

STAY ALIVE LONGER!

Mental Tensions Take Heavy Toll

By Leiford Kordel
 Installment Seven
 John Stanton is still in his thirties. Yet high blood pressure is already wrecking his chances of living much longer. John was a pharmacist mate in the United States Navy during World War II. His wife was the daughter of a successful drugstore owner; so when John came back to join his wife and family, it was decided that John should take over his father-in-law's prosperous business. This he did, without consulting his natural aptitudes.

For fourteen hours every day of the week including Sunday, John worked to make the success and profit his father-in-law expected. He was mentally and physically exhausted by the time he came to see me. "Just tell me how I can keep going," he pleaded.

"I can't tell you to go back to that store," I said. "Not since you've told me what your blood pressure is. There are two things wrong with your job: for one thing, you're working too hard, for another, you don't like your work—it's something for which you're not suited."

"There is increasing belief," I told John, "that such things as nervous tension and feelings of anxiety, insecurity, and worry affect a person's blood pressure. You have all these things to contend with in the store. Then, you say you don't eat a balanced diet or sleep regularly. Don't you know what this regimen is doing to your arteries?"

"I'm beginning to have an idea," said John. "But go on. Maybe if I can find out the things that cause it, I'll know what to do to prevent further hypertension."

"Do you water your own lawn, John?" I asked.

"Well, sure," said John. "when I have the time. But why do you ask that?"

"Then, you know what happens inside a garden hose when you screw down the nozzle to throw a stream of water farther across the lawn. In hypertension something similar happens within your abnormally contracted arteries. Pressure increases, and the heart has to pump harder to force blood through these tightly contracted small vessels."

THE RESULT OF PRESSURE
 As a result of increased pressure, two things can happen. Either your overworked heart becomes excessively enlarged and you suffer from congestive heart failure or, because of increased pressure within it, a weakened artery elsewhere in the body may give way and cause a stroke. Hypertension also hastens the development of atherosclerosis—the disease of clogged arteries. These two blood conditions are the greatest contributors to the heart disease that strikes men

OLD PROFESSION
 Optometry—the examination and correction of eye defects—has been practised since at least the 13th century.

down in the prime of life. They cause one-third of all deaths in men under fifty-five.

Few of you can tell, without a physical checkup, that your blood pressure is high. One of the most common symptoms is persistent headache. The headache may make you pessimistic, irritable, and morose, which further increases your blood pressure. You may suffer dizziness and light-headedness. Vertigo, with the feeling that the world is spinning around you, occurs in extreme cases.

YOUR BLOOD PRESSURE
 Your blood pressure goes up and down, perhaps varying during the day or from day to day. It varies with your activities, or even your peace of mind. In the normal person, these rises of pressure are temporary. Your arteries are dependent upon the functioning of the arterioles—the very small terminal portions of the arteries—which in turn are dependent upon the functioning of your nervous system.

Looking at John's tense and haggard face, I had a hunch that his functional high blood pressure was due to stress or anxiety rather than physical difficulty.

You hear the word "tension" everywhere—in offices, at lunch-tables, on the factory assembly line, and, conspicuously, on buses and in subways. You don't have to wear the gray flannel suit of Madison Avenue. You can be just as tense in your

of thing like surge, or even Lewis!

TENSION COSTS BILLIONS
 More than one-fourth of the nation's industrial labor force are tense, and often emotionally upset. The psychosomatic illness of workers—high blood pressure, ulcers, migraine headaches, arthritis—cost industry three billion dollars each year in unproductive wages and in damage to the workers themselves and to their machines.

"John," I said, "did you ever see a show called Finian's Rainbow?"

"No," said John, looking startled at my seemingly irrelevant remark. "Why?"

"There's a song in it that says something to this effect: 'If I can't fondle the hand I'm fond of, I'll fondle the hand at hand.'"

John grinned a little. "Surely you're not suggesting that I hold hands with my customers?"

"Hardly that," I said. "I am suggesting this: If you don't like your job, you must, for the sake of your health, either learn to like it or else quit and get another job. Your nervous tension, anxiety, and worry tend to increase your blood pressure."

Fear, anger, and anxiety are some of the emotions that stimulate high blood pressure and disturb the sympathetic nervous system.

Harboring resentment or frustration can be equally harmful. The stress caused by pent-up resentment and unresolved frustration is dangerous—a veritable emotional time bomb.

