

Family Men's Draft Delayed

(Continued from 1-A)

tating war production, or furnishing materials for war production; or concerned with providing food, clothing or other requisites of the civilian daily life in support of the war effort."

The list of essential activi-

Production of aircraft and parts; ships, boats and parts; ordnance and accessories; ammunition; agriculture; food processing; forestry, logging and lumbering; construction; coal mining; metal mining; nonmetallic mining and processing; and quarrying; smelting, refining and rolling metals; production of metal shapes and forgings; finishing of metal products;

Production of industrial and agricultural equipment; machinery; chemicals and allied products; rubber products; leather products; textiles; apparel; stone, clay and glass products; petroleum, natural-gas and petroleum and coal products; transportation equipment; transportation services; materials for packing and shipping products; communications equipment; communications services;

Heating, power and illuminating services; repair and hand-trade services (blacksmithing, armature rewinding, electrical and bicycle repair, automobile repair, harness and leather repair, clock repair, tool repair and sharpening); health and welfare services; educational services; governmental services.

Cast Selected For Play Here

With regular rehearsals scheduled to bring the cast to tip-top form early next month, the production of "Charley's Aunt," perennial comedy favorite, will be presented at the Torrance theatre as a benefit for the city ambulance fund being raised by the Torrance Kiwanis Club.

Albert Mellinkoff and Harry H. Milstein, owners of the theatre, have donated it to the home-talent organization which will stage the three-act comedy under the joint sponsorship of the Torrance Junior Woman's Club, 20-30 Club, Kiwanis and Rotary clubs.

Directed by Miss Patricia Coates of Hermosa Beach, the play will be given early next month with the following cast: Priscilla Thornberry, Ruth Kerber, Sally Armstrong, Adeline Miller, Emma Quaggin, Richard Miller, Jack Warchauer, Louis Murray and George Nash. George Figueiredo of the 20-30 Club will serve as general chairman for the benefit stage show.

Mr. and Mrs. Frank Burton of McKinley Inn spent last weekend at Riversides.

Vitamin Wise By H. R. Hoskins

SCURVY AND ITS LEMON JUICE CURE

History as early as the 13th Century records the occurrence throughout Europe of a disease known as scurvy. With the discovery of the new world and the consequent lengthening of sea voyages, the disease appeared for some unknown reason to diminish in prevalence on land. It occurred though in such a virulent form on ships at sea that it earned the title "sailors' calamity."

Statistics for these periods show that scurvy exacted a toll of lives at sea which greatly exceeded the total of all casualties suffered in naval conflicts. Seamen became emaciated physical wrecks because of scurvy, their gums hemorrhaged, their teeth loosened and dropped out and the pains and agony endured caused them to pray for death and relief from their earthly plight.

Crews on Dutch ships were much less afflicted than those of any other nation. Dutch seamen were routinely consuming large amounts of sauerkraut and it was believed that such a diet furnished some sort of re-

sistance against the malady. However, since scurvy still prevailed among the Dutch, little importance was attached to its lessened prevalence.

Lemons Bring Results

An outbreak of the disease occurred in 1700 on a Dutch ship laden with a cargo of lemons. A change of diet for the stricken sufferers was sought.

The cargo of lemons was opened and amazing results were observed following administration of the lemons and their juice. Men who were dying from the disease were rapidly recovered. Never before had victims of the malady ever exhibited such remarkable improvement and even complete recovery.

Later four British vessels sailed from England on a voyage to the East Indies and the crew members of three ships were severely afflicted with scurvy, but the one crew remained free of the disease. Investigation as to why no scurvy was experienced on this particular ship disclosed that these seamen had succeeded in curing the disease through the use of lime juice. No doubt the captain had learned about the curing of the disease through the use of lemon juice.

Further research was conducted at sea in the British navy, whereby various types of diets

were employed and amazing recoveries were observed in the groups of sufferers who had received fresh fruits, especially lemons. Fresh fruit juice became heralded as a specific for scurvy both as a prophylaxis and as a curative. Lind recommended that lime juice be carried on all ships and served to the Dutch.

He undoubtedly included fresh fruit juice in the rations of his crew with the thought that if the juice could cure such a devastating disease it might also prevent it. Lemon juice had cured scurvy for the Dutch and lime juice had prevented it for the British, but in spite of these facts there was an inclination to believe the disease was due to or influenced to a great extent by the environment of the sea.

"Lime Juice" Prescribed

It was almost invariably observed that scurvy-stricken sailors exhibited a tendency to recover during their intervals ashore. The first clue that the disease was closely related to the type of foods consumed followed reports of Lind who was treating groups of scurvy patients in a British hospital. At the conclusion of his clinical experiments, Lind stated that he had succeeded in curing the disease by the use of orange juice and lemon juice.

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It was soon observed though that the malady continued as a menace to both the British navy and merchant marine because the adulterated and diluted lime juice was not concentrated enough in that mysterious something which possessed the power to prevent and cure the disease.

The British navy in 1800 adopted the use of lime juice as a standard routine daily for all men at sea. In the meantime the disease continued to plague the merchant marine and in 1850 they instituted the lime juice regimen of the British navy as a procedure to aid in curbing the ever-present problem of "sailors' calamity."

