

Timely Tips

(Turn to page 11)

slow down the pulse rate, thereby helping the hampered "motor" (heart).

And a richer oxygen mixture in the air benefits that injured heart.

Cold air contains more oxygen than warm air!

Airplane pilots can also attest to the fact that a plane can take off easier in cold (as well as dry) air than in warm or moist air.

For cold air is relatively "thicker" and thus gives more buoyancy to the airplane.

Fish in farm ponds also are likely to die if those ponds are partially filled with mud from the spring and fall freshets that drain plowed fields.

By hot mid-summer, if the depth has been reduced to only 4 or 5 feet, the water

grows so warm that large fish suffocate from lack of oxygen!

Cold air thus benefits the coronary patient via more oxygen but tends to raise the blood pressure via constriction of the skin's capillaries.

You high blood pressure folks are urged to spend the winter in a warm climate so your surface vessels will dilate till your skin looks pinker.

Your blood pressure then drops.

It's like the situation where city fire hydrants are turned on in summer to let kiddies frolic in the streaming water, for then pressure in the water mains goes down.

And if too many citizens also turn on garden hoses, the faucets on the top floors of highrise apartment buildings may hardly drip any water at all!

This is a simple analogy of

what happens in warm weather to the pressure in the blood vessels of a hypertensive patient.

Air conditioners are thus excellent medical aids in summer for patients with coronary heart trouble, for each breath of such cooler air brings more oxygen into the lungs.

But warm weather and southern vacations in winter, are good for hypertension patients.

However, with our modern heating, your home offers you Florida temperature even when it is far below zero outdoors!

So a Florida trip is not as medically important today as 50 years ago in the days of a single living room "base burner," fueled with anthracite coal.

(Always write to Dr. Crane in care of this newspaper, enclosing a long stamped, addressed envelope and 25c to cover typing and printing

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1960 VW mag wheels. Inquire at Central Hotel, Rm. 7. 43-2d

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1966 Pontiac V-8, auto, 4-dr H. Top; 1966 Dodge Charger V-8; auto, 2-dr H. Top; 1966 Ford V-8, 2 dr. H. Top, stick; 1961 Chevy 1/2 ton pick up truck, 6 cyl. Ph. 665-5296. 43-1c

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MOTION

Many men and women are seeking stability, and they overlook the fact that this is a mobile world—a world on the move. If we are to experience a sense of stability it must be in the form of a paradox: stability in motion. Such words as change, movement, motion, can be scary. How can we handle them? Well, we handle them by being willing not only to accept innovation and new ideas but to foster them. This may not be easy. It may involve discarding some of our most cherished thoughts and habits. Our lives will be much more relaxed if we understand that we find stability in properly adjusting to the change.

Rainbow trout generally have less than 12 rays in the anal fin, while their look-alike cousins, the coho salmon, generally have 13 or more.

Services Offered

Ice skates hollow ground, \$1; saw filing of all kinds. Paul Fauser Jr., 50 N. Fulton, Manheim, Ph. 665-4676. 43-2c

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REPAIR WORK WANTED - Minor roofs, Spouting, Interior & exterior painting. General carpentry. Sidewalks. George L. Workman, Mount Joy R2. Ph. 653-1290. 41-ttc

CARDS OF THANKS

I want to thank all my relatives, friends and neighbors for their cards, flowers and prayers while I had been in the hospital and since my return home. Agnes Heagy

WANTED! SALESMAN with FARM BACKGROUND TO MAKE CALLS IN RURAL AREAS AROUND MANHEIM Strictly on Commission Basis CALL 949-3678 COLLECT AFTER 6 P.M.

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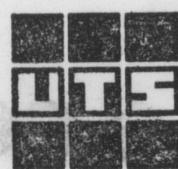
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