

THE FEATHERHEADS

By Osborne
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Happy Thaw



FINNEY OF THE FORCE

By Ted O'Loughlin
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Delayed Payments



"REG'LAR FELLERS"



Saving Time



S'MATTER POP— A Mirror Is A Medium of Identification

By C. M. PAYNE



MESCAL IKE

By S. L. HUNTLEY

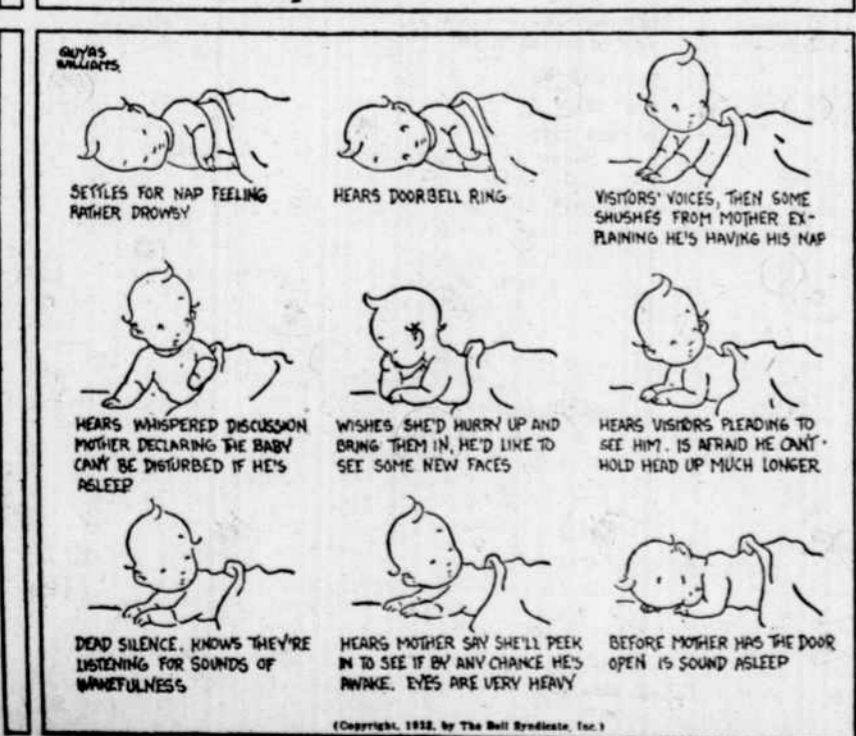


All That's Necessary



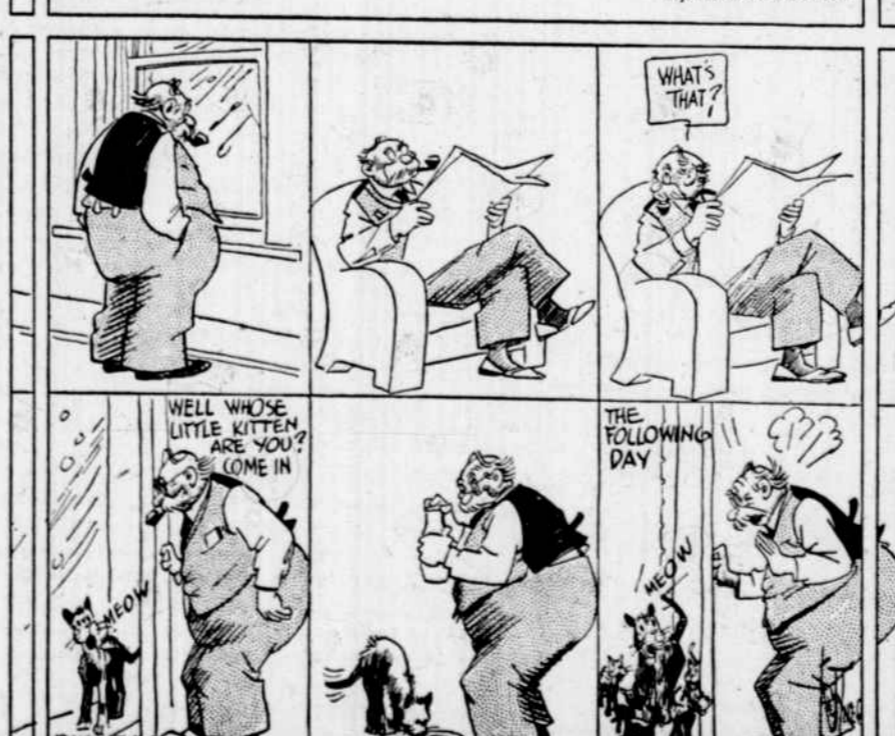
Visitors at Nap Time

By GLUYAS WILLIAMS

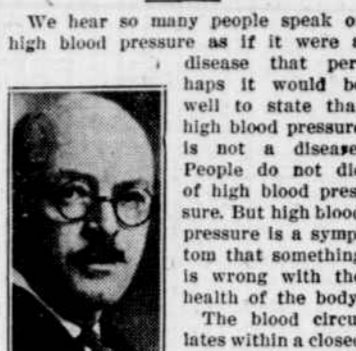


Our Pet Peeve

By M. G. KETTNER



Let Our Motto Be GOOD HEALTH
BY DR. LLOYD ARNOLD
Professor of Bacteriology and Preventive Medicine, University of Illinois, College of Medicine.



