

Hardening Oneself Against a Cold

In Some Cases It Works, But Not Always, Dr. Smillie Points Out

By DR. WILSON G. SMILLIE
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Are drafts likely to produce colds? Yes, certainly in a susceptible individual. Here again it is a question of chilling of the body surface. A man can work all day in a strong chilly wind, and if active and warmly clad, he will not catch cold; on the other hand a person may be working quietly in a warm still room with a constant draft of not very cold air on the back of the neck. In susceptible persons this may produce a cold.

"Hardening" Oneself Is it possible to harden oneself so that one does not feel the cold? Yes, certainly. Crippled children in chronic hospitals are trained to live outdoors, almost naked, winter and summer. If you visit such a hospital in winter, you will be astonished to find the children on the veranda with snow all about, with no clothing but trunks and not even a blanket covering them. They are warm and comfortable while you stand around in an overcoat and shiver.

Many persons take cold baths to harden themselves against sudden changes in temperature. They feel perfectly sure that this method prevents them from catching cold. Cold baths are certainly stimulating, but it must be remembered that they are without benefit unless they are followed by a good reaction with flushing of the skin and a feeling of warmth.

Just as we have gone through the painful process of hardening our bodies against cold weather by

at Narbonne High School

Jack Weber, popular senior at Narbonne, was re-elected student body president, defeating the other candidates, Clark Walker and George Gould, by an outstanding number of votes, Friday, January 25.

Winifred Mulken, the only candidate up for girls' vice president, was unanimously elected, as was also Phyllis Myerscough, the only candidate for secretary. Clinton Powers defeated the other three boys who were in the running for boys' vice president, Irbas Schmidt defeating Joe Wales for the office of A. S. B. treasurer.

Jack Weber has been outstanding in various activities. As an A9 he held the office of president of the junior high student body. He is a Varsity, a basketball letterman, president of his senior class, and is the only boy who has been re-elected A. S. B. proxy at Narbonne in many years.

As a result of the junior high elections, Bob Thompson, at present a B9, will act as president, Robert Lindgren, a B8, will fill the office of vice president, that has been occupied this term by his sister, June. Yomo Hirata, B9, was chosen secretary-treasurer.

gradual exposure to cold, sleeping on outdoor porches and taking cold baths, the sceptical scientist comes along and tells us that there is not the slightest evidence—statistical or otherwise—that any or all our efforts have the least effect in preventing us from catching cold. Well, never mind, we feel better anyhow, more vigorous, more active, more interested in life.

Teachers Get Back All Cuts CONNEAUT, O. (U.P.)—Conneaut's school board has approved a 10 per cent increase in teachers' salaries, restoring them to the standard prior to depression.

News From Washington

By Your Congressman
CHARLES J. COLDEN

The House appropriation bill providing \$4,880,000,000 for relief and recovery was the cause of hot and hectic debate in the House. Under any circumstances nearly five billion dollars is a tremendous amount of money to appropriate. It means that approximately \$40 was appropriated

for every man, woman and child in this great country of ours. It is applied to Congressional districts each one, including the Seventeenth Congressional District of California; would receive in excess of eleven million dollars. It is a staggering amount and must be repaid with interest. The burden of payment will fall not only on the present generation but upon our children and their grandchildren.

It is a demonstration of the desperate efforts the administration is making to whip the depression, the greatest calamity that has ever befallen our people in days of peace. Of this vast amount, \$80,000,000 dollars, which means a billion, is to be expended in tapering off the relief plan now in operation but which the government hopes to abandon as soon as possible. The four billion is to be expended by the administration for government projects and also for non-federal construction programs.

A very hard fight was made against this bill by a very active minority which charged that Congress was delegating its powers to the President. This charge is due to the fact that this tremendous appropriation did not specify the projects for the money appropriated. To permit the members of Congress to have earmarked this appropriation, would have resulted in the greatest pork-barrel struggle that this country has ever witnessed. Every member of Congress and every state representative has been fighting for the largest amount of spoils, had the minority been able to have allocated this great sum.

I do not share the fears and squawks of the minority because I believe that President Roosevelt is better qualified and better equipped to direct the expenditure of this money than members of Congress. Under the President's program, California and the West have been treated generously. If left to the members of Congress, the East and North with a preponderance of votes would very likely have obtained an unfair share.

Furthermore, there is a feeling of assurance in Washington that the feeling of prosperity is slowly on the return. Some industrial centers have made marked progress. By placing this vast amount in the hands of the President, he can allocate money to those sections of the country where recovery is making its slowest progress. Conditions in Southern California merit a generous allocation. In order to spend this money to the best advantage there must be flexibility so that it can be used where it is most needed.

