

STAY ALIVE LONGER!

Normal Weight Is Aid To Health

By Leiford Kordel
Installment Ten
 Senator Lyndon Johnson of Texas, a rugged, hard-driving man of forty-six, considered himself in excellent physical condition. Suddenly, without warning, he suffered a coronary thrombosis, with myocardial infarction — injury to a heart muscle.

For several days the doctors gave Senator Johnson a 50-50 chance to live.

Today the senator says that his heart attack saved his life. It slowed his pace and taught him to live more sensibly. The following heart-guarding rules, which the senator's doctors gave him, might have prevented his heart attack—if he had followed them earlier:

1. Keep your weight on the lean side of normal.
2. Get plenty of rest.

Always a man-in-a-hurry, Senator Johnson ate irregularly and slept only when it was absolutely necessary. Rest and relaxation—what were they? Vacations? Never heard of them! The senator recently took two winter vacations, one in Miami and another ten days on his ranch in Texas. He has learned to rest at least eight hours at night, and an hour in the afternoon.

3. Work is all right, but not overwork.

Many of the senators who had watched Senator Johnson in action will tell you that it was his indefatigable work as Majority Leader that caused his heart attack. His customary working day averaged around fifteen hours. Quitting time was never before 10 or 11 p.m.

Now he stops work when he feels tired or becomes short of breath, and his meals are regular and carefully planned.

4. Cut down your tensions and temper.

Heart attacks have a tendency to occur more frequently in tension-ridden persons. Senator Johnson was a high-strung, hard-driving perfectionist, who used to get a rash on his hands if he couldn't accomplish all the work he had planned. He has learned to take a calm, sensible, rational approach to his work.

5. Exercise at your own pace. We know that Dr. Paul Dudley White, President Eisenhower's physician, believes in moderate activity for the heart patient. Exercise keeps the circulation active by maintaining good muscle tone throughout the entire body.

Don't, however, engage in vigorous exercise to which you have not been conditioned, particularly if you are muscularly soft. Moderation and regularity, in exercise as well as food, will pay you definite health dividends.

6. Shed your bad habits.

Senator Johnson had been a two-to-three-pack-a-day cigarette smoker. What does he do now? He sucks a hard, fruit-flavored, low-calorie candy ball. He leads a regular, normal, well-balanced family life. No longer does he work such long hours that he can't find time for his wife and their two daughters. He plans to take his wife on a second honeymoon to Europe.

IMPORTANCE OF NUTRITION
 We now know many of the things that invite artery damage: overweight, overeating, meals

Good nutrition is important to the health of your heart and blood vessels. Good nutrition means adequate amounts of meat, fish, eggs, vegetables, fruits, seed cereal, and honey, all in variety. It also means, for most of us, fewer calories and less fat.

Dr. John W. Gofman, of Berkeley, California, has shown that the physician can estimate the number of cholesterol molecules in the blood, and if there is an excess, warn the patient that there is a likelihood he may suffer a heart attack. The patient can then reduce the molecules in his blood through a low-fat, low-cholesterol diet.

Some 35 percent of the American people have a calcium deficiency.

Since there seems to be a definite relationship between calcium and the health of your heart, why not use it as a preventive measure?

Sweet milk is not the answer. Buttermilk is a much better source of calcium, and is far more easily assimilated. Other sources of calcium are: oranges, lemons, figs, almonds, walnuts, coconuts, raw cabbage, cottage cheese, bone meal tablets.

Most of these, you see, are everyday foods that make for an adequate diet. All are available at your nearest grocery store.

THE MORALE VITAMIN

Thiamine is one of the B complex vitamins. Because it is so essential to nerve health, it is called the morale vitamin. It aids in the digestion and assimilation of sugars and starches.

Reinforce your diet with an abundance of the foods which contain the B complex vitamins. These vitamins are all found in green vegetables, meats—both muscular and glandular—legumes, potatoes, whole grains, skim milk, eggs, brewer's yeast, dehydrated liver.

We know that a lack of vitamin C can cause lesions in the artery walls, and that an abundance of it strengthens them. It is also an important agent in reducing high blood pressure. Dr. James C. Patterson of London, Ontario, says: "Pressure between capillary walls plays an important role in the causing of hemorrhages of such walls and in coronary thrombosis."

A SIMPLE CARDINAL RULE
 What is the best way to take care of your heart? Take care of your general health!

Included in your health regimen should be:

1. Food for health — protein, minerals, vitamins
2. Proper rest
3. Relaxation
4. Suitable and regular exercise
5. Prevention of infectious or prompt treatment if you get them
6. Emotional adjustment

Here is a word of encouragement from Mrs. Lyndon Johnson to the sixty-four million people now living in the United States who, according to Dr. Norman

Bush Planes Alarm Norad

By DAVE McINTOSH
 Canadian Press Staff Writer
 OTTAWA (CP)—Not long ago, North American Air Defense Command at Colorado Springs, Colo., was being kept in a perpetual state of alarm by a steady stream of "unknowns" on the radar screen.

It was soon found that the unidentified aircraft ringing the alarm bells were bush planes belonging to mining and other companies which were constantly flying across the mid-Canada warn-

ing line which stretches from Hopedale, Labrador, to Dawson Creek, B.C.

The bush pilots, at remote landing strips, had no means of transmitting their flight plans to the mid-Canada line. Their unscheduled flights were a constant worry to NORAD and RCAF air defence command at St. Hubert, Que. The commands could never be sure that the blips on the radar screens were not Russian bombers.

The problem was handed to the Canadian defence research board's operational research group.

FIND ANSWER

It soon found that the radar blips of the bush planes were

smaller than those of large aircraft and that radar operators could easily be trained to screen them out of their reports of unknowns. NORAD and the RCAF sighed with relief.

This is a simple example of how the operational research group, a team of 60 scientists working with the armed forces, solves military problems.

The group's main task at the moment is analysing the possible effectiveness of various systems intended to destroy intercontinental rockets in flight and how Canada's armed forces could participate in operation of such a system.

EVACUATE PLANE BASES

RABAT, Morocco (AP) — The

United States is ready to evacuate its five air bases in Morocco within the next two years, the pro government newspaper at

Tahrir said Sunday. The United States has four Strategic Air Command bases and one naval air base in Morocco.

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