Hypertension is something that can be controlled, in both physical and mental ways. And many long, useful years can be added to life. Are you willing to make the necessary effort?

(All Rights Reserved. Adapted from the book, "Live to Enjoy the Money You Make," by Leiford Kordel. Published by World.)

(Tomorrow: Don't Let Tension Defeat you! Life is for the living, if you want it to be.)

YORK

Sympathy is being extended to Mr. Edmond MacMillan and family on the recent death of Mrs. MacMillan.

Mr. and Mrs. Frank Hughes, Covehead, were recent guests of Mr. and Mrs. Raymond Vessey.

Miss Fern Vessey, York, has accepted a position at the Experimental Farm, Charlottetown.

Mr. and Mrs. Lloyd Vessey and Mr. and Mrs. Frank Watts moved to Montague recently where they were the guests of Mr. and Mrs. Howard Watts.

Mrs. Harry Swan spent a few days with her son-in-law and daughter, Mr. and Mrs. Merrill Craswell, Charlottetown.

Miss Helen Lewis, Charlottetown, was the guest of her parents, Mr. and Mrs. Harry Lewis, York, recently.

Mr. and Mrs. Merrill Craswell and sister, Mrs. Jamieson, Charlottetown, were recent visitors to York where they were the guests of Mr. and Mrs. Dewar Swan and Mrs. Harry Swan.

Mrs. Ramsay Auld, Charlottetown, and Miss Amelia Mill, Clermont, were recent visitors to York.

Mrs. Fred MacDonald and daughter, Mrs. Jack Caswell and a family were visitors to York recently.

Mrs. Louis Vessey entertained the York Women's Institute at her home Tuesday evening. There were 21 members present.

Mr. and Mrs. Raymond Vessey were recent guests of Mrs. Louis MacCallum and Mr. and Mrs. Gregor MacCallum, Brackley.

Rally Day service was held in York United Church Sunday evening with a good attendance of members.

Mr. and Mrs. Douglas Moore

and family, Charlottetown, were Sunday guests of Mr. and Mrs. Harry Lewis.

Mr. and Mrs. Arthur Simpson and daughter Violet visited Mr. Simpson's parents at Bayview on Sunday.

Mr. and Mrs. Edson Hardy and son Lynn, Dartmouth, N.S., spent Saturday in York, as the guests of Mr. Hardy's mother, Mrs. Elby Hardy at the home of his sister and brother-in-law, Mr. and Mrs. Harold Watts.

Mr. and Mrs. Roy Creed, Charlottetown, were the guests of Mrs. Creed's parents, Mr. and Mrs. Leith Brown, York, on Sunday, Oct. 11th.

Mr. and Mrs. Lloyd Vessey and Mr. and Mrs. Frank Watts, York, left on Wednesday morning, October 14th for a holiday to New

Brunswick, and O.S.A. where they will visit friends and relatives.

Thanksgiving service was held in York United Church on Sunday, Oct. 18th. The church was beautifully decorated by the ladies of the Evening Auxiliary.

Miss Mariene Buell, Charlottetown, was the guest of Miss Pauline Swan, York, over the holiday weekend.

Mr. J. B. Lewis, Freetown, spent the weekend in York at the homes of his nephews, Mr. Ira and Claude Lewis.

Mr. and Mrs. Allen Swan and Mr. and Mrs. Herman Buell, Charlottetown, were the guests of Mr. and Mrs. Peter Proud York, on Thursday evening.

Mr. and Mrs. Peter Proud York, spent Thanksgiving holi-

days in Cape Breton, P.E.I. Mr. Franklin Lewis, York, left for Halifax on Monday on business, Oct. 12th.

WHY HAVE SORE FEET?
 JUST RUB IT
MINARD'S LINIMENT



SOBBING PROTEGE

Beverly Aadland, left, referred to as the late Errol Flynn's protege, sobs as she is led down hallway at Seattle-Tacoma International Airport by Ron-

ald Shedio, Flynn's secretary. She had just been refused service at a cocktail lounge because, employees said, she is under age.

GEORGETOWN

Mr. and Mrs. Sterling Bell and Mr. William Rafuse left early in the week on return to Wakefield, Mass., following a visit spent in Georgetown. On their return they were accompanied by Mrs. Victor Rafuse and Mr. Frank Rafuse.

