

Mary Jean Eaton has been appointed as elementary teacher by the Torrance Unified School District for 1954-55.

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Completely automatic. Smooth-turning control knobs bring the clean blue gas flame to life—*instantly*. Oven, broiler and hot burners all light automatically. Automatic clock control, too.

Oversize oven. Snap the side runners out and there's even more room in this expandable oven. Ideal for roasting big Thanksgiving and Christmas turkeys.

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Get ready for a thrill—the moment your new automatic gas range arrives. Suddenly your kitchen's your showplace—the room with the Modern Look. For the new automatic gas ranges are "smoothies"—with sleek, smart lines and finishes of white or decorator colors.

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SOUTHERN CALIFORNIA GAS COMPANY

Only GAS gives you such modern automatic appliances

CONSTIPATION-STOMACH GAS RELIEF IN 20 MINUTES—ENJOY A TRIAL TREATMENT \$3 Cause of Old Age—Why People Get Sick

AUTOPSIES PROVE

LOOKS IN THE HUMAN COLON:

"Experts in autopsies state they have found that from 60 to 70 per cent of the colons examined have foreign matters such as worms and decades old feces-stones. The inside walls of the over-intestines are encrusted by old hardened feces and resemble in appearance the inside of a filthy stop-pipe."

"I had fat patients that eliminated from their body as much as 50 to 60 pounds of waste, and 10 to 15 pounds alone from the colon, mainly consisting of foreign matters, especially old, hardened feces. The average so-called 'healthy' man of today carries continually with him since childhood, several pounds of never-cleaned feces. ONE 'GOOD STOOL' A DAY MEANS NOTHING. A fat and sick man is in fact a living cesspool."

This system is not a remedy, it is a regeneration, a thorough housecleaning, the acquisition of such clean and perfect health as you never knew before."

"Leonard Williams, quoted by Dr. W. S. Bainbridge in his article on 'Intestinal Toxemia' (Med. Jour. and Rec. 1925) has said, 'THERE ARE HUNDREDS OF PEOPLE WHO HAVE A DAILY EVACUATION OF THE BOWELS BUT WHO ARE NEVERTHELESS WALKING SEPTIC TANKS.'"

"IN THE LAST TWO FEET OF THE COLON is found the seat of the most destructive blockage that has ever opposed human progress."

"Metchnikoff has clearly shown the putrefaction germs are the cause of early degeneration, premature old age and death. These germs produce most virulent poisons, many of which resemble the venoms of snakes, and when present in the feces in large numbers, they are certain proof of the existence of chronic intestinal auto-intoxication, even though the characteristic symptoms of auto-intoxication have not yet appeared. A coated tongue, a sallow complexion, dark circles around the eyes, appearance of brown spots upon the hands or other parts (the so-called liver spots), offensive breath and perspiration, the discharge of foul-smelling gases from the bowels, putrid stools, a thin, inelastic, parchment-like skin, dullness of mind, inability to concentrate the mind, mental irritability or depression without cause, cold hands and feet, perspiration of the hands and feet, chronic headaches, attacks of migraine or sick headaches—these and a score of other symptoms which might be mentioned are certain indications of chronic poisoning, prompt attention to which may prevent the development of later more serious conditions, such as hardening of the arteries, Bright's disease, with albumen and casts in the urine, or apoplexy."

plexity with paralysis. Grave symptoms of auto-intoxication do not appear until after the mechanism of the body through which nature deals with poisons, destroying and eliminating them, has broken down and failed to accomplish its purpose as a result of the overwhelming amount of work which has been thrown upon it. Hence, the appearance of symptoms of auto-intoxication indicates that the body has already become crippled and that the matter must receive serious and immediate attention."

Cancer of the bowels: Many times one may have cancer of the bowels without early symptoms. Indications when they become noticeable are constipation, perhaps diarrhea or maybe both alternating. If the malignancy appears near the rectum, blood may be detected in the elimination. The afflicted might have a feeling of distention or that the rectum has not been emptied."

Cancer of the rectum is frequently found just inside of the exit and easily located by the examining physician. Don't be misled, for what appears to be piles or occasional bleeding might be an early indication."

