



AWARD FOR HEROISM . . . County Supervisor Kenneth Hahn (left) presents scroll to Alexander Hamilton high school coach Richard Dankworth praising the young teacher for his heroic action in protecting a group of students from a lighted dynamite cap. As a result of Dankworth's attempt to render the explosive harmless, his right eye was severely injured

recently. Dankworth's wife, Carla, and Dr. Claude L. Reeves, Superintendent of Los Angeles City Schools, are proud spectators. Dankworth was one of Supervisor Hahn's students at Pepperdine college. He graduated there in 1952. The Dankworths' reside at 4322 West 176th street, Torrance.

Noted Youth Authority To Hold I-Day Institute Here

Ben Solomon, internationally known lecturer and training specialist in youth work as well as editor of "Youth Leaders Digest," will conduct an intensive one-day institute for youth leaders in the Torrance civic auditorium, January 22, 1955.

His own life as a youth in New York City helps qualify him to speak with authority on boy problems, while his close contact with juvenile court judges keeps him constantly up to date on the activities of present-day youth, it was stated.

Solomon has worked with groups and children with problems in boys' clubs, settlements, and camps. Formerly an excellent athlete, he has an intimate knowledge of the good and bad influences of highly competitive sports on adolescents. He has recently made an authoritative study of the pros and cons of Little League baseball for boys under thirteen.

Solomon's greatest interest lies in training other youth leaders. As a special lecturer at New York University and Springfield College, as well as at many other universities in this country and Canada, he has influenced thousands of young men and women now in youth work.

Mr. and Mrs. Lester L. Thome, of 2318 Davenna, announce the birth of a daughter, Elsie Patricia, weighing 6 pounds and 14 ounces.

Mr. and Mrs. William E. Crump, of 22408 Linda Dr., announce the birth of a daughter, Janet Lynn, weighing 6 pounds and 14 ounces.

Mr. and Mrs. William N. Perach, of 1552 W. 219th St., announce the birth of a daughter, Janet Lynn, weighing 7 pounds and 6 ounces.

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"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. 100,000 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, eyes, brain. 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 dam-

ming 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 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 174 m. m., 83.8 per cent; at 188 m. m., 104.4 per cent; at 198 m. m., 145.5 per cent; at 200 m. m., 314.7 per cent."

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