



"Don't give me that I'm broke routine... you're driving a compact car... where's the money you save?"

## Hepatitis Continues Rise Across Nation

The number of cases of infectious hepatitis reported within the jurisdiction of the Los Angeles County Health Dept. is a reflection of the nationwide rise in the occurrence of this disease. Some 1,085 cases were reported to the county health dept. in 1960 as against 541 in the previous year, and, considering that 804 cases have been reported this far in 1961, there is some indication that the rise is continuing.

Infectious hepatitis is apparently cyclical in nature. This means that the number of cases keeps increasing over a certain period of time, usually a 6-to-10 year period in the case of this disease, until a "peak year" is reached and then starts to decline.

The last major hepatitis year in the United States was in 1954 when over 50,000 cases were reported, but by 1957 the number had dropped to less than 15,000. The upward trend in the number of cases which has continued since 1958 seems to follow the customary pattern of occurrence which is characteristic of the disorder.

Symptoms of illness caused by the hepatitis virus usually appear in about 25 days from the time of infection, although this period may vary from 10 to 40 days depending on the individual. Fever, chills, loss of appetite, diarrhea, weakness, nausea, and abdominal discomfort are generally experienced, while vomiting may also occur. After several days, jaundice may be evident in more severe cases, due to an accumulation of bile pigments in the blood and tissues.

This ailment occurs most often in children and young adults—who generally recover completely with two or three weeks—but tends to be more serious in the case of adults. Deaths from infectious hepatitis are infrequent and occur chiefly in those individuals over 30 years of age.

Infectious hepatitis spreads from one person to another through close personal contact, as the virus is present in the intestinal contents of the infected individual. It is therefore understandable that an infection in one member of the family or group may be easily spread to others.

The spread of infectious hepatitis may be limited to some extent through good personal hygiene, particularly by washing the hands before eating and before handling food. During the acute stage of illness, it is also recommended that the sick person be isolated from well individuals who are unprotected against the disease.

The administration of gamma globulin (the disease-fighting fraction of human blood) to those persons known to have been exposed to the infection will provide temporary protection against it, and will either prevent its occurrence or lessen the severity of the attack. To be effective, gamma globulin must be given very soon after exposure to the disease.

Outbreaks of infectious hepatitis occasionally occur owing to contamination of some common food, milk or water supply, but this is rare in Los Angeles county where good environmental sanitation is the rule.

At the present time there is no drug that has any appreciable effect on the hepatitis virus, and bed rest and a proper diet remain the chief forms of treatment. Getting out of bed too soon after the acute illness has subsided may cause a relapse and permanently damage the liver. This is especially true in the case of adults, among whom recovery may be a slow process that extends over several months.

It is of paramount importance that all patients be under the supervision of a physician for the duration of the illness, even when it is mild. A pamphlet giving additional information on hepatitis will be mailed to anyone who sends a card of request to the Division of Health Education, Los Angeles County Health Dept., 241 N. Figueroa St., Los Angeles 12.

### My Neighbors



### WATER SAFETY TIP



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Jump for this... on the double! Double duty one piece wool jumper or dress (as you please)... take its box pleated skirt to school... work... on the town! Trimmed with buttons... zipper back. Black only. Sizes 6-13.

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B. 100% Madacrylic orlon pile, shining furlike warmth... two button closing with large wing collar and 7/8 sleeve. Slouch pockets. 220 satin millum lining and french kick pleat. Black only. Sizes 6-14.

ZODYS DISCOUNT PRICE **34<sup>67</sup>**

### SEAMLESS SHEER HOSE

ZODYS DISCOUNT PRICE **2 pr. for 1<sup>27</sup>**

First quality dress sheer with demi toe. Your choice of fall colors. Sizes 9-11.

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Dresses going back to school! Her wardrobe... clever styles... cunningly low priced! Finemaker calico prints with rickrack trim, 90-inch full balloon skirt. Ready to wash in all tones... ready to grow with large hem! Sizes 7-14.

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