Captain John Dicks has entered the Veterans' Wing of the Prince Edward Island Hospital. We wish him an early return to good health.

Mr. and Mrs. Herbert Stewart and family of the R.C.A.F. Station at Slemmon Park were recent visitors to Georgetown where they visited Mr. Stewart's parents, Mayor and Mrs. A. H. Stewart and Mrs. Stewart's parents, Captain and Mrs. John Dicks.

Mr. and Mrs. Walter Solomon and family of Souris spent the past weekend in Georgetown.

Mr. and Mrs. Chester Walker motored to Charlottetown, Tuesday, on their return they were accompanied by Mr. and Mrs. Howard Walker and son Andy, who will visit with them.

Mr. Clarence Stewart, who is taking teachers training course at

Prince of Wales College, was a recent guest of his parents, Mayor and Mrs. A. H. Stewart.

Miss Francine Dionne of Gaspe, Quebec, who is a student at Notre Dame Academy, was a recent guest of Miss Marie MacLean.

O.S.V.S.S. Wilfred McQuillan, Jr., who is a member of the Royal Canadian Navy, stationed at H.M.C.S. Stadacona in Halifax, N.S., was a recent guest of his parents, Mr. and Mrs. Wilfred McQuillan, Sr. He had with him as his guest, O.S.V.S.S. Ted Fitzpatrick, who is also stationed at H.M.C.S. Stadacona.

The Ladies' Auxiliary of the Canadian Legion, sponsored a highly successful card party, box social and dance in the Town Hall on Thanksgiving Day.

Mr. Clem Wight left last week on return to Boston, Mass., following a visit with his mother, Mrs. William Wight. A.C.

Optometry—the examination and correction of eye defects—has been practised since at least the 13th century.

RELAX!

TAKE
WAMPOLE PHOSPHO LECITHIN

When you are tired—easily irritated—suffering from nervous strain—Relax—take Wampole's Phospho Lecithin to relieve nervous tension—contains Vitamin B₁ for fresh Vitality. Ask your druggist for Wampole's PHOSPHO, today! 16 ounces \$1.75

HARVEY Woods

FAMILY WITH A FLAIR FOR FASHION!

Take leotards in a wide range of colours, stripes and fabrics... take men's thermal underwear (the first authentic thermal made in Canada)... take socks in over 400 colours and patterns... take lingerie in the leading styles and colours... and you'll notice a Harvey-Woods flair for fashion! By looking for the Harvey-Woods label on the things you buy you'll be sure of quality, fit, comfort and... fashion for all your family.

YOU CAN TELL BEFORE YOU GET IT HOME!

"... devotion to detail"

The demand for Volkswagens grows constantly. It has kept well ahead of expanding production. Today, Volkswagen is more than a car. It is a household word, a standard for what is good honest value. And that is because you, everyone, can actually "see" the quality in a Volkswagen. It is there in every detail, every part. You don't have to be an engineer to appreciate the way the doors are made. Open them. Close them. They shut solidly with the sound of authority. The hood is the same—no gaping spaces where it meets the body. This is what experts examine with pleasure—find technically excellent.

Such devotion to detail you find in every single part. This makes Volkswagen what it is. And it was Volkswagen who pioneered in mass-production such outstanding features as engine in the rear, air cooling, torsion-bar suspension on all four wheels—all sound engineering principles which other manufacturers are now adopting.

While Volkswagen is continually improving, the same basic design has been maintained. That is why the 100,000 Volkswagen owners in Canada enjoy such a high resale value for their cars.

And everywhere you go, you will find efficient Volkswagen service. From coast to coast, 280 authorized Volkswagen service centres are equipped with genuine parts. Factory-trained mechanics give you efficient, inexpensive service. All this is backed by a central 5-million dollar Spare Parts Depot at Toronto.

The car, the parts, the service—devotion to detail in every way.

VOLKSWAGEN CANADA LTD.
 Distributors and dealers from coast to coast

Moore & McLeod Ltd.
 QUEEN ST. CHARLOTTETOWN

Smallman's Limited
 HARVEY WOODS STOCKISTS
 SUMMERSIDE P. E. I.

DISTRIBUTOR FOR PRINCE EDWARD ISLAND
W. R. JENKINS LTD.
 PARKDALE DIAL 6563 - 6564