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DA 6-9886

— Good Thru May 28 —

Whooping Cough Is Most Dangerous Among Infants

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

Pertussis, better known as whooping cough, is a contagious disease that involves the upper respiratory tract. Though it can be prevented through immunization between 2000 and 4000 cases are reported in California each year, with an over-all fatality of about one-half of one per cent of the cases that occur. Though the disease is sometimes seen in adults, most cases occur in children.

Deaths from whooping cough occur chiefly in very young children; approximately one-third of them among infants less than three months of age, one-half in those less than six

months of age, and nearly 90 per cent in those under the age of two years. Both cases and deaths, it is believed, are occurring in unvaccinated children.

THIS predominantly childhood ailment spreads from the infected person to other susceptible individuals by way of minute droplets of bacteria-laden saliva expelled into the air by coughing. Or the infection may be transmitted through contact with articles freshly soiled with the patient's secretions. Any child or adult who has not been rendered immune through an attack of the disease or has not been vaccinated against it may be considered susceptible.

Once a susceptible child has been exposed to the disease organisms, symptoms of illness resembling those of the common cold generally appear within 5 to 21 days, most commonly in about ten. A tight, dry cough develops during this period, at first heard mostly during the night. This catarrhal stage of the disease may last a couple of weeks before merging into the phase of violent and spasmodic coughing. The disease is most communicable during this period although the patient may remain infectious for 3 weeks after the coughing paroxysms begin.



MORE TRAINING . . . Airman Daniel W. York, son of Mr. and Mrs. Walter York of 2722 W. 177th St., has completed the first phase of his training at Lackland AFB, Tex. He will now attend school for training as an aircraft maintenance specialist at Amarillo AFB, Tex. He is a graduate of North High School and attended El Camino College.

AS A RULE the coughing spasms increase in severity, frequency, and duration over the next week or two. Mucus from the deeper parts of the lungs is expelled and may be followed by vomiting. Finally the high-pitched whoop is heard which is occasioned by a drawing-in of air as the patient struggles for breath.

The whooping period may last for several weeks, but the coughing spells become shorter, less frequent and milder, and the patient is then considered convalescent. These coughing spasms may not occur at all in young infants or adults. Illness in a typical case may last 5 or 6 weeks, but complete recovery may take longer.



PHASE ONE . . . Airman John E. Cordes Jr., son of Mr. and Mrs. John E. Cordes of 4818 Paseo de las Tortugas, has completed the first phase of his Air Force military training at Lackland AFB, Texas. A 1960 graduate of South High, the Airman is now assigned to Lowry AFB, Colo.

PROTECTION against whooping cough early in life is of major importance. Vaccination should be started at two months of age. Three injections given one month apart are required, and these must be completed before the child is fully protected. A combined vaccine is generally used which offers simultaneous protection against diphtheria and tetanus as well.

A pertussis vaccine, which is not combined with diphtheria and tetanus toxoids, is used chiefly when there is need for rapid protection of young infants in the event of an epidemic of the disease.

As the newborn infant does not possess any natural immunity against whooping cough, physicians recommend that older preschool children in the family be vaccinated or receive booster shots before the new baby arrives.

MEDICAL treatment of the disease is rather discouraging. The administration of pertussis hyperimmune serum is sometimes helpful in lessening the severity of the illness and may also prevent its occurrence if given to the child soon after exposure takes place. Drugs are of little help except in the prevention and treatment of complications. Pertussis pneumonia is the most frequent secondary infection that occurs and is responsible for the greatest number of deaths.

Whenever whooping cough is suspected in infants and young children, the family doctor should be called without delay.

YMCA Camp Schedules Announced

There are just a few short weeks until school will be out for the children of Torrance and Lomita. The Torrance YMCA will begin the summer camping schedule with three trip camps to the High Sierras. On the King's Canyon Explorer Caravan, boys 14 and up will travel to King's Canyon, spend several days seeing the sites of Sequoia and King's Canyon National Parks and then head for the high country, possibly starting from Cedar Grove for a three to four-day hiking trip to fish and camp in seldom explored woodlands. The boys will hike in groups of four and cook and camp together. Fishing promises to be excellent early in the season.

ANOTHER trip, Tokopah Falls for boys 12 and up will base its operation in Sequoia National Park and visit all the historical and natural sites including: Crystal Caves, Bear Paw Meadow, Tokopah Falls, Giant Redwoods, Moro Rock, Wolverton Bear, and Emerald Lakes. The highlight of the trip will be a one-day overnight hike into the back country as an introduction to back packing.

The trips were scheduled to coincide with the one free week between the end of school and the opening of summer school. There is still room for those boys interested. Contact the YMCA by calling FA 8-1272.

SIMULTANEOUS with these trips for boys is the girls' Stoney Creek Base Camp for girls 12 and up. There may be a very limited number of spaces available if you call soon.

Other camps for boys and girls are spaced throughout the summer for ages 9-18 years.

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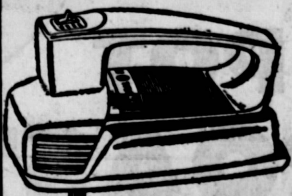
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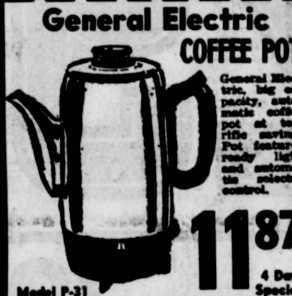
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650x15	\$30.10	\$16.45	\$15.95	\$15.45	\$14.95	\$14.45
670x15	\$30.10	\$16.45	\$15.95	\$15.45	\$14.95	\$14.95
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