Judging from the President's message, the public may expect larger allotments to the CCC program and for the conservation and restoration of the natural resources of the nation. Also I predict that larger amounts will be appropriated for housing, for the establishing of subsistence homesteads and for the government program of electrifying the homes of the nation.

Of course there were pointed differences of opinion as to this measure and the opposition was able to muster as many as 127 votes against the bill in preliminary motions but the final roll call gave the bill 329 votes and only seventy-eight in opposition.

One of the stormy attacks against the appropriation for relief and recovery was made by a new member, Representative Dewey Short of Missouri. Mr. Short made his maiden speech and launched into a severe criticism of the New Deal with its numerous alphabetical titles. Some of the Democrats laughed it off as a last year's campaign speech.

Later, Representative Josh Lee, a new member from Oklahoma, in a brief retort, stated that during the recent campaign he had visited Galena, Missouri, the home town of his colleague, Mr. Short. He had heard a story to the effect that in one of Mr. Short's campaign speeches, he made reference to and ridiculed all the alphabetical organizations set up by the Administration. Mr. Short is quoted as saying in his Missouri campaign speech: "You cannot name any combination of letters that does not stand for relief... the AAA, FERA, NRA, etc. Can anybody name a combination of letters of the alphabet that does not stand for some form of relief?" He paused for an answer. An old Missouri Democrat yelled out, "Yep, G.O.P."

This is just one of the illustrations that there is a little fun in the House along with storm of partisan debate, questioning and answering and sometimes bitter wrangles and harsh accusations. The discussion about the 1935 campaign is gathering momentum. Some of the Republicans and the opposition to the relief and recovery appropriation denounced it as a Democratic campaign fund for 1936. Frequent references are already made to the Democratic expectancy that Franklin D.

Roosevelt will be renominated in 1936. It is also rumored and generally conceded that John N. Garner will be renominated for vice president. There are other prominent public men who would like to share the honors with Roosevelt but Jack Garner has performed a valuable part in the present administration. Few, if any, men in the nation, can offer the President as sound advice as can be offered by the gentleman from Texas because of his long experience in Congress, his keen insight into the mind program and his outstanding integrity. There are not very many Jack Garners in the world. That is why President Roosevelt insists that the Vice-President sit in the Cabinet meetings.

Also Huey Long is sharpening the point of his lightning rod and will very likely be a candidate for President. It is said that the Kingfish is already making his contacts throughout the country. There is one thing sure about Huey, you can't laugh him off. He is a go-getter and a man of tremendous energy and plenty of ability. His entrance into the Presidential race will at least give considerable color to what might be a rather routine program at the national Democratic convention.

Our friend, formerly of Los Angeles, J. E. T. O'Conner, Comptroller of the Currency, has made a most enviable record in the discharge of his duties. When he began his administration, he was faced with the tremendous problem of 1417 national banks that had been forced to close their doors in the debacle that occurred in March, 1933. Today he has but three banks that have not been reorganized, reopened or the depositors paid in full.

Mr. O'Conner has not only made an enviable reputation in his department, but he also sits in with the administration leaders. He is the only man that breakfasts with the Democratic chief, the Hon. James A. Farley, as he sips his coffee, munches his toast, glances at his newspaper and carries on a conversation with his pal, "Jeffie."

The World Court has stirred up a big battle in the Senate. The House has no jurisdiction on this subject. I am giving this information to my constituents for many of them have written me concerning the World Court believing that I have a vote on the subject.

Congress is not the only body that plays politics in Washington. In fact, the whole town seems to live and thrive on politics in the recent contest for the Speakership of the Little Congress (in which Haskill Tidwell of San Pedro won) members who took their politics very seriously put on a campaign that was a wow, it gave the participants as well as the audience a real thrill.

The same situation pertains to the women's clubs. The Women's Congressional Club has been dominated by a group of old timers for some time. The stage was all set for the election of a wife of a prominent Republican for president until the Democratic women began to stir around to see what could be done about it. Mrs. Tom Ford, wife of Representative Ford of Los Angeles, was quite active and with others, called the wife of a Democratic member from Mississippi to Washington to enter the race. She was a surprise candidate and won the election and was the Republican women flabbergasted!

In the Seventy-third Women's Congressional Club, a slate had been framed by the women politicians but Mrs. Ford got busy again, smashed the slate and secured the election of Mrs. Colden as the new president. Thus, Mrs. Ford promoted two women as presidents of Clubs in Washington and is becoming noted as a successful campaign manager. Mrs. Colden's coup last year in securing Mrs. Roosevelt for the club's program was of material help in her candidacy. So politics is a great game in Washington, the men, women, boys and girls play it.

