



rowing—a clot that completely stops the blood flow which feeds your heart. Your coronary artery is plugged and you have coronary thrombosis—a clot on the heart.

DON'T BE A HEART PESSIMIST
With modern treatment your chances of survival from an initial attack of coronary occlusion are close to 90 percent. Eighty to eight-five percent of coronaries who recover from such attacks are able to return to their jobs and to resume fairly normal lives.

The well-known New York heart specialist Dr. Arthur M. Macleod says: "There is no justification for the pessimism and psychological invalidism. Many of the patients who survive the acute attack live for many years and approach the ordinary life span."

Don't you be a heart-pessimist. He's the man who contemplates his precarious way. He says, "I've got heart trouble, but there isn't anything I can do about it."
Listen to your heart's warning. You can increase your chance for survival. If necessary, say: "I've got heart trouble, but there must be something I can do about it. Tell me what it is, and I'll do it!"

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(Tomorrow: How to "Help Yourself to a Healthy Heart." The importance of proper nutrition.)

ST. LOUIS

Visiting at the home of Mr. and Mrs. Joseph P. Gaudet in St. Louis are Mrs. Thomas Barry, N. H. Mrs. Ernest Clin on, Trenton, Maine, and Mr. Steve Gallant of Rumford, Maine.

Friends of Mrs. Joseph J. Bernard are pleased to see her back home after her stay in the Western Hospital, a Alberton.

Mr. Robert McMillan of New Glasgow, N. S., is relieving Don Gillis, station agent of St. Louis who is now on vacation with Mrs. Gillis and baby daughter Debbie.

Friends of Velda Doucette, DeBlois will be sorry to learn that she is a patient in the City Hospital.

Miss Helen Peters has returned to Saint John, N.B. after spending the weekend with her sister and brother-in-law, Mr. and Mrs. Aubin Perry, Palmer Road.

Among those spending the holiday weekend at their homes were Miss Irene and Patricia Gaudet, S.D. University, also Miss Helen Doucette of Prince of Wales.

Friends of Richard Gaudet, DeBlois, will be pleased to see him home much improved after his stay in the City Hospital, Charlottetown.

Visiting at the home of Mr. and Mrs. Thomas Gaudet in DeBlois were Mr. and Mrs. Henry Richard, and little daughter of Charlottetown.

Miss Doris LeClair employed by the Department of Agriculture in the Women's Institute branch, Charlottetown, is giving a course

EGMONT BAY

in sewing and handicrafts to Elphinstone. A large number attend daily.

Mr. Eddie Arsenault of Charlottetown, spent some time visiting friends and relatives in St. Louis and vicinity.

Mr. and Mrs. Mark Arsenault and daughter of Charlottetown, spent the weekend at the home of Mr. and Mrs. Rock Gaudet, Leoville.

Mrs. Maurice Myers, with her granddaughters, Barbara Ann, also Mrs. Ben Perry, spent the weekend in Halifax, N.S. where they visited Mrs. Myers' daughter, Mr. and Mrs. Alphonse Merchant and family.

Mr. and Mrs. John Chowan and daughter Kathy of West Royalty, are visiting Mrs. Chowan's parents, Mr. and Mrs. Eddie Bernard and family.

Mr. Ben Perry left recently for the United States where he will spend some time visiting friends and relatives.

MARTINVALE

Mrs. Jessie MacLeod and son Kenneth, were weekend visitors to Halifax. They were the guests of Mrs. Ethel Williams.

Miss Helen Myers is enjoying a pleasant vacation at the home of her parents, Mr. and Mrs. Arthur Myers.

Miss Eleanor Plover spent Thanksgiving weekend at the home of her parents, Mr. and Mrs. John Plover.

Mr. and Mrs. Sterling Shaw and son, Derril, were recent guests at the home of Mr. and Mrs. Martin Shaw.

Mr. and Mrs. John Shaw, and daughters Kathy and Jo-Anne and Mr. and Mrs. Kingsley Shaw, were recent visitors at the home of Mr. and Mrs. Neil Shaw.

Mr. Buddy Myers, who is employed with the Island Motor

Two Trinity Auxiliaries Hear Special Speaker At Meeting

The afternoon and the Mary Miller auxiliaries of the W.M.S. of Trinity United Church met in Heart Memorial Hall on Wednesday evening for their joint Thanksgiving meeting.

Two C.G.I.T. girls Anne Cameron and Jean Court conducted a devotional service. Rev. R. A. Latimer rendered a solo.

Mrs. A. F. MacLean introduced the guest speaker, Mrs. F. E. Archibald, who with her husband Rev. Dr. F. E. Archibald have just returned from Africa.

Transport spent Thursday at the home of his parents, Mr. and Mrs. Arthur Myers.

Mr. Vernon MacLeod was a recent visitor to Montague. He was the guest of Mr. and Mrs. James MacLean.