(NOTE: Personally, I do not treat cancer or malignancies.) "One bowel movement a day is very marked constipation."

"Normal bowel action is at least three full evacuations daily. Food waste should never be retained more than twenty-five to thirty-six hours at the longest, and the normal period is probably sixteen hours or less."

STOMACH GAS

"The effects of gaseous accumulations in the alimentary canal are not thoroughly understood at present—that is—the pathological effects. The more direct effects, as manifested in abdominal distention, and the terrible distress that frequently follows eating, are unfortunately too well known. The reader does not need to be told that during the decomposition of organic substances, gases are evolved, and no matter where the process goes on, the results are always the same. Owing to the causes previously mentioned, the intestinal canal usually offers special facilities for the production of gases, owing to the retention of partially digested food, in a medium highly favorable to fermentation. A moderate amount of sulphuretted hydrogen is always present in the colon, normally, to preserve the moderate distention of the walls, while the gases usually found in the stomach and small intestine are oxygen, hydrogen, nitrogen and carbonic acid. What functional disturbances may arise from the presence of these gaseous substances in excess in the system is, at present, largely a matter of conjecture, but it is known that a stream of carbonic acid gas, or hydrogen, continuously directed against a muscle will cause paralysis of that structure. The expansive force of gases is too well known to need comment, and the force with which they will at times distend the abdominal wall points irresistibly to the conclusion that such an amount of force exerted against vital organs cannot be otherwise than productive of serious harm. It is not at all improbable that many cases of heart failure, paralysis, hernia, REPRODUCTIVE GLAND FAILURE and uterine displacement may be due to this hitherto unsuspected cause. That they penetrate the neighboring tissues is an established fact, and it is quite conceivable that their action upon the nervous system through the medium of the circulation may lie at the root of many of the cases of neurasthenia that are now so prevalent."

INSOMNIA—NERVES

The habitual use of sleeping pills and other narcotics for the relief of insomnia, nervousness and associated conditions, has in the past and continues to reap misery and tragedy for many unfortunate sufferers. These dangerous habit-forming drugs should be used in emergency with the greatest caution under the direct supervision of a competent physician."

DIL. DANIEL C. MUNRO, M.D., explains "Why nerves break down." The term "nervous breakdown" is an accurate one because we know this trouble is an actual breaking down of nerve tissue. Once a professor of one of our large universities consulted me for a neuroathetic condition. A man of unusual intelligence, he knew that he had no organic disease but he expressed himself eloquently when he said, "When we (meaning neurotics) have a little ache or peculiar feeling we have the same sensation as you would have under impending death."

"I am convinced that such people are suffering from a deficiency. I believe that their troubles are caused by degeneration of the nerve tissue, which causes their nerves to cry out, and this creates in their brains fears and worries that nearly, and sometimes completely swamp them. "Frequently nervous breakdown is attributed to worries, overwork and mental strain of business and domestic life. The answer is that Henry Smith is deficient. Their chemical digestion is always impaired and they are not able to metabolize enough elements from their foods. "Psychiatric treatment helps them to bear the load, but complex and fears are not primarily the cause of their disease but are the result. The real cure must come from rectifying the deficiency. Such cases should be under the care of a physician. "ALL OF THESE PATIENTS HAVE COLITIS IN SOME FORM, OR AT LEAST AN IMPAIRED COLON. EVEN IF THEY KNOW IT."

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In my opinion the cause, in a great number of patients suffering from insomnia, is autointoxication, which, if in the acute stage, may be the exciting factor producing Toxic Psychosis. I am not interested in bringing temporary relief to the patient any more than I would be interested in relieving the pain in the eye as the result of a cinder. The cinder should first be removed, then the eye would heal itself, if nature's beneficent intentions were not frustrated by pernicious drug interference. Drugs, narcotics or the doctor can no more perform cures than the farmer can make his crops grow."

Those who suffer with insomnia, nervousness and kindred diseases that result from toxic poisons, should be treated for faulty metabolism. The digestive organs should be adjusted so that you would not generate toxins. It is like adjusting the carburetor on your car. A faulty carburetor generates carbon monoxide. Faulty metabolism generates or causes toxic poisons. Toxic poisons cause practically all the ills of mankind. Rid yourself of toxic poisons and you will feel a change that is hardly less marked than that felt by the prisoner when the ball and chain have been removed from his ankles."

