

# The Flea-Ridden Rat Can Cause Loads of Trouble, Doctor Says.

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That flea-ridden rat, the rat, certainly causes a lot of trouble. Among other things, it destroys and wastes huge amounts of food every day, starts fires by shorting electric wiring, and damages buildings by gnawing and burrowing.

Worst of all the rat, and its insect parasites, carry and transmit to human beings a number of serious diseases including endemic typhus fever. Local outbreaks of this illness occur from time to time and, during the past few months, four cases were reported to health officials. Although all rodents may transmit the disease, the rat is thought to be the most likely carrier.

With the coming of winter, many rats, who normally nest in trees, seek warmth in outbuildings, rubbish heaps, brush piles, and in cozy spots to be found in and around the home. This increase in rat population means greater exposure to the disease and, at such times, sporadic outbreaks of the disease occur—similar to the typhus which happened in one part of Los Angeles County near the end of 1951.

At that time, 20 individuals, all of whom lived in the same block, were stricken with an illness of a like nature. In 11 of these cases, typhus was positively identified as the cause of illness and, although a positive diagnosis could not be obtained in the rest, the cause was thought to be the same typhus infection transmitted by the rat.

Endemic typhus fever is accompanied by fever, prostration, persistent headache, and a skin eruption that generally appears about the 5th or 6th day. Unlike the epidemic, or house-borne, type of typhus fever, which has killed millions of people in many parts of the world, the fatality rate of the endemic type encountered in Southern California is less than two per cent. However, although the illness is relatively mild, it often results in weakness which may last over a period of several months lowering resistance to other maladies.

Fortunately, the disease cannot be transferred from man to man so a sick person can never infect another individual unless there are fleas in the environment to transfer the disease from one person to another.

Elimination of the rat is the best means of preventing rat-borne diseases which, in addition to typhus fever, include "richness," rat bite fever, infectious jaundice, bubonic plague, tularemia, amoebic and bacillary dysentery, and food poisoning. Recommended control measures include the following advice:

1. Rat-proof homes and outbuildings so that rats cannot get in and pay particular attention to vents in the roof.
2. Keep garbage in metal cans with tight-fitting lids and store chicken and animal feed in rat-proof bins or buildings.
3. Eliminate all rat haunts whether in outbuildings, the yard, or inside the house. Get rid of brush piles and stack lumber or other materials 12 to 18 inches off the ground or floor.
4. Keep all domestic animals de-fleaed. On dogs and most other animals - except cats who lick themselves, apply 10% DDT in pyrethrin dust. Rapid removal of fleas on dogs and cats may be accomplished by using flea powder containing pyrethrum or rotenone.
5. Never handle a dead rat. Pick up on a shovel and incinerate or bury.
6. Report evidence of rat infestation to health officials.
7. Killing is best accomplished through the use of poisoned baits, poisonous gases, or traps. With perhaps one or two exceptions, rat poisons are dangerous to man and should only be used under professional supervision.

A limited number of pamphlets on methods of rat control are available and, as long as the supply lasts, will be mailed to anyone who sends a card of

## 19-year-old Gets Pilot's License

"It isn't how old you are but what you do that counts" might well be the motto of David Vonderhage, 1402 Engracia Ave., who at 19 already has been awarded his pilot's license.

The youth, who hopes for a career either in the Air Force as a jet pilot, or as an airlines pilot, is a veteran of two years of solo flying. He has 150 hours in the air and learned his flying at Torrance Municipal Airport.

Vonderhage also is a glider enthusiast and last summer won a prize at the annual Elmore glider competition with a flight of 65 miles and an altitude of 7000 feet.

Fancy Christmas wrappings were curtailed in World War II to save paper.

# Health and Beauty

## THAT BLOOD PRESSURE AGAIN

It is a pity that physicians never said anything about blood pressure to patients. The matter is so complicated that it cannot be explained fully to a layman, and if it could be, it wouldn't do him any good anyway. It is a common thing to have a worried patient come in to the office with the request, "Doctor, please take my blood pressure. I feel queer."