Mr. and Mrs. Sterling MacSwain Jr. and son, Donald, were Sunday guests at the home of Mr. and Mrs. John Plover.

Mr. and Mrs. Rod Martin and family were Sunday visitors to the home of Mr. and Mrs. William A.M. Martin.

Mrs. Margaret Plover has returned to her home in Martinvale after spending a pleasant holiday in Boston, Mass. She was the guest of her brother and sister-in-law, Mr. and Mrs. Archie MacDonald.

She and her husband were present at the opening of the health centre at Balundo, where Dr. Sidney Gilchrist, one of the greatest medical missionaries of our day, is in charge.

The slides shown bore evidence that the Africans are emerging from their state of ignorance and fear. The training of native pastors, doctors, teachers, nurses and technicians is a thrilling and rewarding part of the work of the missionaries, Mrs. Archibald said. Rev. Mr. MacLean pronounced the benediction.

The Afternoon Auxiliary conducted their business, when subscriptions were taken for the Missionary Monthly and donations were received to help defray expenses on Overseas boxes, which will be packed early in the week.

POOR MIXTURE
TORONTO (CP)—Mixing foreign aid and military assistance is a mistake, Paul G. Hoffman, director of the United Nations special fund for underdeveloped nations, said Sunday. "Military assistance should be granted on its own merits," Hoffman, former Marshall Plan administrator, said in an interview.

RED ASTRONAUT IN TRAINING

The Soviet magazine Ozonok says this man, Alexei Grachev, is one of Russia's three potential spacemen. A woman doctor examines him here. The magazine quoted Soviet scientific space flight trainer Ivenovitch Bakar as saying "Grachev will climb into the upper layers of the atmosphere."

(AP Wirephoto)

TAY ALIVE LONGER!

Attack Victims Are Forewarned

By Leiford Kordel
Installment Nine

The pain struck Tom Newton he was running to catch the train home. It left him out of breath, and as he walked down the ramp he thought, "I've been that hamburger rolled down in the station. And top of that, running for my life. Guess I'll have to remember that I'm not exactly a kid any more."

On the train, he ducked into the first empty seat in the near-car, and waited for the pain to subside. Instead, it came on again full-blown. Seizing as though it were a small bulb, the pain remained constant. It concentrated on an area no larger than a quarter, which seemed to center four inches below his necktie.

Suddenly there was a second ball of pain, then a third, then a fourth. Tom was struggling for breath, everything in his body strained toward the left side of his chest. His body was nothing more than a container for that searing pain. He tried to clutch his left arm, but the pain again with his left hand. He couldn't. The whole arm had become numb. He began to knead the useless arm with his right hand, and the pain radiated from his left shoulder down his elbow.

At that moment Tom knew he was having a heart attack. Tom turned to find that a woman was sitting beside him. She was staring at him as he frantically rubbed his arm.

"I—I'm very ill," he told her.

Then he gave in to the pain and slipped away into unconsciousness.

He didn't wake until he felt someone putting a small pill under his tongue. It was a man in white. That and the wall of the train told him he was in an ambulance on his way to a hospital.

YOUR HEART IN YOUR HANDS
Tom doubtless triggered his heart attack with his rushing for the train and the food he had eaten that day. Yet, he had received other telltale signs: his nervous indigestion, his sleeplessness, and his pallor. "Working too hard at the office," he would say. "Guess I'll have to take a vacation one of these years."

If you are overweight and feel a little slightly under par, check up on your health.

Why not face it? Your heart is in your hands. This is the age of the coronary-disease epidemic. Doctors are trying a cure-through-prevention. But the greater part of this job must be done by you alone.

This disease is a prejudiced killer. It stalks through our land, striking down the hard-working, the able, the energetic—males by preference. It is a vicious killer of the mature man—the man who is probably near the top of his business and who, like Tom, prides himself on being a healthy specimen, whose boast is, "Never sick a day in my life."

Coronary heart disease is characterized by a sudden, severe pain in the heart region or in the pit of the stomach. Until about forty years ago, it was called "acute indigestion." Sudden death was not uncommon. Today, with our faster pace of living, it strikes not only the older man, Men in their thirties and forties are claimed as its victims.

He didn't wake until he felt Your heart is a masterpiece of nature. It is not a delicate or fragile organ, but a strong, hardy mechanism. Day after day, year after year, it performs a tremendous amount of work, never stopping for even a few seconds. This miniature pump is just about the size of your fist.

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With charcoal dial \$69.50

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17-jewel precision movement. Shock-resistant, unbreakable lifetime main-spring with beautiful matching expansion bracelet. \$35.75

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Beautiful gift watch with 17-jewel precision movement, 2 fiery diamonds. Unbreakable lifetime main-spring. \$39.75

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High-fashion styling, 23-jewel precision movement. Unbreakable lifetime main-spring. \$55.00

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