

## Chronic Illness List Growing Larger Daily

Any condition that keeps the patient sick or inactive for a long period of time is considered chronic illness. The fact that the group of diseases falling into the category of chronic illness is growing larger all the time is reflected in the advances of medicine which have reduced the acute illness to a short period of recovery. If we are going to live longer, the changing processes of the body in the older years will bring about chronic illness.

While certain conditions provoke a chronic illness in the same that affect young adults and even children. Among these are rheumatic fever, tuberculosis, and some blood diseases such as leukemia. Fully one-half of the chronically ill are below the age of 45, and sixteen per cent are below 25 years of age.

AMONG THE conditions requiring prolonged care are certain types of heart disease, including arteriosclerosis; cerebral vascular accidents or the so-called "stroke" or apoplexy; arthritis; various forms of paralysis, including other chronic disabilities resulting from disease or accident.

The care of the old and the person with chronic illness is necessarily a community problem which calls for understanding. No one who has worked to maintain himself can easily settle down to inactivity and dependence on another. And that is why there are three important aspects in chronic illness: prevention, care of the chronically ill patient, and rehabilitation.

PREVENTION can be achieved in some measure by educating the young to an adequate knowledge of good nutrition, since this is one of the most important fundamentals in good health. The periodic physical examination is another basic step. Cancer and tuberculosis are notable examples, for if these conditions are detected early, recovery is assured.

Whether cared for in the home, hospital or nursing home, the chronically ill patient requires special attention. Long hours of bed rest can result in bed sores which are most uncomfortable. Turning the patient carefully at different intervals will help obviate the development of this condition. Clean linens, a bright tray and a cheerful smile will do much to keep the patient in good spirits. The person caring for the patient should have the ability to convey understanding so that the patient's mind will be free of worry that he is a burden.

A PERSON with chronic illness should be inspired to new interests or resuming old ones. Any hobby, whether it is making doll clothes or whittling boats can be stimulating. It is the mental stimulus that counts as well as the graded physical activity of bringing muscles into play.

While it is true that many chronically ill patients, especially those with fatal and malignant disease, or with permanent derangements of the brain, cannot be restored to complete usefulness, the majority of them can be given new hope, a new outlook on life, and a new and rightful place in the community.

(Presented as a public service by the Southwest District of the Los Angeles County Medical Association)

### My Neighbors



"Now, Senator, do you think it was fair to slip your fiscal problems in with his homework?"

## Camp Fire Girls-in-Church Day Scheduled Here for Next Sunday

Next Sunday, March 19, will be Camp Fire Girls-in-Church Day in honor of the observance of Camp Fire Girls' birthday, March 17. Camp Fire Girls in the Jewish faith will observe their day in the synagogues on March 18.

Girls are attending church and synagogue services in a group, dressed in their costumes as Blue Birds, Camp Fire Girls, or members of the Horizon Club.

MRS. NORMAN Leonard, president of the Los Angeles Area Council of Camp Fire Girls, calls attention to the organization's statement of religious policy which reads:

"The National Council of Camp Fire Girls believes that spiritual development is essential to a healthy, wholesome personality and recognizes the importance of the church and synagogue and of religious experience and teachings in the life of the girl. The spiritual values of the church any synagogue are basic to the Camp Fire Girls program and the Camp Fire Girls Law."

## Famed Banning Park Wisteria In Full Bloom

The 200-foot long wisteria vine in Banning Park, 401 East M Street, Wilmington, is now in full bloom, it was reported yesterday by the Los Angeles City Recreation and Park Department.

Banning Park Foreman Ernest J. Petrosino pointed out that the historic vine's blooms appeared earlier than usual because of the warm weather this winter and will be past their peak before the 1961 Wilmington Wisteria Festival is staged at the municipal facility on Sunday, April 9.

Southlanders and tourists can view the colorful vine daily from 5 a.m. to midnight, according to Petrosino. The wisteria vine was planted in the 19th century by the late General Phineas Banning's gardener.

The stately mansion in the park was built in 1864 by General Banning, founder of the City of Wilmington and outstanding Southland civic leader. The building will be open for guided tours on Sundays throughout the spring and summer, beginning on April 9, the date the Wilmington Chamber of Commerce and the Recreation and Park Department will sponsor the annual Wisteria Festival.

