



MARCH OF DIMES Chairman Clara Conners, postmaster of Torrance, is pleased over the response of Leroy Griffith and Jim Allen, both members of the local DeMolay chapter, to the

current March of Dimes drive. The two DeMolay members were undertaking the leadership of their chapter's work to help medical relief to sufferers of polio.

### Annual 'Dance of Dimes' Slated by Moose Lodge

Next Saturday at 9 p.m., the lodge hall of the Torrance Moose will be the charitable setting for the annual "Dance of Dimes," as the Civic Affairs and Dance committees of the Torrance lodge of the Loyal Order of Moose join forces to present its third annual "March of Dimes" fund-raising project.

With the blessings of Mrs. Clara Connor, postmaster of Torrance and city chairman of the National Infantile Paralysis Foundation program, Fred Lydy, governor of the Torrance lodge, has announced that proceeds of the annual event will go towards support of the National Polio Foundation's fight to aid victims of Infantile Paralysis.

and Mrs. Garvis Coffey, representing the lodge and the Women of the Moose. Tin cans bearing the March of Dimes insignia will be scattered throughout the hall so that persons wishing to donate more than the 50-cent admission may do so.

Joseph Platt, civic affairs chairman, has suggested that a contribution this year might be made in grateful appreciation for the existence of the Salk vaccine, and for the continuing work load of the National Foundation for Infantile Paralysis.

Tickets may be reserved by calling the Torrance Moose lodge.

Dance arrangements are under the direction of Mr. and Mrs. William Griep and Mr.

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### R<sub>x</sub> for Good Health

When your blood pressure rises above a normal range, you are said to have high blood pressure. This is not a disease in itself, but a clue or symptom that must be linked to a cause. For this reason, your physical examination must include a number of tests, apart from a complete case history of yourself, that will tell your physician many things to help not only in his diagnosis but also to guide your treatment.

You have two levels of blood pressure, apart from the normal range: systolic and diastolic. The former is the pressure within an artery at the moment your heart contracts, forcing your blood into the arterial system that extends throughout your body. At the moment it contracts, your heart is said to be in systole.

Diastolic pressure is the blood pressure within the arteries at its lowest level, that is, between heart beats and at the moment when no blood is being pumped into the arteries. Here your heart is relaxed, and your arteries are least distended by the contained blood. Diastolic pressure represents the actual resistance to flow of blood within the arteries, a factor which the heart must overcome to keep the blood moving forward.

**NETWORK**  
Your arteries and blood vessels are tube-like structures, varying in length and size. They form a vast network-like transportation system for the blood, extending to all parts of the body. Tiny web-like figures, called arterioles, form the branch ending of the arteries. When, for any reason, these are constricted or narrowed the outflow of blood from the artery is impeded. The heart, however, continues to pump a normal, or approximately so, quantity of blood each minute into the arteries.

When the normal flow of blood into the arteries is present, but the outflow from the arterioles is slowed up, we can understand why the blood pressure must rise. Yet the exact cause for the hypertension is not known.

In controlling high blood pressure, your physician seeks to establish the underlying cause. It may stem from or be associated with a large group of different conditions. One may be nephritis or Bright's disease, an infection of the kidneys. Hypertension is also associated with a variety of tumors which may

### Scientist to speak at El Camino

Dr. I. M. Levitt, nationally-known scientist and director of Philadelphia's famed Fels Planetarium who will speak at El Camino college Friday, February 21 at 8:15 is an inventor as well as one of the country's most highly respected astronomers.

Among his more intriguing recent inventions is the Hamilton Space Clock, which he developed especially to aid in charting journeys into space. The world's

light hours, and at a suitable season. Also, it would be mighty handy in calculating the precise timing of their homeward journeys.

This device, Dr. Levitt adds, is one of the first pieces of scientific apparatus which the world's future pioneers into outer space will require.



**WELL KNOWN SCIENTIST:** Dr. I. M. Levitt, director of Philadelphia's famed Fels Planetarium, will speak at El Camino college on Friday, February 21 at 8:15 p.m. Tickets may be purchased at the college book store starting February 14.

first inter-planetary timepiece, it is designed to show the comparative passage of time—the day, hour, month and year—on earth and on planets in outer space.

"To all space explorers, the clock would be a matter of life or death," explains Dr. Levitt. "For instance, they would need it to time departures from earth in order to reach destined spots on another planet during day-

light hours, and at a suitable season. Also, it would be mighty handy in calculating the precise timing of their homeward journeys.

High blood pressure ranks second in importance in making heart disease the major cause of death in the United States. Yet with proper medical management, the condition need not be as serious as many people seem to think. Certainly the outlook for the patient with high blood pressure is brighter today than in years past.

(Presented as a public service by the Southwest District of the Los Angeles County Medical Association)

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### Realtors Schedule Meeting January 28

Bob Haggard, Torrance-Lomita Realty Board president, announced that starting January 28 the board will have a private car caravan. On the second and fourth Tuesday of each month there will be a 7:30 a.m. breakfast served at the YWCA, located at the corner of Del Amo and Carson blvd. The bus caravan will be discontinued starting with the January 28 meeting, and will be

### LIKE TO MIND YOUR OWN BUSINESS?

Look for one in the Business Opportunities column in the Want Ads. replaced with a private car caravan. Bill McEwen, caravan chairman, will give necessary instructions during the breakfast. All Torrance-Lomita board members are urged to be in attendance to hear the program presented by the Multiple Listing committee with Alice O'Rourke as the program chairman.

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- ★ A Pension Plan provides eligible retired employees with an income for life. The Plan is paid for entirely by the Company.
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