANCE**

TELEPHONE FA 8-8280 or SP 5-3129

**Open Seven Days a Week to Shop and Save!**

• WEEKDAYS—12 NOON TILL 9 P.M. • SATURDAY—10 TILL 6 • SUNDAY—12 TILL 5



**ONE-DAY ONLY CERTI-BOND SHOPPING PASS**

NO MEMBERSHIP CARDS REQUIRED WITH THIS PASS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

This pass may be used any day before October 31, 1964

Certi-Bond Membership is free if you qualify!

**TOY DEPT.**

Regular \$3.00—Save \$1.36

**Youngsters' Plush Doggy**

He's cute and cuddly, a delight for youngsters of all ages.

**\$1.64**

Buy Now for Christmas!

**DOMESTICS DEPT.**

Regular \$6.98—Save \$2.54

**Bold Plaid Throw Blankets**

Ideal throw-type blanket for the boy's room or for your guest rooms.

**\$4.44**

Won't Show the Soil

**FURNITURE DEPT.**

REGULAR \$99.80—SAVE \$40

**HIGH STYLE 7-PC. DINETTE Set by Douglas**

36x48x60 table with rich fern inlay top (heat and stain resistant) and complemented with foam padded chairs in luxurious washable beige vinyl.

**\$59.80** TERMS

6 Beige Chairs in Washable Fabric

**DOMESTICS DEPARTMENT**

Regular \$3.98—Save \$1.24

**Queen Size Bedpillows**

22x48 filled with 100% Kapok, extra firmly filled.

**\$1.74**

Polished Challie Ticking

**LADIES' WEAR**

**Stretch Capris with Stirrups**

Tailored of 55% nylon, 45% acetate crepe in black, blue, red, lilac and green. Sizes 8 to 18.

**\$5.50**

**Ladies' Combed Oxford Blouses**

Button down collar, box pleat back with yoke and loop. White, black, blue, red, pink in sizes 32 to 38.

**\$1.89**

**DOMESTICS DEPT.**

Regular \$6.98—Save \$2.54

**Royal Spun 72x90 Blankets**

Soft and warm, non-allergic, machine washable, colors to blend with any decor.

**\$4.44**

Guaranteed for 5 Years Against Moth Damage

**DOMESTICS DEPT.**

**Save on Lovely Bucket Bed Rests**

Lovely Fall warm tones on tone color — for watching TV, reading.

With Side Arms **\$5.44**

**DOMESTICS DEPT.**

**100% Cotton Sculptured Runners**

30x50 completely washable, non-skid backing, assorted colors.

\$2.67 Each **2 FOR \$5**

**TOY DEPT.**

**Keys Made While You Wait!**

Don't take a chance on getting locked out—everyday low price!

**29¢**

**SUNDRIES DEPT.**

Regular 83¢—Save 34¢

**Gleem Tooth Paste**

Contains GL70—the big 83c Family size tube.

**49¢**

**SUNDRIES DEPT.**

**All Types Breck Shampoo**

\$1.75 SIZE **98¢**

**SUNDRIES DEPT.**

**Groom and Clean Hair Dressing**

98c Size Economy Tube **49¢**

**SUNDRIES DEPT.**

**Wilkinson Razor Blades**

79c SIZE STAINLESS **49¢**