

the perfect greeting  
for the entire family



The Remington Quiet-riter Eleven Portable

A REMINGTON PORTABLE TYPEWRITER



Remington Travel-riter Portable...value and style leader of low-priced portables.

This Christmas, put a QUIET-RITER® ELEVEN Portable at your family's fingertips. Designed for expert typists as well as beginners, the new QUIET-RITER ELEVEN is *one portable* typing teachers can fully recommend—the *only one* with an 11" carriage plus every other essential major feature of office typewriters. Its new fast action and beautiful printwork are unrivalled... and free with your REMINGTON Portable is the new COLOR-KEY touch typing course that matches your fingers to the keyboard by color—teaches touch typing the school-approved way in just 10 easy lessons!

See it, try it without obligation at your Remington dealer's soon. Available on low monthly terms.

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## Heart-Score!

(Continued)

similar to a heart attack. Therefore, the first and most important thing is to avoid getting excited. Lie down, rest, and send for a physician. You cannot and should not attempt to treat or diagnose the condition yourself.

### Q. Are most heart attacks fatal?

**A.** Only a small percentage are instantly fatal. By far the great majority of heart attacks are relatively mild. Victims of sudden cerebral or coronary thrombosis rarely die on having their first attack, and quite a few never have another attack.

### Q. Are certain types of people more apt to have heart attacks?

**A.** Quite a number of studies have been made attempting to link heart disease with stress, particularly among men who work in the so-called "stress occupations." But the evidence indicates that a manual laborer is just as apt to have a heart attack as an executive who has been in one of the world's most responsible positions since early life. It is your way of life—sensible and moderate living as compared with unintelligent and dissipating ways—that frequently is associated with coronary heart disease.

### Q. Is it best to reduce intake of fatty substances to avoid cholesterol build-up in your arteries?

**A.** If we knew what a safe or dangerous level of cholesterol was—assuming that cholesterol is a culprit in atherosclerotic heart disease—we could perhaps give a definite answer. But no such answer is presently possible, although quite a few nutri-



Cardiac patients can return to normal routine. Patient keeps stepping on and off platform in two-step test while electrocardiogram measures effect on heart of this mild form of exercise.