Bad Heart

DON'T BE A VICTIM OF WRONG DIAGNOSIS ONE OUT OF FOUR WILL DIE:

According to insurance records, for every million people 45 years of age, or over, 25 per cent will die from Heart Disease. Many treat and die from heart trouble, without knowing the fact there is nothing wrong with the heart. I have had many patients come to me, having been diagnosed as heart trouble, when in reality there was nothing wrong with the heart. I have removed that which caused gas pressure and reduced the size of the colon which was monopolizing more than its allotted space and seen reactions that were astonishing. So regardless of what your diagnosis has been or what the diagnostician has told you or what the electro-cardiograph has recorded... there is a possibility that your so-called heart is not heart trouble at all. Don't be frightened by the gadget tyro. A tyro misinterprets what he sees. The minute indications of disease he overlooks and usually but perfectly

4 MODERN OFFICES OPEN HERE

This week marks the opening of four new offices at 1309 Post Ave., including the National Mortgage Co. of Torrance, Torrance Real Estate and Investments, John A. Willd, attorney at law, and Bob L. Haggard, realtor and notary.

Both the National Mortgage Co. and Torrance Real Estate and Investment offices are headed by R. A. Owens, local realtor.

Working with Owens in the capacity of sales representatives are Mrs. Eleanor J. Meyers, Mrs. Winifred M. Clouch, and Mrs. Irene F. Bourne.

Owens has an extensive business background and was formerly associated with Bob Haggard's real estate office.

Haggard, who was located on Marcelina for 12 years, moved his office to the new Post Ave. address. He has been in the real estate business since 1927.

Willd continues to be associated with the law firm of Willd and Woolley while opening this second office of his own.

"We extend an open invitation to friends and neighbors to visit the new offices," Owens stated.

The modern office features an intercom system and an answering cabinet (a miniature switchboard).

Secretary is Miss Cleo Mortensen.

NITE SCHOOL OFFERED AT NARBONNE

Narbonne High School will offer a varied program of classes, under the auspices of Banning Adult School, according to Walter E. Holstein, principal.

Full details of meeting places, time and instructors are available through Banning Adult School secretary, Miss Ailine Warthen.

George William Ackerman will teach woodshop in the adult education classes of the Torrance Unified School District.



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SIZES 3 1/2 to 11 Including Hard to Fit Narrow Widths

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BOYS' DOUBLE KNEE JEANS \$1.19

Sizes 6-12

First quality, double stitched seams, rugged. Knees guaranteed for life of jeans. Limit 2—so everyone can get theirs.

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BOYS' ARGYLE SOX

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GIRLS' ANKLETS

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Combed cotton sox in true diamond argyle patterns. Nylon reinforced heel & toe.

Guaranteed to wear well. Lovely assortment of colors. Stock up now.

88¢

88¢

Reg. 49c Seller.....

Reg. 49c Seller.....

BOYS' DENIM SLAX

1.00

GIRLS' SWEATERS

1.88

Yes, seersucker denim slacks by a famous maker. Hurry for these.

Latest fall colors in smart cardigans of 100% Zephyr wool. Sizes & styles.

Values to \$3.98.....

Pre-Ticketed at \$2.98

Boys' Flannel Shirts

1.88

GIRLS' DRESSES

1.99

Satin yoke lined in smart patterns for the young man. Sizes 10-16.

Finest quality cottons... each one specially hand picked for back-to-school. Sizes to 12.

Values to \$3.98.....

Reg. \$2.98 Seller.....

BOYS' PAJAMAS

1.88

GIRLS' FLANNEL PJ's

1.88

Sanforized fine cottons. Plaids, stripes, fancy patterns. Sizes 4-16.

Lovely new fall patterns, full cut and guaranteed to last. Complete size range.

Values to \$3.98.....

Reg. to \$3.98.....

Boys' Bomber Jackets

3.99

GIRLS' WOOL COATS

6.99

All styles, colors, fabrics, sizes. Exceptional values because of special purchase.

Yes, 100% wool and fully lined in new lovely fall shades. Sizes 2-14.

Values to \$8.95.....

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