

BLOOD PRESSURE KILLS 320,000 YEARLY

BLOOD PRESSURE is the pressure exerted by the blood on the walls of the vessels in which it is flowing. Statistics show that one out of five people who die in the United States as a result of one of the complications of high blood pressure.

WHY DRUGS DO NOT CORRECT HIGH BLOOD PRESSURE: Medicines and drugs are used primarily to ease symptoms, such as pains, or are given to increase, or slow, or regulate the action of the heart, etc. After any painful symptom, for example, has been subdued for the time being by an opiate, the drug taken is supposed to have accomplished its purpose. But the pain and other symptoms will return as soon as the effects of the drug wear off, and then the dosage has to be repeated, generally in a stronger measure, because they relieve symptoms only and do not remove the causes that are responsible for the suffering.

HOW A CEREBRAL HEMORRHAGE OCCURS: In High Blood Pressure there is too much blood in your brain, which may enlarge, strain and distend the arteries in your head to the breaking point. Through extra mental strain, worry, fear, overloading your stomach with an excess of food or drink, or from any of the other causes mentioned, the rupture of one of the arteries in your brain—a Cerebral Hemorrhage may occur. Sometimes merely a few drops of blood pass through, and these do not kill suddenly but render

the person senseless. If the first attack does not end fatally and a second or a third stroke occurs, death is generally the result. 50,000 sufferers of HIGH BLOOD PRESSURE will die this year from a Cerebral Hemorrhage, it is estimated.

PARALYSIS—THE ULTIMATE RESULT OF HIGH BLOOD PRESSURE: The strain on the arteries, produced by too large an amount of blood, is liable to cause, in a similar manner, the rupture of a brittle blood vessel, hemorrhages of the nose, eyestrain. The escaping blood will form a clot, obstructing the vessel, resulting in a stroke of paralysis, apoplexy or sudden death, and in the eyes, blindness.

CHRONIC CONSTIPATION OFTEN PRECEDES PARALYTIC STROKE: If constipation exists, the bowel action must be increased and restored to normal function. Chronic constipation often precedes paralysis. The retention of waste matter, which hardens, exerts a pressure upon the blood vessels in the abdomen, compressing them, so that their size is diminished and the needed amount of blood cannot pass through them except with difficulty, thus causing a damming up of the blood into the upper body.

CONGESTED LIVER OFTEN LEADS TO PARALYSIS: Years of observation in treating high blood pressure patients, have shown that the liver was in most cases sluggish, engorged and enlarged, causing a congestion of its circulation, especially

of the Portal Circulation which drains the blood from the entire abdomen. The abdominal blood vessels are so large that they are capable of holding the entire blood supply of the human body so that, when the liver does not drain this area normally, these abdominal vessels become greatly engorged and distended because of the excess of blood in them, thus damming the blood back into the larger arteries until the backed-up pressure reaches the heart.

HIGH BLOOD PRESSURE IS NOT ALONE A SYMPTOM OF A VARIETY OF CONDITIONS. It is most dangerous when above 150 m.m. Life insurance companies will reject one with this pressure. At 154 m.m. the death rate increases 31.1 per cent; at 164 m.m., 83.3 per cent; at 174 m.m., 104.4 per cent; at 189 m.m., 148.5 per cent; at 200 m.m., 314.7 per cent.

A poorly digested meal, excitement, overexertion or fatigue, no matter how slight, might result in the bursting of a blood vessel. The result may be cerebral hemorrhage, a blood clot on the brain, apoplexy, paralysis, death. Easily corrected if treated in time.

LOW BLOOD PRESSURE. This is the condition which precedes tuberculosis, diabetes, cancer and all disorders where there is great emaciation. In every case low blood pressure and emaciation precede the above mentioned diseases, and are not caused by them. With low blood pressure, the arteries become flabby and relaxed, and the muscles and tissues of the body are found to be in a similar state. Every cause which is weakening to the body may be responsible for the production of low blood pressure. It is more serious than you think. It usually accompanies anemia. It may also be due to a weakened heart muscle. By the persistent use of most of the widely advertised remedies for headache, neuralgia, and "common colds," the blood pressure may be permanently lowered because the heart muscle is weakened and the quality of the blood impaired.

