

Torrance Unit Ready for Camp

There may be a bit of anxiety going through the minds of the men of E Company, 132nd Engineer Battalion, 40th Armored Division, California National Guard.

The men, whose home army is at 2505 Cabrillo Ave. here, are confronted with a challenge.

The challenge takes the form of two weeks of rigid training in San Luis Obispo as a part of the Guard's annual summer camp program held to keep the men in constant readiness should crisis develop.

E COMPANY, commanded by Lt. Delmer Losson of Manhattan Beach, will be just one of five companies from the 132nd participating in the drill. And the 132nd is likewise one of many units from throughout California undertaking the encampment.

The purpose of the drill is to give Guardsmen the opportunity to live and train under actual battle conditions. Last year, the drills were cut short because of the Watts riots.

Army Unit Begins New Training

The 6218th Reception Station of the Army Reserve, headquartered in Torrance, is now at Camp Roberts, Calif., for a two-week encampment.

The local reserve unit is one of several now at Camp Roberts to assist the 104th Division in the training of Army Reserve recruits who have never been on active duty.

Films for an Army television show, "The Big Picture," are being shown this week at Camp Roberts.

although the men did return to camp following the riots. At San Luis Obispo, the men will take part in many essential and specialized operations, including a bivouac and live weapons firing training, plus their regular duties and assignments.

THE PROGRAM is climaxed roughly 15 days after its start by a special dress review. The men are due home Aug. 27.

This year's group may be one of the largest in several years because of increased enlistments, the result of the Viet Nam buildup. The officers, however, are prepared to handle the young recruits.

The drill is one of the primary parts of the National Guard's overall program to insure combat readiness for the men.

The 132nd Engineers also has line companies in Manhattan Beach, Lynwood, Burbank, and Ontario. The company commander is Lt. Col. William L. Geissert, a Torrance resident.

VFW Post Dinner Set

The Lomita Post of the Veterans of Foreign Wars will sponsor a dinner Saturday, Aug. 6, at the Post Hall, 24425 Alliene St., Lomita. Dinner will be served from 6:30 until 9 p.m.

The menu will feature mixed fruit juice, tuna a la king on hot biscuits or chicken a la king, biscuits, butter, jellied tomato salad, ice cream, and coffee, milk or tea.

Tickets are \$1.25 for adults and 75 cents for children under 12 years of age.

Heart Risks Rise With Blood Pressure

By EUGENE TEMKIN, M.D., President, County Heart Association

Going up? Your blood pressure, that is. It could be creeping up quietly, without your being aware of it unless you have been recently examined by a doctor.

This is definitely not a case of "what you don't know won't hurt you," the Los Angeles County Heart Association warns. Not only can high blood pressure do serious damage to blood vessels, and heart and kidneys, but it also considerably increases the patient's risk of developing heart disorders.

A SCANT 15 years ago, there was relatively little physicians could do to modify the course of high blood pressure. Since that time modern medicine has achieved one of its most dramatic successes. The story can be told in statistics. Between 1950 and 1962, the death rate from high blood pressure dropped 52 per cent among middle-aged American men and women in the 45-64 age group.

While doctors were making these impressive inroads on the toll in human lives, scientists exploring the natural history of coronary heart disorders made a disquieting discovery, indicting high blood pressure on a new count.

Among the more than 5,000 persons participating in a Framingham, Mass., study during the past 15 years, those with blood pressure even slightly above the normal range were found to be running significantly more than the usual risk of having a heart attack for their age group. After 10 years those

with high pressure had an incidence of coronary disorder four times that of subjects with normal blood pressure. And when high blood pressure was found in combination with obesity, high blood cholesterol, or diabetes, the risk was multiplied enormously.

THE FINDINGS of the Framingham study have urgent significance for the estimated 7 million Americans with high blood pressure but who do not have a heart disorder. (In another 10 million persons heart disorders linked to high blood pressure have already appeared.)

Because high blood pressure can encroach and ad-

verse without producing any warning symptoms, the importance of regular physical examinations cannot be stressed too often. Regular physical examination will bring high blood pressure to light.

In the majority of cases—those persons with "essential" hypertension, meaning that no specific cause can be identified—early treatment

can be instituted to reverse the course of the disease before serious damage has been done.

NEW PRESSURE-lowering drugs are only a part—albeit the major part—of an attack on hypertension. Other measures to control blood pressure include:

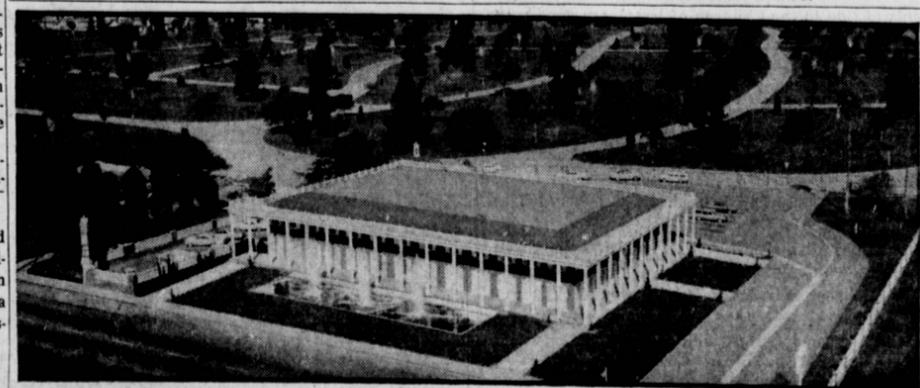
- Reduction of excess weight, since overweight ag-

gravates the condition and the risk of heart attack.

- Cessation of cigarette smoking, because smoking just one or two cigarettes brings an immediate rise in blood pressure. Smoking also is an added coronary risk factor.

- In some cases, reduction of salt intake in the diet, if the doctor prescribes it.

You and your doctor can work together now to control your blood pressure and reduce your risk of having a heart attack. Meanwhile, scientists all over the world are working to discover and eliminate the underlying cause of all cardiovascular disorders. Until they do, the Los Angeles County Heart Association urges, give yourself a head start in heading off heart attacks.



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