## St. Lawrence Parish Plans Mission Here

During the next two weeks there will be a Mission at St. Lawrence Church, 1900 Tulita Ave., Redondo Beach, conducted by the well-known Passionist missionaries, Father Emmanuel, C.P., and Father Luciano, C.P., from Sierra Madre.

Morning masses will be at 6:30 and 8:15 with a brief conference at each mass. Confessions will be heard after mass and in the afternoon from 4 to 5:30 p.m. Evening services consisting of rosary, sermon, and benediction will be at 8 p.m.

The first week of the Mission will be for women and high school girls; the second week for men and high school boys. Parishioners of St. Lawrence are invited to bring neighbors and friends who might be interested. The last Mission was conducted two years ago at this church by the Paulist Fathers.

### VURPS CAFE

COCKTAILS  
DANCING  
The Bel Ayres  
Fri., Sat., 9-2

1434 MARCELINA AVE.  
DOWNTOWN, TORRANCE

### LOCHMANN FARMS MILK

DRIVE-IN DAIRY

20¢  
TE 3-8833

28000 S. WESTERN AVE., SAN PEDRO

## 103 South High Students In Scholarship Society

The beginning of this spring semester saw a membership of 103 students in South High's California Scholarship Federation. To be admitted, these students had to receive a total of 10 scholarship points. A semester A in an academic or prepared subject is 3 points; a B is one point. In all other classes, excluding P.E., an A is 1½ points, and a B is ½ point.

Eight seniors became life members; that is, they gained membership in at least 4 semesters of their sophomore, junior, and senior years. They are: Bob Armstrong, Rick Backer, Jack Hewitt, Don Hickman, Ted Ross, Phil Shaw, Alan Sherry, and Elena Whittington.

Other members are seniors: Susan Jamison, Neal Salsbery, David Schwartz, Robert Stieg, Judith Tate, Bill Latham.

THE NEW officers for the

spring semester are: president, Jack Hewitt; vice president, Rick Becker; secretary, Ann Coulter; treasurer, Sharon Bergstrom, and parliamentarian-historian, Warren Cross. The district representatives are Jack Hewitt, Rick Becker, and Don Hickman.

Other members are seniors: Susan Jamison, Neal Salsbery, David Schwartz, Robert Stieg, Judith Tate, Bill Latham.

JUNIORS: Rosemary Balow, Yvonne Boggio, John Brooks, Ann Coulter, Judie Dunn, Karl Garlid, Irene Hansno, Linda Howe, Sonia Jamison, Mike Keyes, Diane Kruc, Diane Lehto, Richard Leonhard, Lloyd Lessor, Rosemary Mellwraith, Rick Mallory, Jim Palumbo, Ron Peacock, Cleone Rector,

Frank Sieh, Charles Smith, Sandra Snavelly, Susan Ward, and Belinda Worthen.

SOPHOMORES—Susan Alvan, John Anderson, Nancy Baker, Michele Cariveau, Gwen Casell, Dick Coulter, Rick Coulter, Dan Ely, George Grove, Hanson, David Harris, Vicki, Hoffman, Karen Howe, Jim Johnson, Jo Kay Louvier, Shelagh Mac Curdy, Sharron McKaig, Carol Malcolm, Jill Manning, Helen Marich, Sylvia Margolin, Eileen Moore, Pat Mullen, Gloria Notman, Sheila Rosin, Nancy Shartle, Roberta Smith, Becky Tapia.

FRESHMEN—Margaret Becker, Candace Bromm, Jo

Burkus, Philip Caseria, Elizabeth Davidson, Catherine Falter, Nancy Goldenberg, Robert Green, Linda Gunn, Janet Gunther, Marion Hall, Lana Hurst, Bob Katherman, Jean Kisselburgh, Nancy Kliever, Jean Leavitt, Rudolph Lisa, Cathy Loewenberg, Mark Maddrell, Harriet Margolin, Hean-nie Marshall, Elizabeth Mason, Karen Mehner, Barbara Nelson, Becky Nelson, Susan Pietz, Robin Rector, Sandy Solveter, Joan Schwartz, Shari Stewart, Mike Warner, Carla Whistler, Sharon Wood, Linda Zesch.