Trimmed Beard on Birthday. SPOKANE, Wash. (U.P.)—Ernest Miller celebrated his 103rd birthday recently by disposing of his cane and having his long beard trimmed to a modish style. He voted for Henry Clay for President and is a socialist.

White Deer Seen in Ohio. KINGSVILLE, O. (U.P.)—An albino deer, one of nature's oddities, seldom reported even where deer are numerous, was sighted here by Herman Bowdler.

ACTION DISMISSED. Charges against Ethel Sutton, of assault, preferred in the city police court by Thomas Ford, were dismissed this week.

Keeping Up With Torrance High

Julian Isen, Lucille Stroh, Gertrude Mowry and Ruth Granger were the four Torrance representatives at the second quarterly meeting of the regional district number 186 of the California Scholarship Federation, held at the Ebell Club, January 25, with Bell high school as host. After a friendly greeting from R. L. Burt, president of Bell high school's Scholarship Society, and a welcome from C. L. Reeves, principal, the delegation sat down to a lovely meal. During the dinner the senior girls' glee club (Bell) sang a few selections, and Louise Crockett and Ruth Greig, also of Bell, each gave a reading. The district business meeting was held; then there was a general discussion with speakers from Banning, Huntington Park, Venice and San Pedro high schools. The main feature of the evening was an address by Mrs. "New Frontiers," which was the theme of the banquet, given by Mr. Reeves. Mrs. Granger was the faculty advisor that attended the banquet.

At a recent meeting of the Torrance Forensic Forum, held January 28 at the high school, the new officers for next semester were elected. In appreciation of his past political work, George Muira was unanimously re-elected president. Jayne Traller was chosen as the new secretary, and Alfred Speed was elected treasurer. During the business meeting club pins were discussed, and it was decided upon that a silver-plated gavel with the word Forum engraved on the handle and T. H. S. on the mallet be the club pin. After the business meeting, Julian Isen led in the discussion of the question, "Women in Industry," which grew to be a heated debate. The meeting was the most interesting of this semester. The Torrance Forensic Forum is a comparatively new club which is fast becoming one of the most popular school organizations.

At a general assembly held Thursday, January 31, four trophies were awarded the captains of the four winning 1934 teams, who in turn presented the trophies to the student body. Those receiving trophies were Eugene Stegemeyer, tennis captain; Sumi Ishikawa, track captain; George Bradford, golf captain; and George McGinnis, football captain. Also featured on the program were the awards of letters to all members of the football and basketball teams. Mr. Crawford, director of the Gardena Band, and his band furnished the music for the occasion.

The senior A's at their class meeting held Tuesday, February 5, elected the following new officers: President, Roger McGinnis; vice president, Jayne Traller; secretary, Bob Wertz; treasurer, George Muira. Because of lack of time other officers were not elected, but will be as soon as possible.

Starting the new semester with a half hour homeroom, the students then went to their respective, newly assigned classrooms Monday. The program for this semester is practically the same as last semester except for one new class, social arts, which is being taught by Mrs. Zell. For the sixth period activity class, the following new subjects are being offered: Shorthand, does and don'ts (etiquette), typing, and annual writing. The 36 new B7's were assigned to Mr. Burchett's homeroom.

Fifty students were graduated into the high school at the junior high commencement exercises held Thursday, February 31. The program consisted of a welcome by the class president, Alice Taylor; talks by Margaret Hogue and Roy Whalin on "The Past Three Years" from a girl's and a boy's standpoint; a few selections by the Junior High Glee Club, and a farewell by Alice Taylor. Only junior high students were allowed to attend the graduation, with the exception of the Scholarship Society which was permitted to attend as a reward for the good work which is necessary to become members of the society.

OHIO MEN COPY 4,000-PAGE BIBLE IN STUDY. MANSFIELD, O. (U.P.)—Three hundred business and professional men here have finished writing a 4,000-page Bible. The task was started three weeks before completion by the First Lutheran Church in connection with a Bible study course. Each man was assigned 16 to 18 pages of copying. The completed work was bound in two volumes, each about six inches in thickness. It was believed one of the few hand-written Bibles in Ohio. Some of the scribes declared they had read more of the Scriptures during the copying than ever before.

SPEHEGER IMPROVING. Fred Speheger, who was seriously injured several days ago, and is being treated at the Cedars of Lebanon hospital for a dislocated neck, is improving gradually. Speke's many friends will be glad to know that he is on the way to recovery.

STORY 1

Continued from Page 1

place to be taken care of in, just go there some time.

"Why when I had MY operation, the nurses couldn't do enough for me, and I had the time of my life, after the first couple of days of course, when I had come out from under the ether and could really enjoy a rest in bed."

