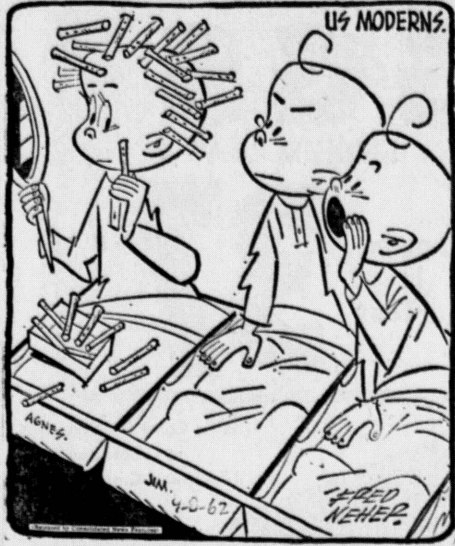


LIFE'S LIKE THAT

By FRED NEHER



"Imagine ever calling her, 'Dreamboat!'"

Respiratory 'Valley Fever' Is Usually Mild, Not Contagious

By K. H. SUTHERLAND, M.D., County Health Officer

Coccidioidomycosis, known also by the more colorful names of valley fever, dust fever, desert rheumatism, or San Joaquin Valley fever, is a disease caused by a soil-infecting fungus (Coccidioides immitis) which is contracted through the respiratory system. Some 37 cases of the infection have been reported in Los Angeles County so far this year, as against 19 for the same period in 1961.

This fungus propagates in the soil of many arid and semi-arid regions in various parts of the world. Within the United States, it is found chiefly in New Mexico, Texas, Arizona, and certain parts of central and southwestern California. It was once thought that the soil infection in this country was limited to the San Joaquin Valley, but it was later found to be considerably more widespread.

The dried invisible spores (seeds) of the fungi are swept into the air by the wind and may then be inhaled by either man or animals. This may also occur when the spores are shaken from dusty clothing. Infection through open wounds is possible but rarely occurs.

RESIDENTS of areas where there is intensive contamination of the soil by C. immitis, as in parts of Kern County for example, usually get valley fever sooner or later. Anyone just passing through the area may also become infected, and, as a result, cases of the disease have been reported in all parts of the United States. Fortunately, it is not contagious. The disease generally occurs in a mild form. In about half of the primary or initial infections that occur, there is no indication of discomfort whatsoever, and the individual may remain completely unaware that he has been host to the fungus spores.

In other primary cases of infection, symptoms of illness may appear that suggest influenza or tuberculosis or some other disease. These manifestations of the infection usually subside in three or four weeks but may last longer.

WHEN ACUTE illness ex-

tends much beyond this period of time, however, there is danger that the more serious and progressive type of coccidioidomycosis will develop, in which the bones, joints, meninges, skin, and internal organs may be invaded. One case out of every four or five hundred develops into this severe and protracted sickness that often ends fatally. This disseminated form of the disease occurs more frequently in the dark-skinned races.

Until recently there was no specific treatment for coccidioidomycosis. A drug has now been discovered, however, that has given encouraging results in certain cases. Even then, it is more helpful if started early in the course of illness.

Though the slightest attack of valley fever confers a life-long immunity to the disease, there is no vaccine available that will prevent it. Since the infection is dust-spread, the planting, oiling, or the chemical treatment of contaminated areas may be effective in reducing the number of cases that occur.

THIS HAS been done around military installations and labor camps, but the procedure is not practicable when large sections of country are involved. The "posting" of known infected areas is sometimes done but has limited value, particularly in a dust storm.

Medical supervision, rest, and a properly nutritious diet are extremely important in the early stages of valley fever, since such a regime may prevent the occurrence of its severe form. A physician should therefore be consulted without delay in all cases where it is suspected.

A pamphlet giving additional information on coccidioidomycosis will be mailed to anyone who sends a card of request to the Division of Public Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

Fall Dram Classes Start For Children

The Lollipop Theater, sponsored by the Bay Cities Civic Theater Assn., announces the fall schedule for the children's drama workshop as follows:

Ages 5 to 8, Monday and Tuesday afternoons from 4 to 5 p.m.; ages 9 to 12, Wednesday and Thursday afternoons from 4 until 5 p.m.; pre-school classes will meet only on Thursday mornings at 9 a.m.; and the Saturday schedule is, 5 to 8-year-olds, 9 until 10 a.m.; 9 to 12-year olds, 10:30 until 11:30; teen-agers, 12:30 until 2:30 p.m.

Parents are advised that this new schedule begins this week, and it is necessary that Charles Rothlein, instructor, be notified immediately of preference in class days. He may be reached by calling 374-1309.

BEGINNING next week, a new subject will be covered in the workshop classes. Mrs. Jan Williams of Manhattan Beach will be instructing children of all classes in dance as it pertains to the American theater.

The county department of parks and recreation is now beginning to close its seasonal swimming pools as the 1962-63 school term re-opens.

Nurses Aide Classes Start On Sept. 17

A new nurses aide course will open at Riviera Community Hospital on Sept. 17, open to any interested persons in the community. Mrs. Rose Eberhart, R.N., director of nursing at the hospital, announced Friday.

The courses will be given from 9 a.m. to noon Monday, Tuesday, and Wednesday of each week, through Oct. 17. Registration will be at 9 a.m. Sept. 17 at the hospital.

Mrs. Eberhart said that prospective students should call her at FR 8-1273 to make application prior to that time.

The courses will teach professional ethics, medical nomenclature, aseptic techniques, nursing arts, and obstetrics. At the end of the four-week course, certificates will be awarded.

Enrollment in the course will be limited, with vacancies on a first-come, first-served basis. Instructors will be Mrs. Thomas Snipp, R.N., and Mrs. J. Ralph Black, R.N.



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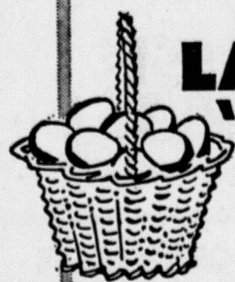
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