On Feb. 27, 1879, Congress authorized the Secretary of the Navy to accept the Jeannette, a yacht offered by James Gordon Bennett, for use in Arctic exploration.

## Teenagers Plan Dance For Saturday

A St. Patrick's Day dance for teenagers has been scheduled for Saturday evening, March 18, at the Torrance Moos Lodge hall, 1744 W. Carson St. The dance, featuring the music of the Three Flips and Flop will begin at 8 and continue until midnight.

Admission will be limited to teenagers, and a charge of 50 cents will be asked. Refreshments will be sold during the evening. The affair will be sponsored by the Women of the Moos and the Loyol Order of the Moose.



# FOOD GIANT

## SAVE! SAVE! SAVE! AT FOOD GIANT!

**3 GIANT SALE DAYS. MONDAY THROUGH WEDNESDAY.  
MARCH 13, 14, 15.—AND DON'T FORGET THOSE BLUE CHIP STAMPS!**

**SKIPPY DOG FOOD**

3 No. 1 Cans **19¢**

**FOOD GIANT OLEO MARGARINE**

2 1-lb. Pkgs. **25¢**

**PILLSBURY ENRICHED FLOUR**

5-lb. Bag **39¢**

EASTERN—FRESH—FROM THE LAND OF TALL CORN

**PORK SHOULDER ROAST**



**35¢/lb**

EASY TO CARVE—AND SERVE—OVEN READY

**BONELESS PORK ROAST**

**49¢/lb**

TENDER FLAVORFUL—LEAN AND MEATY

**PORK STEAK**

**59¢/lb**

CERTI-FRESH PAN-READY 12-OZ. PACKAGE

**SWORDFISH FILLETS**

**59¢**

McLEAN'S HEAT AND EAT GOLDEN—5-OZ. PKG.

**FRIED SHRIMP**

**39¢**

**DURKEE'S SMOOTH CREAMY MAYONNAISE**



**39¢**

24-oz. Freezer Jar

RED, sour, pitted cherries that go to make those wonderful pies. The whole family will love them. 305 cans

**SUPREMA CHERRIES**

**25¢**

FOOD GIANT brings back old-fashioned flavor and aroma the quick and easy way. 6-oz. Jar

**INSTANT COFFEE**

**79¢**

LION'S, try some in a wonderful Waldorf salad. They're delicious in cookies, too! 7-oz. Package

**SEEDLESS RAISINS**

**2 For 25¢**

FOOD GIANT, for whiter, brighter, cleaner washes in half the time. Try this wonderful

**LIQUID BLEACH**

**29¢**

Half Gallon

**TASTE SEALED APRICOT HALVES**

No. 2½ Can **25¢**

**GOLDEN CREME COTTAGE CHEESE**

PINTS QUARTS

**25¢ 47¢**

GOLDEN RIPE CENTRAL AMERICAN

**BANANAS**

Try some sliced on your cereal in the morning. It'll be terrific.

**10¢/lb**

CRISP LARGE FRESH

**LETTUCE**

**10¢/head**

**KOLDKIST FROZEN FOOD SALE**

**CHILI CON CARNE** 1-lb. Pkg. **25¢**

**BEEF STEW** 1-lb. Pkg. **33¢**

**SIRLOIN TIPS** 1-lb. Pkg. **49¢**

**CREAMED CHICKEN** 1-lb. Pkg. **49¢**

**VENUS CALIMYRNA FIGS**

12-oz. Pkg. **39¢**

**DIET SUPPLEMENT CHOCOLATE or VANILLA**

**PLAN**

Quart **59¢**

**SPRY SHORTENING**

3-lb. Can **95¢**

**ALL • FOR YOUR AUTOMATIC WASHER**

49-oz. Box **81¢**

**WISK • LIQUID DETERGENT**

Quart Can **79¢**

**BREEZE DETERGENT**

Giant Box **87¢**

**1961 GIRL SCOUT WEEK MARCH 12-18**

**FOOD GIANT**

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In HAWTHORNE 423 S. Hawthorne Blvd. at 132nd

In MANHATTAN BEACH 2400 Sepulveda Blvd. at Marine

In NO TORRANCE 4848 W. 190th St. at Anza

In TORRANCE 3731 Pacific Coast Hwy. at Hawthorne