HEART PATIENTS

MANY TREAT AND DIE FROM HEART TROUBLE WHEN IN TRUTH AND IN 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 tension on the heart, which was monopolizing more than its allotted space and seen reactions that were astonishing. The heart trouble left as if by magic. So—regardless of what your diagnosis has been or what the diagnostician has told you or what the electrocardiograph has recorded—the chances are 1 out of 10 in your favor that your so-called heart trouble 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 over-looks and unusual but perfectly normal appearances he mistakes for some other dreadful condition.

TRACK MEET WINNERS

Winners of the track meet held last Friday at Torrance park were announced this week as follows:

Awards: Trophy, Crenshaw school; honorable mention, Torrance Park; honorable mention, North Torrance school.

Events: 35-yard dash, C-girls: First, Judith Alexander, second, Janet O'Brien, third, Jerri Ferranti.

Forty-yard dash, C-boys: first, Johnny Wojack, second, Bill Reid, third, Dave Morgan.

Fifty-yard dash, A-girls: first, Ivana Farrante, second, Phyllis Nicholson, third, Linda Stevenson.

Fifty-yard dash, B-boys: first, Brent Scott, second, Gary Davis, third, Bob Hunt.

Sixty-yard dash, A-boys: first, Ronald Earick, first, Doug Morgan, third, Patrick Duffy.

Standing broad jump, A-boys: first, Doug Morgan, second, Albert Lucero, third, John Coberly.

Standing broad jump, B-boys: first, Brent Scott, second, Ben Hunter, third, Jim Hester.

Volleyball throw, A-girls: first, Barbara Steiner, second, Gwen Hull, third, Phyllis Nicholson.

Volleyball throw, B-girls: first, Marlin Swanson, second, Sharon Birdsall, third, Darleen McNeel.

Volleyball throw, B-boys: first, Jim Hunter, second, Bill Williams, third, Gary Davis.

25-yard sack race, C-boys: first, Bobby Snider, second, Johnny Wojack, third, Norman Bennett.

25-yard sack race, C-girls: first, Judith Alexander, second, Nancy Shartel, third, Maureen Bereskin.

25-yard 3-legged race, B-girls: first, Donna Sayre, second, Diana Cato, third, Susan Shartel, Arlene Daley.

40-yard wheelbarrel race, A-boys: first, Albert Lucero, Mike Henderson, second, Frank Edman, Gary Gonguer.

40-yard wheelbarrel race, B-boys: first, Pete Moore, James Palumbo, second, Tom Frisley, John Coberly.

Louis Bereskin served as announcer. Starters included Red Moon, Rex Welch, and Dick Leach.

Taggers were: Betty Sharp, Joan Melvin and Mickey Van Deventer.

Barbara Billings acted as tabulator while Doris Avis served as broad jump assistant.

Sports News



Baseball Clinic Set For August 11

Upon the completion of Babe Ruth and Little League play the Recreation Department is sponsoring a baseball clinic which all Babe Ruth and Little Leaguers, as well as any other interested boys, are invited to attend.

The clinic will be held on Wednesday, August 11, from 5:30 to 7:30 p.m. at the Torrance City Park.

Instruction for the program will be provided by George Vico, former Detroit Tiger first baseman; Rex Welch, former Tartar coach and currently Rosemead High School coach; and Harry Theodosis and Gil Bennett, local athletes who have played considerable professional and semi-professional baseball.

Coach Dick Leach of Torrance, who is directing the clinic, will also be there to lend a hand.

Several members of the Tartar Varsity Nine will be in uniform for instructional purposes.

