

## Mushroom Gatherers Run Grave Risk of Poisoning

**ROY O. GILBERT, M.D.**  
L.A. County Health Officer

People who eat mushrooms they gather hither and yon are taking a tremendous risk, because only experts engaged in the business of raising or studying them can tell the difference between the edible and non-edible or poisonous varieties.

There are, of course, many people who think they are expert in distinguishing one from the other. One such person gathered and ate a couple of mushrooms recently in order to demonstrate to his companions how easy they were to identify. Fortunately the variety was not lethal, although he became very

ill for a brief period. Not all fungi picked by the average person turn out to be toadstools, but the risk is so great that it appears improbable that anyone would ever take the risk of eating a mushroom that wasn't either commercially grown or canned.

Perhaps no other commercial prepared food in the United States is grown and cared for with such strict supervision. The soil and fertilizer used for the mushroom beds must be sterilized, and this is done in order to destroy, among other things, all spores of wild fungi, including the toadstool, that may be present in the soil. Mush-

room culture is carried on in buildings, that are air-conditioned so that cross strains carried by the wind cannot reach the beds. Needless to say, all mushroom seeds used are certified to be pure strains.

As a result of the care in raising, and also in the processing of these edible fungi, no known cases of mushroom poisoning have resulted from the eating of mushrooms canned in this country, where mushroom culture has been a thriving business since the latter part of the 19th century.

Certainly, cultivated mushrooms have a place in the diet for they possess a definite food

value, comparing favorably with most vegetables in protein content; they are also good sources of vitamins and minerals, and have a distinctive flavor that is pleasing to most people.

**Lomitans Hear Thomas**

The pros and cons of propositions on the ballot will be explained Oct. 21 at 8 p.m. by Assemblyman Vincent Thomas.

He will address the Lomita Property Owners and Registered Voters Association and the Lomita Civic League at a joint meeting in the Lomita Elementary School.

## Freeway Link

### Brings Problems

Immediate action is being taken to solve serious traffic problems which have arisen in the vicinity of the Harbor freeway exit at Figueroa and 124th streets, following recent opening of the new freeway section, Supervisor Kenneth Hahn announced today.

Harry Parker, assistant traffic engineer for the County Road Department, yesterday made a two-hour aerial inspection by helicopter of the freeway and area in the vicinity of the 124th st. terminal exit.



CECIL R. KING

## Demos to Honor Rep. Cecil King

A buffet dinner dance with Congressman Cecil R. King as honorary guest on Saturday, was announced by Chairman Frank Barton.

The affair will be held at the Retail Clerks Hall in Harbor City and is hosted by the 17th Congressional District Democratic Council.

Ralph Frye, president of the Council states, "Cecil King has represented the 17th Congressional District in the House of Representatives since 1942 and served the district in the California legislature for ten years prior to that."

Tickets are \$5 and can be purchased by calling DAVIS 3-3565.



RUSSELL L. SWIGART

## Swigart Named To Sales Post

Russell L. Swigart, Jr., of 1745 Fern Ave., has been appointed professional service representative in a Los Angeles territory of CIBA Pharmaceutical Products Inc., it was announced today by Vincent A. Burgher, vice president in charge of sales.

Swigart, 27, a native of Chadron, Nebraska, attended high school in Torrance. After spending two years in the United States Navy, he attended Long Beach State University, Long Beach, California, where he graduated in 1958 with a B.A. degree in biology science.

Married, with two children, Swigart was affiliated with the Torrance Post Office and the Torrance Hardware Company before joining CIBA.

## County Car Use Slash Demanded

Use of County cars should be reduced to an absolute minimum, Supervisor Kenneth Hahn stated today, as county officials were studying the number of cars assigned to individual county employees preparatory to submitting a report to the Board of Supervisors.

Supervisor Hahn had requested the report and recommendations for curtailment of the use of County cars after he learned that the total number of County cars and trucks had increased by more than one-third, from 1962 to 3000 during the last five years.

During this same period, the number of passenger automobiles had nearly doubled, being increased to 1223 from 768.

## FIELD CONSULTANT NAMED

The Los Angeles County Department of Community Services is announcing the appointment of Mrs. Marguerite R. Spears as Field Consultant for the Community Coordinating Councils in Harbor City-Lomita, Torrance, Lakewood, Long Beach, Palos Verdes Peninsula, San Pedro and Wilmington.

## BAND INSTRUMENTS FOR RENT

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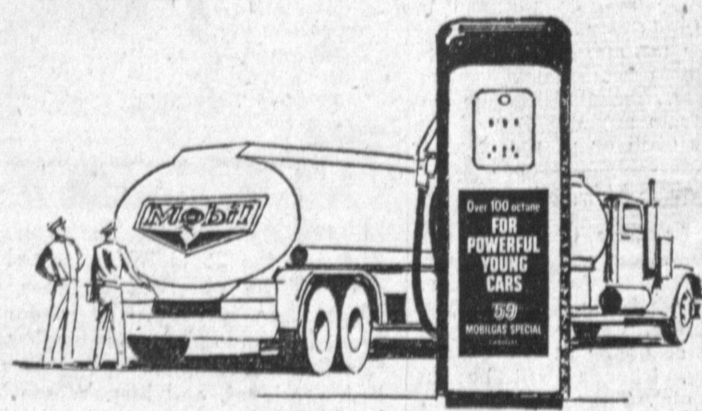
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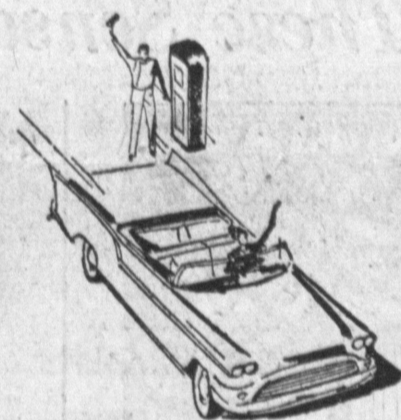
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