Incorrect Name Used

The British government subsequently passed legislation that all British vessels must carry a supply of lime juice, and that every member of the crew must be given one tablespoonful of the juice daily as a protective. Unfortunately, this legislation failed to accomplish its intended purpose because greedy commercial interests soon were sell-

ing adulterated and diluted lime juice to the British government as well as to the merchant marine companies.

It was soon observed though that the malady continued as a menace to both the British navy and merchant marine because the adulterated and diluted lime juice was not concentrated enough in that mysterious something which possessed the power to prevent and cure the disease. New lime juice legislation was enacted which increased daily dose of lime juice two-fold to two tablespoonsful daily. Furthermore, this new law prohibited the sale of adulterated or diluted lime juice. British sailors and seamen thus came to be known as "lime juicers." However, it is well to note that what the British actually employed as a prophylaxis and cure was the juice of the lemon and not the juice of the lime. British reports have incorrectly referred to what is universally considered a lemon as being a lime.

Potatoe's Carry Vitamins

These reports were very misleading and difficult for inves-

tigators in other countries to interpret correctly. In 1875 an outbreak of scurvy occurred on an American expedition to the Arctic in spite of the fact that the established dosage of lime juice had been prophylactically administered to the crew. A previous expedition had used lemon juice and the disease did not occur. Obviously, these contrasting experiences proved the lime juice was less concentrated in that essential something which is of value in the prevention and cure of scurvy.

Foods as Preventatives

It was the introduction of the American potato into the European diet, after the discovery of the new world, that brought about an almost immediately reduced incidence of the disease in Europe. Potatoes were not consumed on sea voyages and as we have observed the scene of interest relative to the disease shifted to the sea. Even today, in Europe a potato crop failure is invariably followed by an outbreak of scurvy.

The knowledge gained that certain foods were possessed with some essential element which had the power to prevent and even cure such a ravaging disease as scurvy has certainly been a Godsend to humanity. (NEXT WEEK: Just a little thing like substitution of unpolished for polished rice reduces the ravages of one of the world's greatest plagues—beriberi. The story of that scourge is told by H. R. Hoskins in next week's Herald.)

Bus Terminal to Get Benches; Revise Schedule

At long last, the Torrance municipal bus line may soon get a Los Angeles terminal that at least has a bench where patrons may rest while waiting for transportation. A request by Bus Manager C. Z. Ward that he be permitted to execute a lease for use of a plot of ground 15 by 6½ feet on Hill st. about 25 feet south of the present location near 10th st. where the Torrance buses stop was approved by the city council Tuesday night.

Since the start of the municipal bus system May 5, 1941, no accommodations of any kind have been available at the Los Angeles end of the Torrance run.

Bus drivers working on the seven holidays recognized by the Civil Service Board will receive time and one-half pay in the future. The council approved such a recommendation by the Civil Service Board.

Members of the council are to confer in the near future on an improved bus schedule which will provide better service, particularly for workers at the new aluminum plants at 180th st.

Legion Officers To Be Elected

All paid-up members of the Torrance American Legion Post attending the annual past-commanders' dinner meeting and election of officers next Tuesday night, July 21, at Daniels' will share in a special dividend which will be announced during the meeting.

Nature of the "melon-cutting" will not be disclosed by officers until the session is well under way but they promise it will be substantial.

Nominees for the office of commander to succeed "Larry" Larava are Jack Hallanger and D. A. (Spud) Murphy. Nominees from the floor for all posts will be in order prior to the election. All past-commanders are urged to attend the dinner-session in their honor.

Businessmen Can Get Advance Draft Physical Examinations

Business and professional men near the top of selective service rolls may apply for an advance physical examination to give them more time to dispose of their businesses if they pass, and to prevent them selling out of their businesses if they fail to qualify physically.

Local selective service boards are anxious that such candidates take advantage of these provisions and save themselves great hardship.

A registrant with a job in these days of labor shortage can get his job back or another equally as good, but the business or professional man has lost everything, once he closes his doors, board officials comment.

Men in the classification indicated are asked to apply to their local boards for advance examinations. The request is forwarded to the state director of selective service, who issues an order authorizing an examination by an Army medical officer.

MISSOURI GUEST

Mr. and Mrs. D. A. Murphy recently entertained as their houseguest, her cousin, Mrs. Don Cluxton, of Joplin, Mo., whom she hadn't seen for 19 years.

IN SAN FRANCISCO

Miss June Turner of 2024 Martin ave., is vacationing in San Francisco this week.

HONOLULU VISITOR

A recent guest of Mrs. Fred Ralston was Mrs. Jack Peterson who returned recently from Honolulu.

TO TIA JUANA

Mr. and Mrs. H. E. Massie and their nephew, Russell Anderson, accompanied by Mr. and Mrs. Joe Moore and daughter, Patty Jo, motored recently from Honolulu.

Phone 1381

Featured at Regular Price

FINE ICE CREAM

Pint 29c

Smaller Bags 9c

2 for 17c

ASSORTED

HARD or GAY

90's CANDIES

LB. BAG

33c

Smaller Bags 9c

2 for 17c

DEVIL'S FOOD CAKE

EACH

49c

CINNAMON ROLLS

6 FOR

11c

DOZEN 21c

RETURNS HOME

Mrs. Doris Kresse, who has been visiting in San Francisco during the past week, returned to her home Tuesday evening. She was accompanied by Miss Joanne Whitley who will remain as her houseguest.

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