BIKE RODEO TOP RIDERS ANNOUNCED

In the Bike Rodeo held at the El Nido School Friday, July 30, ribbons were awarded to the winners of the following events:

Boys' 100-yard race, David Grossman first; Robert Burch, second; John Slatern, third.

Boys' 500-yard race: John Sibley first; David Grossman, second; John Slatern, third.

Boys' slow race—Basil Guice, first; Charles Morris, second; David Grossman, third.

Obstacle race: John Slatern, first; Robert Burch, second; Charles Morris, third.

Trick riding: David Grossman, first; Arthur Berthime, second, Robert Burch, third.

Newspaper throwing contest: George Muniz, first; Arthur Berthime, second; Basil Guice, third.

Girls' 100-yard race: Joyce Morris, first, Patricia Slattern, second; Mary Ellen Slattern, first; Joyce Morris, second; Mary Ellen Slattern, third.

Girls' slow race: Mary Ellen Slattern, first; Patricia Slattern, second; Sonja Wilson, third.

Open 1000-yard race: Billy Muniz, first; Robert Burch, second; George Muniz, third.

Mr. and Mrs. Ernest A. Stencel, Jr., of 848 South Ash avenue, announce the birth of a son, Ernest at Torrance Memorial Hospital, weighed 7 pounds and 10 ounces.

dens vs. Local No. 1135. Friday at Torrance Park: Walteria Methodist vs. Fire Department B, 8:15 p.m.

PROVEN METHOD

People from all walks of life—lawyers, doctors, priests, clergymen, doctors, nurses, famous celebrities, even unemployed—visit my office from all parts of California, the United States and foreign countries and are treated for practically all of the ills of mankind. Why? Because people with asthma, heart trouble, blood pressure, skin disorders and many other ailments respond to these treatments—"as if by magic."

Here is a proven, inexpensive method of treatment that has been eminently successful in thousands of cases. Endorsed by medical authority.

DR. CHARLES A. TYRRELL, M.D., world's greatest advocate of this method, said: "With me it has passed beyond the theoretical stage, for I have in my office fully 15,000 letters from grateful patients who have used this process under my direction with the most astounding results, scarcely a disease known to humanity but has been relieved and in ninety-five per cent of the cases, cures effected while tens of thousands of gratifying messages have reached me from time to time; nor is the testimony in its favor confined to the laity, for hundreds of physicians (including some of the most prominent authorities) testify to the wonderful beneficial results achieved by its use."

Dr. Koch, M.D., recognized as one of the world's greatest cancer specialists, endorses this method by saying: "It is likely that anyone who would follow such a system faithfully would

CONSTIPATION STOMACH GAS RELIEF IN 20 MINUTES TRIAL TREATMENT \$3

Men who are sluggish, below par, prematurely old, cannot fail to be benefited by removing colon impactions.

Many skin diseases leave "as if by magic," after having been diagnosed chronic or incurable.

If you are sick and suffering: . . . if you are blue and discouraged; . . . melancholy; . . . even diagnosed incurable; . . . don't give up hope and don't lose faith.

It was never meant that you or I or anyone else should be born on this earth, and go down to the tomb fighting against failure, disease and unhappiness. These things are foreign to the eternal principle behind the great scheme of things as it exists, and furthermore, it is not necessary that such a condition prevail.

There is no need of such undesirable conditions, and these conditions only manifest through ignorance of a Motivating Principle which can and does absolutely operate to bring into existence conditions of a far different nature.

Believe me: I would not tell you this if it were not so. Come in today and enjoy a trial treatment. For my examination and trial treatment, I

charge \$3.

This trial treatment includes examination, cardiograph test of the heart, fluoroscopic X-ray study, complete case history, and trial treatment.

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Crenshaw Hobo Winners Named

Crenshaw school turned into a hobo playground for 74 children recently. Winners of the contest were Dorothy Sible and Rocky Zar, best dressed hobo; Joanne Pappas and Robert Sible, raggedest hobo; Gladys Hilton and Lynn Shackelford, funniest hobo.

