

The Casualty Count by Jerry Marcus



Drinking drivers are a menace on the highway.

50th Annual Meeting of Boy Scout Council Set

The 50th annual meeting of the Los Angeles Area Council of the Boy Scouts of America, will be held Thursday, Jan. 28, at the Hollywood Palladium. The meeting will be sponsored by the Southern California Edison Co.

Jack K. Horton, president of the Edison Co., has appointed Paul Snell as chairman of the steering committee planning the meeting. Snell is vice president of Hill and Knowlton, Inc., Public Relations Counsel, and is chairman of the Boy Scout Council public relations committee.

Horton also announced that the theme of the meeting will be "Strengthen America's Heritage," and Southern California industry will be recognized for its

New DC-8 Ordered By VIASA

Purchase of a four-engined DC-8 transport by VIASA, the Venezuelan airline, from Douglas Aircraft Co. was announced here Thursday.

The turbofan-powered jetliner, valued at \$6.5 million, will be delivered in the fall of 1965.

The new plane will be used on routes between Caracas and New York, Miami, and New Orleans. The airline also will use the plane on European routes.

VIASA is the 28th airline to select the DC-8 jetliner for operation on its prime routes, Douglas Aircraft Co. spokesmen said. Total purchases of the plane now number 244.

contributions to the free enterprise system.

Highlights of the meeting will include the presentation to approximately 20 men in to approximately 20 men in the council who have rendered outstanding service to Scouting for a period exceeding five years, and the report of Charles F. Grable, recently appointed Scout Executive.

Invitations to the 50th annual meeting will be mailed late this month to executive board members, council members-at-large, district chairmen and district executive committees, council operating committee members, and community leaders.

The Silver Beaver committee would like to include the names of all who have received the award in the booklet distributed at the council annual meeting in January.

Apartment Zone Held for Study

Members of the Regional Planning Commission have taken under submission a petition for a change of zone from A-1 to A-3 for a 7.4-acre parcel located on the southeast corner of 223rd and S. Figueroa streets.

The petition was filed by John D. South, 15506 Crenshaw Blvd., Gardena. The property has a frontage of 1,000 feet on 223rd Street.

Fight Winter Germs With Good Breakfast Every Day

By K. H. SUTHERLAND, M.D., County Health Officer. Keeping fit and avoiding illness is a little harder in wintertime than at other seasons of the year. There are a number of reasons why this is so and it is not always possible to escape catching cold or other respiratory disease. One can help, however, to keep his own body defenses "fighting trim" in order to stave off attacks by germs which cause winter illnesses.

A well balanced diet containing all necessary nutrients is particularly important at this time of year. Certain foods are especially necessary to help strengthen the body's defenses against invasion by winter disease organisms, specifically foods containing protein and vitamins A and C. The common habit of skipping on or skipping breakfast means that the individual begins each day without important elements which help keep resistance to disease high.

FOR EXAMPLE, vitamin C, the best source of which is citrus fruits, is required in cementing the tissues of the body together and in keeping these tissues in good condition. This vitamin is not stored by the body for future use and, if not replaced daily, the cell structure of the body may suffer. As breakfast seems the best time to make sure of eating a fruit rich in vitamin C, to skip this meal may mean the daily quota of vitamin C will not be reached. Vitamin A, which guards the linings of the nose, mouth and throat, is also present in such common breakfast items as eggs, milk, cream, butter and margarine. Protein, the main substance in all of the body's muscles and organs, skin, hair and other tissues, is present in animal products—meat, poultry, fish, eggs, milk and cheese—and in cereals and bread. Once again, we see its potential in the breakfast menu. BREAKFAST should supply from one-fourth to one-third of the body's nutritional requirements each day. Breakfast is particularly necessary as it follows a period of fasting and thus gives the body the fuel for efficient functioning through the morning. In addition to helping strengthen the body against disease, breakfast prevents mid-morning fatigue and contributes to greater physical and mental efficiency. Although adults, in their hurry to get to work, often skip breakfast or settle for a cup of coffee, it has been found that teen-agers also are likely to go without breakfast and thus give the body a distinct loss of efficiency at work or at school. It is likely to result and that their body resistance to disease is being lowered. The importance of eating breakfast; a three-point test of what a good breakfast consists of; ways of providing an appetizing variety of good breakfasts; tips on solving time, taste and scheduling problems; and breakfast advice for the dieter all are included in a leaflet entitled "Eat a Good Breakfast to Start a Good Day," available on written request from the Division of Public Health Education, Los Angeles County Health Department, 220 N. Broadway, Los Angeles 12.

Computer Installed

Harvey Aluminum Inc. of Torrance has installed a Honeywell 400 electronic data processing system to handle general accounting, payroll, and distribution functions. In addition to conventional data processing applications, the company is planning to adopt data communication link-ups with the computer and introduce paper tape input for tie-in with other facilities. The Harvey installation consists of a central processor with 3,072 words of memory, five magnetic tape units capable of transferring data at 48,000 decimal digits per second, a card reader-punch, a high-speed printer, and a paper tape reader.

Telephone Gains for City Noted

There were 52.3 telephones for each 100 persons in the Torrance exchange on Jan. 1, 1964, according to a report compiled by the American Telephone and Telegraph Co. The report, a 24-page book-let entitled "The World's Tele-phones, 1964," shows the Torrance exchange had a total of 20,913 telephones at the beginning of 1964. The figure represents an increase of 9.9 million telephones in the world, bringing the total number to 171 million. According to J. P. Leggett, local manager for Pacific Telephone and Telegraph Co., the book took a year to prepare because of the extensive compilation of figures provided by many countries. The United States has the most telephones, 84,453,000, but Japan, with 10,682,492, has taken over second place from the United Kingdom.



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