

GOING ABROAD?

Science Shrinks Piles
New Way Without Surgery
Stops Itch—Relieves Pain

New York, N. Y. (Special) — For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids, stop itching, and relieve pain — without surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by a doctor's observations. Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place. And most amazing of all — this improvement was maintained in cases where a doctor's observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing.

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne®) — the discovery of a world-famous research institution. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body. This new healing substance is offered in suppositories or ointment form called Preparation H. Ask for individually sealed convenient Preparation H Suppositories or Preparation H Ointment with special applicator. Preparation H is sold at all drug counters.

Few Health Precautions Will Add to Joy of Trip

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

Because the pleasures of travel are enhanced by the enjoyment of good health while away from home, people who are planning summer trips abroad should start early to take advantage of medical techniques likely to promote health and to minimize illness and discomfort.

Most countries of the world require immunization against one or more diseases before allowing a traveler to enter. These regulations are primarily for the protection of people within the country imposing the requirement, and should not be construed as being the only protection the

traveler will need for himself in visiting foreign lands.

Following is a list of techniques and medically based recommendations for those about to undertake international travel:

- Begin immunizations in sufficient time to allow for the number of doses required; routinely include smallpox, tetanus, polio and typhoid (plus diphtheria and pertussis for young children); specific destinations may necessitate also influenza, typhus, cholera or yellow fever immunization. International Certificates of Vaccination should be completed by the private physician and then

authenticated by the local health department.

- Have physical and dental checkups. The traveler should obtain from his physician a written statement concerning: status of health, any serious illnesses, medications and dosages prescribed, surgical procedures undergone, blood type and eyeglass prescription. The summary might prove invaluable in an emergency, particularly where language barriers exist.
- Discretion should be exercised in eating. Eat only thoroughly cooked fruits and vegetables, or those which the traveler can peel. Raw meats or fish and green sal-

ads should be avoided, as should locally prepared dairy products. Milk should be pasteurized or boiled.

- Bottled water in areas of questionable water supply may be used for drinking and toothbrushing. Ice cubes of tap water should be avoided. Water from suspect sources may be rendered safe by boiling for 5 minutes. Chemical sterilization of water should be reserved for field or bush conditions.
- If services of a physician are required mission hospitals and clinics are often accessible; also embassies and travel agencies can make local referrals. Tourists in Great Britain are eligible for

National Health Service care.

- Persons with upper respiratory infections should avoid air travel; if flying is imperative seek a physician's advice on use of nasal decongestant and/or antihistamine. Proper ear-clearing techniques (yawning, swallowing, gum chewing during descent), are also helpful.
- Choose clothing carefully for comfort and convenience, taking the minimum necessary. Be sure to have comfortable walking shoes, properly fit and broken in prior to leaving home.
- Consult your physician about medical supplies you should carry with you. A basic kit might contain a ther-

rometer, aspirin, kaolin-pectin mixture perhaps with paregoric; anti-motion sickness drugs; nasal decongestant and antihistamine; sulfonamide or tetracycline.

Persons wishing a leaflet entitled "Health Hints for Foreign Travel" may obtain one by sending a written request to the Division of Health Education, 220 N. Broadway, Los Angeles 12.

NEW CTA PRESIDENT
Fred Clark, a mathematics and science teacher at the College of San Mateo, has been elected president of the California Teachers Association.

The Boys Markets

NOW OPEN 'TIL MIDNIGHT
CRENSHAW AT RODEO ROAD
OPEN 24 HOURS



HUNT'S FRUIT COCKTAIL
15 OZ. CANS
5 \$1

HILLS BROS. COFFEE
LB. CAN
69¢



READY TO POP IN THE OVEN

ROCK COR GAME

F & P PEARS
NO. 2 1/2 CANS
3 \$1

NIBLETS CORN
VACUUM PACKED 12-OZ. CANS
5 \$1

HI-C DRINKS
46 OZ. CANS
3 \$1

- PINEAPPLE
- GRAPEFRUIT
- GRAPE
- ORANGE

M-J-B WHITE WILD RICE MIX
6-OZ. PKG.
69¢

U.S.D.A. GRADED CHOICE RUMP ROAST
BONE IN **69¢**

BONELESS TENDER JUICY ROUND STEAK
79¢

HUNT'S Pork and Beans
NO. 2 1/2 CAN
19¢

FRESH DRESSED CALIFORNIA GROWN STEWING CHICKENS
PAN READY NO WASTE CUT UP... 2 1/2 LB.
19¢ lb.

FRESH RANCH PACK GRADE A JUMBO EGGS
TOO BIG TO GO IN A CARTON
20 TO A CARTON 88¢

MORTON'S FROZEN DINNERS
ASSTD. 12-OZ. (Except Shrimp) **39¢**

CHRIS 'N PITTS—12-oz. Bottle Bar-B-Q Sauce **39¢**

SOUTH SHORE—16 oz. Can Pink Salmon **59¢**

HORTON HOUSE—16-OZ. CAN Chili with Beans **49¢**

WHITE KING CLEANSER **2 14 OZ. CANS 29¢**

LA PINA FLOUR
25 LB. BAG **\$1.49**

39¢

59¢

49¢

APPLETIME Applesauce
16 OZ. CAN **10¢**

C. H. B. 2 LB. JAR PRESERVES **49¢**

- APRICOT-PINEAPPLE
- STRAWBERRY
- PEACH, GRAPE
- PEACH-PINEAPPLE

MARCAL 100 FT. PLASTIC WRAP **19¢**

BOYS 6 PAK ENGLISH MUFFINS **29¢**

HOLIDAY 22-OZ. BOTTLE SWEET PICKLES **39¢**

TEN POUND BAG KITTY CARE **49¢**

TREETOP QT. JAR APPLE JUICE **29¢**

LANGENDORF ASSTD.—Choc.-Vanillin Danish Party Rutz Butter Choc. Shorties **3 for 87¢**

SUPERIOR HONEY
Clover or Orange 12-oz. Jar **39¢**

GLOBE A-1 NOODLES
Fine Med. or Wide 3 1 lb. Pkg. **\$1**

C-H-B SYRUP
26 oz. Btl. **29¢**

Minute Maid LEMONADE
2 6 OZ. CANS **25¢**

MINUTE MAID 6 OZ. CANS ORANGE JUICE **4 for \$1**

CERTI-FRESH BREADED HALIBUT 10 oz. Pkg. **59¢**

AUNT JEMIMA WAFFLES 9 oz. Pkg. **35¢**

GORDO ASSORTED DINNERS 12 oz. Pkg. **39¢**

Fresh Fruits & Vegetables

FRESH CRISP ROMAINE LETTUCE **10¢ ea.**

SWEET JUICY VALENCIA ORANGES **10¢ lb.**

CANTALOUPE
Extra Large **4 FOR \$1**

CLOROX **43¢**

SCHILLING SEASONING SALT

GARLIC, 3 1/4-oz. 29¢

ONION, 2 1/4-oz. 29¢

CELERY, 3 1/4-oz. 29¢

A.B.C. WESTON FIG BARS 16 oz. Pkg. **39¢**

PREMIUM SALTINES 16 oz. Pkg. **35¢**

TORRANCE: Normandie & Carson (OPEN 'TIL MIDNIGHT)

REDONDO: Manhattan Beach and Inglewood (OPEN 'TIL 10 P.M.)

GARDENA: Redondo (OPEN 'TIL 10 P.M.)

HERMOSA BEACH: (OPEN 'TIL 10 P.M.)