After the contest everyone went on a "scavenger hunt." When every little scavenger had returned to the playground everyone had bubble gum and candy for their reward. All hobos went home very tired but with happy memories of the day and looking forward to next year.

Blue Streak Game Results

Blue streak slo-pitch league game results were as follows:

Thursday at Walteria: Fire Department B, 4, National Blues 1. City Workers Local No. 1135, 2. Lutheran Men, 0. Torrance Park: Torrance Gardens-Plaza Homeowners, 8, Midland Rubber 5.

Friday at Torrance Park: Fire Department A, 9, Walteria Methodist Church, 3.

Several members of the Tartar Varsity Nine will be in uniform for instructional purposes.

Blue Streak Ball Games

Blue Streak slo-pitch league games for this week are scheduled as follows:

Thursday at Walteria: Lutheran Men vs. Fire Department A. National Blues vs. Midland Rubber.

Torrance Park: Torrance Gardens vs. Local No. 1135. Friday at Torrance Park: Walteria Methodist vs. Fire Department B, 8:15 p.m.

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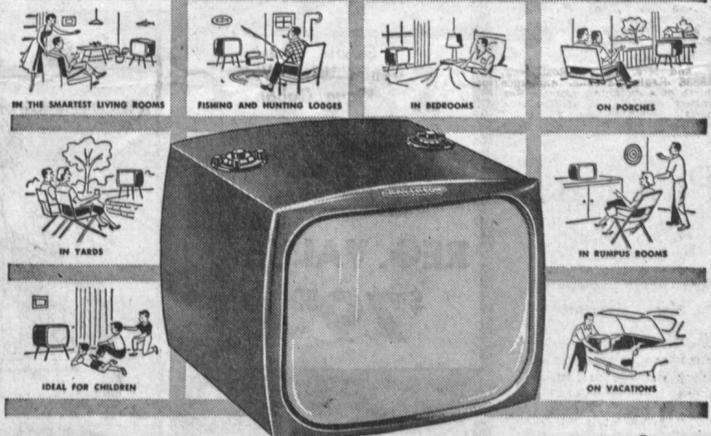
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Stop Signs Ordered At 220th Street

Establishment of boulevard stops regulations on each side of 220th Street at its intersection with Dolores, Grace and Meyler Streets, as well as Moneta Avenue, was approved by County Supervisor Burton W. Chace this week on the recommendation of the Los Angeles County Traffic Committee.

At the same time Chace approved prohibited parking regulations adjacent to the main entrance of Harbor General Hospital to provide motorists with additional visibility at this location.

As an additional safety precaution, the establishment of a crosswalk with advanced pavement markings across 220th Street at Meyer Street and the establishment of "Hospital" signs in the area was also approved.

Fearless Living To Be Stressed In Science Talk

R. Terence Moore will be the guest speaker at the Sunday service of the Church of Religious Science.

He is a past president of his local Toastmasters Club, a Master Mason, Knight Templar, and Shriner, as well as a successful business man in the insurance field. He has chosen as his subject, "How to Live Without Fear."

Sunday services of the Church of Religious Science, the Children's church and the Metateens are held at 10:45 a.m. in the Masonic Temple Building, Ruby street at Catalina, Redondo Beach. There is a nursery.

Service Club Ball Games

Service club games for the coming week are scheduled as follows: Torrance Park, Tuesday, August 10.

Optimist vs. Jr. C of C, Legion vs. Walteria B.M.C.

Wednesday at Walteria: Lions vs. Rotary, Moose vs. H. R. Sportsmen.

Mr. and Mrs. J. D. Evans of 21900 South Figueroa, Torrance, announce the birth of a daughter, Helen Jane Evans, born on July 27 at Torrance Memorial Hospital and weighed 6 pounds and 3 ounces.

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GENUINE HAMMERLOID FINISH won't burn or mar! Highly resistant to stains, scratches.