

Your Health and Its Care

By DR. WILLIAM BRADY, M.D.
Readers should address inquiries to: Dr. William Brady,
265 El Camino, Beverly Hills, Calif.

BLOOD PRESSURE AND DIET



I have stated here many times that high blood pressure as such, is not a disease, but rather an indication of underlying disease. Kidney disease and arteriosclerosis—hardening of the arteries—are two underlying causes of high blood pressure. There are other causes which, as yet, are not known.

Dr. Brady Blood pressure, ordinarily, is higher during the waking hours than when one is asleep. Frequently it is lower when lying down than when sitting or standing. Emotion—fear, anxiety, apprehension, anger—tends to increase blood pressure. Relief from worry or anxiety commonly results in a lowering of blood pressure.

A person who is apprehensive about his blood pressure—one who secretly broods over the possibility of suffering a stroke or a heart attack, is very apt to have a much higher "reading" than would be expected when he goes to a doctor for the purpose. The fear of hearing the doctor say the pressure is too high in itself can cause the blood pressure to be too high.

A single blood pressure "reading" is of little value. By taking the pressure at various times and by maintaining a "poker face," a doctor will find wide variations in the pressure. Many a person whose blood pressure is within average limits may, upon a single "reading" exhibit a surprisingly high figure because of emotional strain.

Many persons who register high blood pressure figures will register much lower—or normal figures—upon taking an occasional sedative. All the sedative does is to make the mind—the consciousness—less alert or less sensitive to what is going on. It does not in any way, degree or manner affect the underlying disease processes, if any, which may be involved. As such, the taking of sedatives—under medical direction—is a valuable and widely accepted procedure.

By dulling the over-sensitivity of the apprehensive mind, a vicious circle is broken. In employing any sedative drug, the fact that medicine is an art as well as a science, plays into the hands of the physician. The sedative is used as a temporary aid until such time as the physician can remove the neurotic tendencies of the patient.

Much interest is currently centered upon what is known as the "rice diet" in the "treatment" of high blood pressure. This diet consists of plain rice, fruit juices and vitamins. There can be no argument about the fact that in kidney disease accompanied by retention of abnormal amounts of nitrogenous substances in the blood, such a diet may result in some lowering of the blood pressure, if it is high because of the kidney disease.

But it should be kept in mind, in this instance, that the rice diet is aimed at the kidney disease primarily—not the blood pressure. In cases of kidney disease not accompanied by retention of nitrogen in the blood, the question arises as to how long one is safe in adhering to a protein deficient diet such as the rice diet is. The value of the rice diet in such cases has been often questioned.

There are many people throughout the country who have been on the rice diet for some time. It would seem that sufficient experience should now be gained to estimate the value of the procedure. Such is, however, not the case. A great many physicians are still not convinced of its value. The chief stumbling block involved is the psychological—or emotional factor previously mentioned.

Inasmuch as the alleged improvement in high blood pressure is concerned, the improvement can only be indicated by blood pressure readings—if the blood pressure alone is the only factor at stake, and as emotional reactions are known to have a very definite effect upon these readings, these reactions must be ruled out before the readings have any scientific value.

The doubters of the value of this treatment maintain that insufficient study and consideration of the emotional factors has led many persons to ascribe value to the treatment far beyond its actual worth. There the matter stands at the moment.

Of course, there are other factors involved, such as weight loss and others too technical for discussion in this column. I have mentioned here only one of the outstanding considerations.

QUESTIONS & ANSWERS
Fever Blisters in Mouth
I suffer almost continually from fever blisters in my mouth. (Mrs. R. J.)
Answer—I recommend vaccination and re-vaccination as against smallpox.

Copper Cooking Utensils
Skillet and shafing dish of copper lined with some gray metal. The lining wore off with long use and when I cooked pot-roast in the copper vessel the gravy seemed to have an odd taste. (Mrs. H. A. C.)

Oregon's Hourly, Weekly Earnings Up in February

Salem, Ore., Apr. 22—(U.P.)—Hourly and weekly earnings in Oregon's industrial plants advanced materially in February, with lumber and logging activity leading a quick recovery, the state unemployment commission and the U. S. bureau of labor statistics reported jointly today.

Hourly and weekly earnings in February came close to the high levels set in the final quarter of 1949.

Reports from 400 main manufacturing firms showed average wages of production workers of \$84.15 for 38 hours a week. That compared with \$80.72 for 37.1 hours during January.

Earnings of loggers and sawmill men averaged \$66.16 compared with \$62.12 in January. Metal workers, machinery men and employees of printing and publishing plants all put in more hours to bring up their weekly totals. The latter group remained the best paid with an average of \$75.28, considerably under the December high of \$79.05.

Despite the drop in Oregon's average production wage in January because of the severe cold spell that curtailed lumber and other operations, this state ranked sixth in the nation among 27 states reporting to the U. S. bureau of labor statistics.

In December, the Oregon weekly earnings figure of \$87.57 was second only to Wyoming's \$87.99, comparing with a national average of \$86.18.

College Choir Slates Appearance Here

First Methodist church will present the Adelphi concert choir of the College of Puget Sound, Tacoma, Wash., at the church here on the evening of May 6, it was reported yesterday.

The 40-voice group will be on a 2,500-mile tour through western states. It will offer a program of religious, secular, operatic and comic numbers. The presentation will include solo, trio and quartet numbers.

Director of the group is Clyde Keutzer, head of the college music department which has 16 faculty members and 500 students. Keutzer is a former concert singer. His choir group is said to be much in demand for radio and special appearances.

Answer—At least there is no danger of any ill effect from eating food cooked in copper, lined or unlined. (Copyright 1950 by John F. Dille Co.)

