

Hardening Oneself Against a Cold

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

By DR. WILSON G. SMILLIE, Professor of Public Health Administration, Harvard University School of Public Health

Are drafts likely to produce colds? Yes, certainly in a susceptible individual. Here again it is a question of chilling of the body surface.

"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.

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.

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.

Jack Weber has been outstanding in various activities. As an A9 he held the office of president of the junior high student body.

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.

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.

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.

Roosevelt will be renominated in 1936. It is also rumored and generally conceded that John N. Garner will be renominated for vice president.

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.

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.

Furthermore, there is a feeling of assurance in Washington that the feeling of prosperity is slowly on the return.

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.

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.

One of the stormy attacks against the appropriation for relief and recovery was made by a new member, Representative Dewey Short of Missouri.

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.

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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.

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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.

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 Miura.

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.

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.

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.

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.

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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.

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.

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.

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.

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.

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 \$1,693,221 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, \$7,738,468; 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, \$1,390,650. Balance—1934, \$1,693,221; 1933, \$2,224,904.

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.

ASSOCIATED S GROCERS INDIVIDUALLY OWNED STORES

SALE NUMBER 2 in a series of Weekly February Money-Saving Events!

Prices for Friday and Saturday, Feb. 8 and 9

Special OFFER 2 Cakes... WHITE KING Toilet Soap... 1-2oz. Package Granulated Soap... All for 21¢

FINE GRANULATED (Cloth Sack) Sugar 10 Lbs. For 48¢

Hypro, qt. 8c Saniflush, can 19c Gold Medal Flour—No. 5 sk. 27c No. 10 sk. 48c (ask about contest) Softasilk Cake Flour, lge. pkg. 29c Sperry Wheatearts—sm. 13c lge. 22c

FRESH Milk 10c Strictly Fresh Ranch Eggs Med. Doz. 25c

Kant Farm Peas, No. 2 can 10c Black Swan String Beans, No. 2 can 10c Mother's Baking Chocolate, 1/2 lb. 10c Black Swan Sauer Kraut, No. 2 1/2 can 10c Red Roll Toilet Tissue, 3 rolls 12c NAME A PIE... Win \$1,000.00 1,034 OTHER PRIZES ASK US HOW TO WIN CRISCO 3 POUND CAN - 1 POUND CAN 3-lb. can . . 54c

Choice Meats . . . . . Fresh Produce DOAN'S MARKET 2223 Torrance Blvd., Torrance, Phone 486 G. H. COLBURN 645 Sartori Avenue Torrance, Phone 622 WOODBURN'S 1801 Cabrillo Avenue, Torrance, Phone 175

Boulder Dam BENEFITS YOU NOW For more than forty years, surplus power far in excess of daily consumption has always been available to the customers of the Southern California Edison Company. Into the amazingly intricate network of thousands of miles of transmission lines in this Company's territory will soon flow new power from Boulder Dam, creating an additional reserve and releasing the present surplus for immediate use. You can therefore enjoy the benefits of Boulder Dam before it is completed. Share This Surplus At New Low Rates Thousands of homes can now have the advantages of complete electrical service. The moment you install and use an electrical range and an electric water heater you qualify for the wholesale domestic rate that drops as low as ONE CENT PER KILOWATT HOUR, thus reducing the unit cost on all the current you use. Think what this means. It enables you to more than triple your lighting at your present cost. It gives you 450 kilowatt hours at the price you now pay for 175. Think again of what this means in terms of heat, light, refrigeration, motor-driven devices and all other household conveniences and comforts. Buy Both FOR AS LOW AS \$ DOWN \$389 MONTH All Electric ACCEPT THIS OPPORTUNITY NOW For a limited time, you can have an electric range and an automatic electric water heater installed in your home on monthly payments as low as \$3.89. Immediately your entire use of electricity begins to cost less per unit, and you are free to enjoy its manifold benefits without an anxious thought of the cost. With Boulder Dam in the background, your dreams of complete electrical service come true today. You don't need to worry about money. You have the choice of our easy monthly payment plan, or you may borrow money under the National Housing Act, for this best of all permanent investments. Ask any Edison office for full particulars about payments, equipment, devices, wiring or rates. We will be glad to help you help yourself. AT YOUR DEALER