CAR LIFETIME

Average lifetime mileage of a U. S. passenger automobile has increased from 25,750 in 1925 to about 120,500.

NEW YORK LEADS

New York is the leading buyer of new cars, according to 1950 statistics. Texas buys the most trucks.

Health Chats

By DR. RAYMOND A. LARSON

Headache—What to Do for It

When your head begins to thump with pain, do you send down to the corner drug store for some pills? Do you try to snap back with something that sputters in a glass of water? Do you rely on a mysterious power in fizz and foam?

If you do, your headache probably will disappear, for a time at least. But you have not cured your ailment. For headache is not a disease. It is only a symptom, an indication that something has gone wrong in the body. It is an effect of disease, and by relieving your headache you have only killed the pain without removing its cause.

In other words, when you take pain-killing drugs, you tear down nature's warning signal that disease is at work in your body. Pain is nature's way of telling you that all is not well with you. It is really a friendly warning to beware. It should cause you to try to find out what the trouble is. Merely tearing down the warning sign does not remove the danger; it only tends to make you forget that danger exists.

So, if you are subject to headaches, the reasonable thing to do is to try to discover what ailment is causing your head to ache, instead of taking a pain-killer and letting the matter go at that. If the cause of your distress can be found and removed, your headache will disappear. When the danger no longer exists, nature takes down the sign.

The causes of chronic headache are many and varied. Some of the more common ones will be briefly discussed.

One of the more frequent causes of headache is poor elimination. Because some organ is not working properly, poisons, which normally are thrown off, accumulate in the blood and affect the brain cells, causing in most cases a dull headache. The organs most likely to be involved are the kidneys, the liver, or the bowels.

A frequent cause of headache is digestive disturbance, due to bad food or wrong food combinations, or disorders of the stomach, liver, or bowels.

A constant throbbing ache in the top of the head is often the result of high blood pressure, which in turn is caused by disease of the heart, kidneys, or arteries, or by nervousness.

A type of headache that seems to be getting more common is due to nerve exhaustion. Overwork, worry, loss of sleep, and the fast pace of modern living use up nerve energy faster than it can be restored. In this way nerve exhaustion comes on gradually, and one of its symptoms is headache, usually felt in the back of the head where the skull joins the neck.

A most severe headache is sometimes the result of sinus trouble. Infection of the frontal sinuses causes pain in the forehead, just above the eyes, and sometimes over the entire front of the head.

Of all types of headache one of the most common is due to nerve pressure at the spine. An ache from this cause may be felt in any part of the head and is sometimes accompanied by a feeling of tightness or drawing at the base of the skull.

Now you will understand why headache pills, powders, and the like, cannot cure you. All that they can do is to depress the brain cells and keep your head from telling you that you are not well. If you suffer from chronic headache, wouldn't it be wise to have a physical examination?

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

(Herald Photo)

GOOD CELERY YEAR . . . Henry Solnanso packs away stalks of Utah celery grown on the local Weston Ranch. More than 45 men and women cut, cleaned and packed the 35 acres of celery which were harvested last week on the ranch. Rains made it a top year, growers said.

Best Crop In Years, Celery Cutters Say

Crews were busy last week cutting stalks of crunchy celery from some of the many fields in and around the Torrance area on ground which many claim is the finest in the west for producing long, stringless celery stalks.

On the Weston Ranch 48 men and women cut, cleaned and crated 35 acres of green Utah celery grown by Jack Sakioka. Rains helped considerably to produce a top celery year.

Sakioka said that he averages 800-1000 stalks per acre, and if you're quick with figures, you'll come up with about 31,500 crates for the field. Each crate holds 24 stalks, so roughly, that's 756,000 stalks from the Weston Ranch alone, Mister — that's a heap of celery.

The nice snappy stalks are about ready to be cut on several other fields in the area, namely, on the Yamaguchi Nursery grounds, Pacific Coast Hwy. in Walteria.

(Herald Photo)

CUTS STALKS . . . Kama Horikawa slices off part of the root formation on the bottom of a freshly cut stalk of Utah celery. The Weston Ranch stalks were cut for market Tuesday and Wednesday.

Realty Official Plans Address Before Board

A nationally-known real estate authority, Barbara Moss, will address the members of the Torrance-Lomita Realty Board Friday evening, March 28, it was announced yesterday by C. J. "Paddy" Ryan, president of the board.

Leathercraft Class Opens

A free class in leathercraft, open to all adults regardless of residence, is held each Monday night at 7 o'clock at the Seaside School (Seaside Ranchos, off Highway 101 in Torrance).

Students can learn to make pocketbooks, belts, watch-bands, ornaments, wallets, and key purses. Both beginning and advanced students are welcomed.

Instructor Jack Cavanagh will suggest ways to get work tools and materials.

Those planning to attend should register at the next regular meeting of the class on Monday night at 7 o'clock.