

mittee who met to plan the 1955-56 council, program. It was decided that the theme for the year would be, "Teamwork Does It." The September sub topic would be "A move in the right direction." in February "A review of the past moves," and the May meeting sub-topic would be "Teamwork Did It." Mrs. Louis Dyer, music chairman for the council, presented ideas for music at the meetings. Mrs. W. A. Wright, council president, expressed a desire to place a special emphasis on Parent Education, Membership, Student Welfare, Spiritual and Character Education, Child and Dental Health. Honorary Life Membership, Magazines, Juvenile Protection, Safety and Civilian Defense.

SOUTH BAY

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Learn the true facts of disease. Many people constantly complain of stomach dis-orders, such as gas bloat, burning of the stomach, abdominal cramps, nausea and vomiting, when in reality, the lower part of the bowels is to blame. It is a well known fact that most distress in the abdominal region is self diagnosed as stomach trouble. This misconception is a natural one. Constipation results in the formation of large quantities of poisons that gain entrance into all parts of the body by means of the

blood stream and lymph channels. The effect is the same as it would be if you were to swallow a dose of poison every day. The first and last thought in the mind of most people when they become constipated is to take a physic, yet no physic was ever made that would cure constipation. Continued use of physics leads to definite ailments of the colon itself. Stop fooling yourself. Know the true facts of disease. Life or Death can be due to neglect of your physical condition.

Over half of the deaths in the country are due to Heart and Blood Vascular disorders

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trouble or perhaps when it is the site of a malignant growth. Fully one half of the patients who come to me believing they have stomach Ulcer or gastritis are really affected with some form of Gall Bladder

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### DISNEYLAND RACE CLOSE

The Crenshaw school race to go to Disneyland has changed leaders for the third time. Ray Biggers regained the weekly tournament leadership from Donald Jenkins by the very slim bargin of only one point. Gary Davis led for the first two weeks; but lost his leadership to Dave Barge, who led for the third and fourth weeks. Ray Biggers led the fifth week and in turn, lost to Donald Jenkins, who led through the sixth week.

Ray Biggers is now in command. Only one week is left in the tournament race. The leaders are as follows: 1. Ray Biggers, 124 points; 2. Donald Jenkins, 123 points; 3. Gary Davis, 113 points; 4. Arthur Charron, 113 points; 5. Tony Carter, 103 points; 6. Anthony Baskovich, 97 points; 7. Skip Sayre, 83 points; 8. Dave Barge, 81 points; 9. David Morgan, 74 points; 10. Ron Stugard, 71 points.

#### ART, DANCE INSTRUCTION FOR Y-WIVES

Janet Shedd will teach a class in watercolor painting at the next meeting of the Y-Wives on Tuesday, August 23, at 10 a.m. Ballet and exercise were under the direction of Anne Douglas, professional choreographer, last Tuesday morning. This class is held twice a month. Child care is provided for all Tuesday morning meetings. Any interested women in the Torrance area are invited to attend. The classes are held at the YWCA, 2320 West Carson.

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