HIGH BLOOD PRESSURE
We hear so many people speak of high blood pressure as if it were a disease that perhaps it would be well to state that high blood pressure is not a disease. People do not die of high blood pressure. But high blood pressure is a symptom that something is wrong with the health of the body. The blood circulates within a closed system of vessels in the body. The heart is the central pumping mechanism. The large outboard vessels from the heart are called arteries. These gradually become smaller in diameter the farther they get away from the heart, until they finally end in small thread-like capillaries. There are many hundreds of these capillaries branching off like the limbs of a tree from the small arteries in the skin, muscles and organs. The capillaries are the distributing agents. As the blood in the large arteries leading from the pumping station, the heart, is under considerable pressure in order to insure a proper distribution of blood, the walls of the arteries must be able to bear the load. So the larger the artery, the heavier is the load.

After the blood passes through the capillaries it returns to the heart through the veins. These veins begin as very small vessels close to the capillaries and increase gradually in size as they approach the heart. But the walls of the veins are never as thick as those of the arteries, for the blood is not under very much pressure in the venous system. The volume or amount of blood in the body remains relatively constant. The absorption of water and other fluids and the excretion by the kidneys and the sweat glands maintain a constant blood volume or balance. In case of high blood pressure, the capacity of the vascular system is usually decreased. Hence the pressure increases because the volume of blood remains constant. The capacity of the vascular system decreases in most instances because the arteries become hardened and hence cannot dilate and increase in size with each heart beat, as they should. This inability to dilate and increase in size normally is called arterio-sclerosis or aging of the arteries.

Certain forms of heart disease also play a part in high blood pressure. High blood pressure in older adults is due many times to injuries of the heart and the kidney during childhood or adolescence, caused by some infectious disease. The primary damage is done at that time and the gradual development of scar tissue finally uses up all the reserve power of either the heart or the kidney and an elevation in blood pressure is manifested in later life.

The important factors to determine in high blood pressure then are (1) the state of the arteries, (2) the size and efficiency of the heart, (3) the state of the kidneys. The fact that one has high blood pressure is usually brought out as the result of a physical examination made by a physician, and the control of it, after it has developed, necessitates frequent medical examination and intelligent co-operation with the physician. Other factors than the state of the blood vessels, the heart and the kidneys may be involved too.

The best time to begin treatment for high blood pressure is the time when it starts to rise. Everyone of course has momentary rises in blood pressure due to anger, strenuous exercise, or worry, but if these periods last only a short time, they are unimportant from a health standpoint. But if the blood pressure is elevated above the normal for any length of time, it is important to know whether this increased pressure will remain stationary, or whether it will become progressively higher. Then health habits can be corrected. Apoplexy, bright's disease, and heart failure are usually the terminal conditions in persons with sustained high blood pressure.

The individual with high blood pressure, after determining the cause and following the physician's direction, should guard against strenuous physical exercise as much as possible. Strong contractions of the muscles of the arms and legs always increases blood pressure by decreasing the volume of blood in the muscles while they are contracted, and hence there is rapidly increasing blood pressure for a short time. This may be disastrous to an individual with high blood pressure. Worry and overwork, sleeplessness and physical exhaustion, will also increase the blood pressure above the normal, and should be guarded against.

Low blood pressure is usually as important a danger signal for the older individual as high blood pressure. Low blood pressure in many instances is due to a decrease in the efficiency of the heart muscle. There is decreased pumping force of the heart and hence a lessened pressure within the arterial system. The individual with high blood pressure or low blood pressure should not delay in consulting a physician.

HOUSE FROCK ON TAILORED LINES

PATTERN 2163



If you are a little tired of the general run of house frocks you'll enjoy the trimly tailored lines of this design, with its unusual buttoned-down collar and buttoned-over sleeves. For it's one of those casual shirtwaist styles—so very popular nowadays—and it has a slenderizing panel up the front, to make it very becoming to the larger figure. The way the bodice is gathered to the youthful yoke and sloped at the back is not only very smart but it gives the comfortable fullness that women demand of house frocks. Made of cotton broadcloth, or printed pique this dress would be charming and every bit as chic as a sports frock! Pattern 2163 is available in sizes 16, 18, 20, 24, 28, 32, 36, 40, 42 and 44. Size 36 takes 4 1/2 yards 36-inch fabric. Illustrated step-by-step sewing instructions included. Send FIFTEEN CENTS (15c) in coins or stamps (coins preferred) for this pattern. Write plainly name, address and style number. BE SURE TO STATE SIZE. Address orders to Sewing Circle Pattern department, 243 West Seventeenth street, New York City.

Smiles

SEEMED SAFER
Old Lady—Aren't you ashamed to ask for money?
Tramp—I got six months for taking it without asking.—Stray Stories Magazine.

Unknown Language
Lady Visitor—And so your little brother can talk now, can he?
Bobby—Yes, he can say some words very well.
Lady Visitor—How nice! And what words are they?
Bobby—I don't know. I've never heard any of them before.

In Doubt
"What has become of the man who used to say, 'Every day, in every way, we're getting better and better?'"
"I don't know," answered Miss Cayenne, "whether he went to heaven or whether he has joined old friends at headquarters of the Ananias club."