If the physician complies, the next query is, "How high is it?" If the reply should be 180 or above, the patient is very much perturbed and begins to brood over it, and that always runs it up still higher.

The doctor usually does not explain that the 180 or whatever it might be, is the systolic pressure and that there is another pressure known as the diastolic

which may be more important than the systolic. He can't explain all this because the patient could not be made to understand the intricacies of the condition, and if he did, it would not relieve his anxiety.

Even the doctors don't know very much about it themselves. Science has never learned. It is known, however, that heredity plays an important role in whether you will have high blood pressure or not.

Bad habits, such as the excessive use of alcohol or tobacco, insufficient sleep, overwork, over-eating which hampers obesity and disease, all seem to have considerable bearing on

the development of the trouble. A curious trait of human nature is a desire to talk about one's maladies. When a group of people get together, they take great joy in discussing their operations and high blood pressure. At the mention of an operation, I have seen intelligent people exhibit as much eagerness to tell all about their ailments as a dog on the trail of his quarry.

In the British Medical Journal it is stated "that uncomplicated high blood pressure is not dangerous." That is if the patient is not suffering from some chronic trouble such as the heart, kidneys, liver or other vital organ.

Physicians have no panacea for reducing blood pressure. Those whose blood pressure is dangerously high will be put to bed by their physicians and treated for whatever abnormal condition is found.

Obesity and high blood pressure seem to go together. Such patients should go on a reducing diet and get rid of surplus fat. Moral: Don't let yourself get overweight. It is dangerous and not aesthetic.

Don't worry! It runs up your blood pressure. A clear conscience helps to keep the blood pressure down and, remember,

### SISTERS HAVE BABIES 10 MINUTES APART

Hingestown, Ind. Mrs. Joseph Longwecker, whose husband is serving with the Army in Korea, became the mother of a son, Jay Curtis, 2nd ten minutes later her sister, Mrs. James Rigby, gave birth to a daughter, Suzanne. The sisters occupied the same room in the hospital.

### HAND SALUTE

The origin of the military hand salute is obscure, but it may have been traced back to the time of the Crusades when it was accepted as a substitute for raising the hat or helmet. don't talk about it unless you must.

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**TESTED MEAT RECIPES**

### MEAT BALLS with Spaghetti

1 lb. ground beef  
1 cup bread crumbs  
1 small onion, grated  
1 egg, slightly beaten  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon ground sage

Sauce:  
1 cup tomatoes  
1 cup water  
1 medium-sized onion  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon onion powder  
1 tablespoon brown sugar

Combine first eight ingredients and mix thoroughly. Form into small balls, about 1 1/2 inches in diameter and roll in flour. Brown balls lightly in hot fat. Mix sauce ingredients together thoroughly and boil for three minutes. Add meat balls and simmer 45 minutes, until meat is well cooked. Pour mixture over plate of cooked spaghetti and serve with sprinkling of dry grated cheese.

There is good nutrition in any cut of meat

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FULL POUND BOX

# 19¢

**TESTED MEAT RECIPES**

### SAVORY BEEF LIVER and Spaghetti

1 lb. beef liver  
1/4 tablespoon flour  
1/2 onion  
1 green pepper  
1 cup mushroom stems and pieces (if desired)

1/2 tablespoon butter or margarine  
1/2 lb. spaghetti  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon onion powder  
1/4 cup cooked spaghetti

Dip liver in boiling water for 1 to 2 minutes, then cut in fine cubes and dredge with flour. Chop onion, green pepper and mushrooms. Fry in butter or margarine with chopped liver until liver is lightly browned (about 10 minutes). Add tomatoes, seasonings and garlic and cover. Cook slowly for 20-30 minutes. Serve over hot spaghetti with a sprinkling of grated dry cheese on top. Serve 4.

There is good nutrition in any cut of meat

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