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HAPPY LASSIES . . . Eight pretty gals, all members of the Torrance Rebels softball squad, gather around pitcher Betty Peterson following a recent game in the Torrance-Lomita League. Games are played each Tuesday evening at Waleria Park, and every Thursday night at the Lomita Park. One of the gals on the team, supposed to be nine, you know, ducked out before the photog could corner her.

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Health Chats

By DR. RAYMOND A. LARSON

Facts About Arthritis

ACCORDING to a survey made by the U. S. Public Health Survey, seven million persons in the United States suffer from some form of arthritis. One authority states that arthritis is twice as prevalent as heart disease, seven times as prevalent as cancer and about ten times as prevalent as tuberculosis.

Arthritis is defined as inflammation of a joint. It causes the joint to become stiff and painful and sometimes swollen and deformed. The pain is usually severe. If the disease is not checked it causes its victim great suffering, interferes with his work, and may make him a cripple for life.

There are, in general, two types—rheumatoid arthritis and osteo-arthritis.

Rheumatoid arthritis is more common among women than among men. It usually begins between the ages of 20 and 40 but may occur at any age. It is most likely to occur in persons of the tall, lean, underweight type.

Oftentimes the cause of arthritis is not easy to find. In cases of rheumatoid arthritis it is well to consider the following as possible causes: Infection in the tonsils, teeth, sinuses, urinary tract, or bowels; overwork; too little rest or sleep, faulty posture; exposure to cold and dampness; chronic constipation; mental shock; anemia; overfatigue; undernourishment; poor circulation.

Osteo-arthritis is found most frequently among elderly persons but oftentimes among the middle-aged. In this ailment the X-ray picture shows an overgrowth of bone about the affected joint. With the increase of this bony growth the joint becomes stiff, painful and deformed. Sometimes a creaking of the joint is observed.

The first symptoms of osteo-arthritis are soreness, stiffness, and slight swelling in one or more of the joints. The patient may consider himself to be in good health and cannot understand why his joints should hurt or feel stiff.

As in the case of rheumatoid arthritis, the cause of osteo-arthritis cannot always be fully determined. But it may be said that the most common immediate cause of osteo-arthritis is injury to a joint or to several joints. Such injury may result from a sprain, twist, lifting, or a blow on the affected joint. Patients suffering from this type of arthritis are usually, but not always, overweight. The sheer weight of the body imposes some strain on the aging and weakening joints. The disease appears most often in the weight-bearing joints, notably the hips, knees, ankles and spine. Sometimes the trouble is first noticed in the joints of the fingers.

As in rheumatoid arthritis, diathermy applied to the joint usually affords considerable relief in osteo-arthritis. Colon irrigations, a vitamin-rich diet, correction of postural defects by exercise and manipulation, avoidance of overexercise of the affected joints, and plenty of rest are all indicated in the treatment of osteo-arthritis. If the patient is overweight, he should gradually reduce under the guidance of his doctor.

In fact, the whole program of treatment in any case of arthritis should be carried out under a doctor's guidance who specializes in this form of therapy.

HEALTH CHATS sponsored by R. A. Larson, D.C., Ph.C., 1110 Sartori Ave., Torrance, Phone 2130.

SOFTBALL
Tomorrow

A League: Harvey Machine vs. Lovelady Hardware, 7 p.m.; National Electric vs. Amroco, 8:30 p.m., Torrance Park.

B. League: P. V. Merchants vs. Hi-Shear, 7 p.m.; Longren Aeros vs. Shamrock Cafe, 8:30 p.m., Waleria Park.

Midget League: Optimist vs. Waleria BMA, 7 p.m.; Pueblo Church, 8:30 p.m.; McMaster Park.

Public Notices

TORRANCE HERALD
NOTICE OF HEARING OF PETITION FOR PROBATE OF WILL

In the Superior Court of the State of California, in and for the County of Los Angeles.

In the Matter of the Estate of ALFRED EMORY MARSTELLER, also known as A. E. MARSTELLER, Deceased.

Notice is hereby given that the petition of CARL E. MARSTELLER for the Probate of the Will of the above-named deceased and for the issuance of Letters TESTAMENTARY thereon to THE PETITIONER will be heard at 9:15 o'clock A. M., on July 23, 1952, at the court room of Department 4, of the Superior Court of the State of California, in and for the County of Los Angeles.

Dated July 2, 1952.

HAROLD J. OSTLY, County Clerk.

CHAS. T. RIPPY, Deputy.

1331 Post Ave., Torrance, Calif. Torrance 423. Attorney for Petitioner. SW-July 6, 10, 13, 17, 1952.

TORRANCE HERALD
NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the second public hearing before the Torrance Planning Commission will be held July 16, 1952, in the Council Chambers, City Hall, Torrance, at 8:00 p.m. on the following case:

CASE NO. 233: Petition of Paramount Builders for a Change of Zone from A-1 (Light Agricultural) to C-1 (Retail Commercial) on the southerly 300 feet of Lot 8, Tract No. 348, situated on Torrance Boulevard between Madrona Avenue and Amie Street. All persons interested are requested to be present at the hearing, or to submit their written approval or disapproval to the Secretary of the Planning Commission, City Hall, Torrance.

TORRANCE EVENING COMMISSION
Earle A. Lloyd, Secretary
27-July 6, 1952.

STADIUM

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ARTHUR KENNEDY
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Shamrock On Winning Streak In Bee Play

Shamrock Cafe, currently running on a burst of energy, pushed through with another win Wednesday night as they knocked the Palos Verdes Merchants 11-9 in a Bee League tilt.

And the Longren Aeros continued their winning ways by taking advantage of a basket full of errors and handed the Local 1414 men a 9-5 setback.

Tomorrow evening the Merchants will tackle Hi-Shear and Longren will take on Shamrock Cafe in clashes at Waleria Park, the first to start at 7 o'clock.

Play Delayed Games

And Tuesday, games slated for the Fourth of July will be played, Waleria Business Men will be matched with the Pottery Local, and league-leading Strosson against fast-improving Hi-Shear.

Shamrock came from way behind in the final two stanzas of their recent fray to surprise the Merchants. Palos Verdes pulled into a 3-0 lead by the top of the fifth, and went on to ring up four more that inning.

But that was enough for Shamrock. Smashing out only two hits, the Cafe men made good use of a pair of walks and an error to tally five times. Then next inning, the winners-to-be went loco, bopped out five hits, including two doubles and

a triple, and made six runs to capture the game.

Big guns for the Merchants were Howard Pfau and Ralph Croshaw who knocked out home runs, both in the fifth. For the winners, it was W. Bergman's triple in the final sixth that brought in J. Johnson and D. Carpenter to tie up the game.

Ralph George then repeated with a double, bringing in Tony Ryback and Jack Turner, and soon, himself, to walk away with the gold cup for the evening.

B LEAGUE

Score By Innings R H
P. V. Merchants 021 041 1-0 5 3
Shamrock Cafe 009 005 2-11 7 2
Pfau and Stewart; Turner and Steisel. 2BH—Cairncross. George; Johnson. 3BH—Bergman. HR—Fau. Crowshaw.

Score By Innings R H
Local 1414 002 030 0-5 4 6
Longren Aeros 140 220 5-9 4 1
Williamson and Brown; Hazelwood and DeSanto. 2BH—Williamson. Umpires: Montgomery, Martin. Scores: Wickstrom, Dundon.

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