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ROUND STEAK BONELESS FULL CUT lb. **\$1.39**

Timely Tips For Women

by Doris W. Thomas

Mavis wants to know if a coronary heart patient needs the same Florida climate in winter as a high pressure victim. So study my answer carefully. For a coronary patient may not have any significant elevation of blood pressure. Cool air may actually be a boon to his heart.

CASE R-532: Mavis G., aged 29, is a nurse.

Dr. Crane," she began, "Daddy is a heart case.

"He has had two slight coronary attacks already so his friends have urged him to spend his winters in Florida. But in our physiology class when I took nurse's training, I recall that a warm climate was prescribed for high blood pressure.

"So would that also apply to coronary cases? For Daddy's blood pressure is abnormally elevated."

HEART PSYCHOLOGY

Heart patients need both psychology and medicine.

The psychology will relieve their minds and thus reduce their faster pulse, plus their higher blood pressure.

In a coronary attack, the one essential need of your heart is more oxygen!

All our medical treatment of such a patient is directed toward a richer blood supply

to the heart muscle, plus an increase of its oxygen content. Nitroglycerine tablets under the tongue thus dilate those 2 coronary arteries that supply the blood to the heart muscle fibers.

Morphine or other sedatives reduce the apprehension and

(From page 2)

VITAL STATISTICS

DEATHS

Rufus S. Boyer, 66, Manheim

W. Harold B. Endslow, 74, Marietta R1

BIRTHS

A daughter to Mr. and Mrs. Eugene Breneman, Manheim R. D. 1

A daughter to Mr. and Mrs. Frank Pittenger, Mount Joy

A daughter to Mr. and Mrs. James Ulrich Jr., Manheim R. D. 2

A son to Mr. and Mrs. Michael Gainer, Manheim

DIES IN CALIFORNIA

E. Luke Ober, 45, of Barstow, Calif., died on Saturday, Jan. 13, and funeral services were to be held Friday, Jan. 19. He was the son of the late Mr. and Mrs. Elmer Ober of Manheim R4.

LOSE WEIGHT OR MONEY BACK

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