Boy Scout News

Troop 7

Troop 7 had a court of honor Wednesday night with three boys receiving second class pins, several getting first class awards, and one getting start class. Merit badges were received by Wayne Close, Orland Stansfield, Dick Cave, Ralph Miller, Stanley Culy, Don Roberson and Stewart Hayes.

—Wayne Close, reporter.

Cub Pack 6

Pack 6 held its monthly meeting, Thursday, April 20, in the Washington school gymnasium. Den 5 conducted the law ceremony and Dens 6 and 7 presented skits.

Alvin Pederman and Larry McDowell received their graduation certificates.

The following awards were presented: Make Bowen, Lynn Knight, John Chisholm, Mike Moore, Donald Mann, Bruce Boldnowand Billy Williams received the wolf award; Alvin Pederman and Larry McDowell received the bear award; Ronald Cherry received the lion award; David Gifford and Donald Harrison received the wolf award and the gold arrow; Pat Connelly received the gold arrow; Don Cordier received the silver arrow; Sidney Smith and Phil Morgan received the gold and silver arrow; Donald Breeze received the wolf and bear awards; Ferris Simpson received the Webber and the gold arrow; Frank Abbott received the gold and silver arrows, and Marvin Ousley received his bob cat pin.

Musical selections were presented by Walter Kendall Jr., Frank Abbott and Paul Kendall. Movies were also shown by L. L. Simpson.

THAT WAS ALL

Monterey, Cal. (U.P.)—Everything had its bright side, the police department theorizes. One officer, writing out his report of a burglary, stated briefly: "All they took was money."

10 Commandments For Good Night's Sleep Provided

Chicago, Apr. 22—(U.P.)—Dr. Paul H. Fluck came forth today with 10 commandments for getting a good night's sleep, and he banned reading in bed.

Fluck, of Lambertville, N. J., said most insomnia is caused by bad sleeping habits or lack of regular routine.

Writing in the American Medical association's magazine, Health, he listed these "10 commandments" for good sleeping:

1. Go to bed at the same hour every night.
2. Try to get at least one hour of sleep before midnight.
3. Drink no more than a glass of milk or eat no more than a small bowl of cereal for a bedtime snack.
4. Never eat or drink anything ice cold before retiring, especially ice cream.
5. Never listen to the radio in bed.
6. Never read in bed.
7. Provide a regular schedule "for the hobby, dog or wife or husband who interferes with your rest."
8. When you go to bed, "close your eyes and go to sleep."
9. If that doesn't work, try to recall in what position you awake in the morning, and assume that position.
10. "Relax every nerve, muscle and thought. Patience won't kill you; sleeping pills may."

Detroit, Apr. 22—(U.P.)—Mrs. Patricia J. Stephens won a divorce yesterday because her husband "thought it was funny to kiss the dog goodbye and give me a pat every morning."

Sunday, April 23, 1950

MEDFORD (OREGON) MAIL TRIBUNE—FIFTEEN

New Photo Equipment Acquired at Camp

Camp White, Apr. 22—Keen interest is being displayed by members in the new photographic set-up now going into commission under the supervision of "Ty" Teorey, in charge of the hobby shop and arts and crafts department. Two reflex cameras and one motion picture camera were uncrated last week.

Commenting on the new feature, Teorey said, "This program is such that after the men take their pictures they can be brought in and developed. If enlargements are desired, plus coloring, we can do it. Instruction from the beginning to the end will be given. I know that this will be a very popular new hobby now in its infancy."

Petitions Ask Recall Of School Board Man

North Bend, Ore., Apr. 22—(U.P.)—Petitions for the recall of Ernest Frye, elected member of the North Bend school board, were being circulated here today.

The petition charged Frye was "unfit for the office of a school director and that he has acted in an arbitrary, unreasonable and dictatorial manner."

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1. Out of every dollar paid in by Union Oil customers during 1949 the company made a net profit of 8 3/4¢. 3 3/4¢ of this was put into expanded facilities to meet the growing demand for petroleum products in the West. 5¢ was paid out to the stockholders in dividends. Since these dividends were divided among 37,245 preferred and common stockholders, the payments averaged \$315 per stockholder.

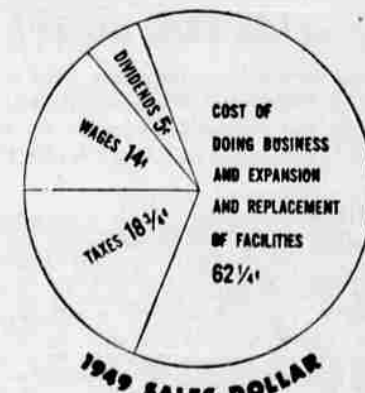


2. Out of every dollar paid in by Union Oil customers during 1949 the employees received 14¢ in wages, pensions and other employee benefits. Since these wages and benefits were divided among 7,316 employees, they averaged about \$4,700 per employee.



3. Out of every dollar paid in by Union Oil customers during 1949 the federal, state and local tax collectors got 18 3/4¢. So the tax collectors got almost 4 times as much money as the owners and 1 1/3 times as much as the employees.

*This figure represents taxes on all our products—fuel oils, asphalt, lube oil, greases and gasoline. When our customers buy gasoline, 31¢ of each dollar they spend goes to the tax collectors.



4. "Cost of Doing Business and Expansion and Replacement of Facilities" includes following:
Raw materials 26 1/4¢
Transportation 7 3/4¢
Supplies, power, exploration, selling expense, etc. 14 1/4¢
Interest 3 3/4¢
Expansion and replacement of facilities 13 3/4¢
TOTAL **62 1/4¢**

UNION OIL COMPANY OF CALIFORNIA

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