All this, of course, is just an imaginary conversation, which may take place next February 23, the day after the big hospital ball which will be given at the Surf and Sand club, Hermosa Beach, on the evening of February 22. Just as outlined above, the doctors of the district have pledged themselves to furnish free services, and the hospital free care, to three people who will be selected on the night of the dance to receive these certificates, one of them calling for an appendectomy, second, an obstetrical case, and the third prize, a tonsillectomy and removal of adenoids.

Receipts from the sale of tickets for the ball, after expenses are paid, will be turned over to the Torrance Memorial hospital, to aid in taking care of pressing obligations and helping to put the hospital back on a firm financial basis. All the communities served by the hospital are co-operating, and the affair promises to be one of the biggest social events ever given locally.

Shock Was Too Much. BROCKTON, Mass. (U.P.)—Perhaps the shock was too much for her but as soon as Mrs. Florence M. Minter heard that her husband was working she asked for a divorce. She said that her husband, working with a CCC unit in Gosham, N. H., had his first job in 14 years. The court granted her a divorce.

Gardening

By C. B. BELL

Few people realize to what extent Uncle Sam, through his department of agriculture, goes to secure new flowers, fruits, ornamental trees and other valuable plants for introduction to this country. His agents are always searching in out of the way places of the earth for such plants that may be introduced to gardens and farms of this country with pleasure and profit to our citizens.

These agents have many thrilling experiences and see people and places seldom even heard of by us. Through their efforts many of our most valuable products and popular flowers and trees have come to us.

For two years, Mr. Pieters, now teacher of Torrance night school garden class, was in the highlands of central Africa for our government on an agricultural mission. At the class meeting the evening of February 7, Mr. Pieters will tell of the highlights of these two years in Africa, from the viewpoint of a trained horticulturist. This should prove of exceptional interest to anyone who can attend this meeting, as Mr. Pieters combines the ability to see the humor of any situation and then pass it on to his hearers for many a laugh.

The gardening class meets each Thursday, 7 p. m., in the high school science building. The public is urged to take advantage of this exceptional opportunity to learn how to create more and better gardens. If you have a garden or horticultural problem of any kind bring it to this class. Mr. Pieters will tell you the solution of it.

FAMOUS EVENTS IN HISTORY. Long distance telephone communication, New York to Chicago, established February 7, 1892.

Gas Revenues Show Decline

Operating Expenses Increase Despite Loss and Sales

Southern California Gas Company, for the 12 months ended December 31, 1934, shows a balance of \$1,698,221 after all charges, including taxes, interest, depreciation and amortization, which represents a decrease of \$531,683 or 23.9%, compared with the report for the 12 months ended December 31, 1933.

Total gross revenues for the period ended December 31, 1934, decreased \$286,928, or 2.0%, from the preceding 12 months, while operating expenses increased \$467,486, or 6.4%. Due to the decline in gross revenues and net income, taxes were slightly lower, amounting to \$1,663,222, compared with \$1,727,817.

The comparative income account of Southern California Gas Company for the 12 months ended December 31 follows:

Gross Revenues—1934, \$14,201,442; 1933, \$14,548,870.

Operating Expenses—1934, \$7,738,463; 1933, \$7,270,977.

Taxes—1934, \$1,663,222; 1933, \$1,727,817.

Depreciation—1934, \$1,770,000; 1933, \$1,934,022.

Interest and Amortization—1934, \$1,396,536; 1933, \$1,350,650.

Balance—1934, \$1,698,221; 1933, \$2,234,904.

Priest and Pastor Are Firemen. BROOKLINE, Mass. (U.P.)—A priest and a minister have received commissions from the Brookline fire department. The clergymen, the Rev. George M. Dowd, of St. Mary's of the Assumption, and the Rev. William R. Leslie, of St. Mark's Methodist Episcopal church, will act as chaplains.

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Post Bran Flakes, pkg. 10¢

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Gold Medal Flour—No. 5 sk. 27¢ No. 10 sk. 48¢ (ask about contest)

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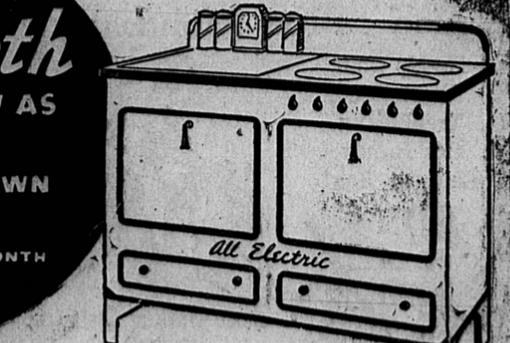
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