

Hay Fever is Misnomer; But Victims Don't Care

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

Hay fever, eloquently described by the English physician John Bostock 143 years ago, is really a misnomer since it need not be caused by hay and is rarely accompanied by fever. The disorder is the result of an inherited allergy or hypersensitivity of the upper respiratory tract to many different substances, and it is estimated that about two percent of the people in the United States are so afflicted. The disorder is sometimes

broken down into two major types, seasonal and perennial. Seasonal hay fever is by far the most common type and occurs during the periods of the year when the pollen of various trees, plants and grasses fill the air. Perennial hay fever occurs at any time and may be due to house dust, animal hair, feathers, infections within the body, any number of foods, or a host of other things. The principal cause, however, is pollens.

UNMISTAKABLE symptoms

accompany a bad hay fever attack. Sneezing, coughing, runny nose and eyes, and a burning sensation in the upper respiratory tract may cause the hay fever sufferer so much misery that he becomes exhausted. Throughout the country every year, millions of dollars are spent for drugs that bring relief.

Not all persons suffer so severely. In some cases, the malady may be so mild that it is taken for a recurrent summer cold. But as for the

years go on, chances are that the condition will get worse unless checked, and many chronic hay fever victims eventually develop asthma.

Drugs offer rapid and immediate relief during an attack but none now in use, including the antihistamines, will cure the condition or prevent its recurrence.

AVOIDANCE of the irritants is the simplest and best treatment of all. The thing to do in the seasonal type, according

to one writer, is to remove the patient from the pollen or the pollen from the patient. In neither type, however, is it always possible to remove the offending allergen and, in that case hay fever "shots" (hyposensitization) are necessary.

The injections consist of an extract made from those substances which through many medical tests, have been found sufficiently irritating to the patient to cause an attack. When given over a period of time, an immunity is built up

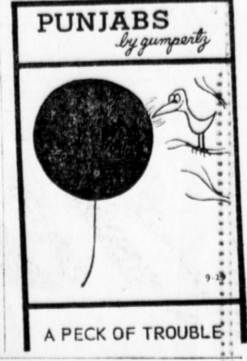
and the individual may go several years before the condition recurs.

Some parts of the country have less pollen than others and the area around Los Angeles is one of them. However, many people seeking relief from hay fever torment come here from the ragweed-prevalent areas of the East and Middle West only to encounter the Western species of the plant, and some totally unfamiliar ones as well, to which they may be sensitive.

THE HAY FEVER victim

should always consult a physician so that the substances to which he is allergic may be known, and if possible, eliminated from the environment. Much can also be done to lessen the discomfort and so help prevent the disorder from developing into a more serious condition.

Additional information on hay fever will be mailed to anyone sending a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.



Tax Appeals Board Gets Chace Okay

Supervisor Burton W. Chace yesterday voiced support for Proposition 15, a November ballot measure providing for the formation of tax appeals board to hear property assessment appeals.

In a public statement, Chace urged approval of the legislation so that assessment procedures would be taken out of the hands of the Board of Supervisors and placed under jurisdiction of Boards of qualified citizens.

"If the proposal becomes law," Chace said, "We must make our appointments on the basis of experience and training of appointees, and not through political expediency."

AS A SAFEGUARD, Chace said, members of the Board of Supervisors are committed to nominate for tax appeals board membership only those persons who are experienced in administration of property or in property tax matters.

"We will ask that there be an attorney, a certified or registered public accountant, real estate broker, or be in other ways qualified to serve on such appeals boards," Chace added.

The Supervisor said it is the intention of the Board of Supervisors, if Proposition 15 is adopted, to create five such appeals boards and to notify all assessors of the 1963-64 assessments before the July equalization period.

"I firmly believe the tax appeals board method of equalization would be a fair and equitable system of tax assessment hearings at which taxpayers could feel they are getting fair treatment in tax matters," Chace concluded.

Armed Forces

Army Pvt. Kenneth Sutherland, son of Mr. and Mrs. John G. Sutherland, 2219 Carriage Drive, Rolling Hills, recently participated in the 3rd Armored Division's four-week field training exercises in Grafenwohr, Germany.

The high point of the Spearhead division's annual training cycle, the training included day and night tactical exercises emphasizing mobility and chemical, biological and radiological warfare. An essential part of the training is range firing of individual and crew-served weapons including the Army's new M-60 machinegun and the 105 and 120-millimeter tank guns.

The 3rd, a major element of NATO forces in Europe, plays an essential role in maintaining world peace.

Sutherland, a tank crewman in Troop D of the division's 12th Cavalry in Budingen, entered the Army in Nov. 1961, completed basic training at Fort Ord, and arrived overseas last April.

The 20-year-old soldier is a 1960 graduate of Narbonne High School.

Dr. Robert Ellis Elston, son of Dr. and Mrs. Robert E. Elston of 220 Via Monte D'Oro, has completed the orientation course for officers of the United States Air Force Medical Service in Alabama.

The doctor, who recently came to active duty in the Air Force in the rank of captain, was given familiarization instruction covering administrative procedures, military medicine and medical service support of USAF objectives.

Captain Elston is being reassigned to Portland International Airport, Ore. He will join the staff there for practice as a dentist.

Dr. Elston attended the University of Southern California. He is married to the former Janice L. Landee of Los Angeles, Calif.

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