

Tar Heel Scientists Finding High Blood Pressure Clues

Major strides toward control of high blood pressure have been made in recent years, notably in the field of drugs, as a result of heart research, reported the North Carolina Heart Association today. One of the projects in this state supported by the American Heart Association, to which the North Carolina Heart Association is affiliated, is being conducted at the Bowman-Gray School of Medicine of Wake Forest College in Winston-Salem. There, Dr. Harold D. Green and his associates are studying the causes and control of high blood pressure.

of the heart and blood vessels. Still unknown are the basic causes of high blood pressure, but, with continued research, medical scientists now feel the answers are not far off.

A typical U. S. homemaker will wash a half million separate dishes in a lifetime, about 70 stacks as high as the Empire State Building, one survey indicates.

According to Dr. Green, the pressure of blood in the arteries has to be kept up to a normal level in order to supply an adequate flow of blood to the brain. Maintaining normal pressure is the job of the "arterioles," the last tiny arteries which feed blood from the arteries into the capillaries.

When the arterioles contract, blood is dammed up in the arteries and raises the pressure. If the contraction lasts for only a few moments, such as occurs in most people during periods of stress, no particular harm is done. The moment of stress passes, the arterioles resume normal operation and the blood pressure drops back to its normal level.

However, if the arterioles are kept in a state of contraction for much longer periods — weeks, or months, say — the blood pressure remains above normal and damage may gradually occur to the blood vessels, resulting in strokes, heart attacks or malignant hypertension, which is high blood pressure that cannot be brought down. Finding out what causes contraction of the arterioles determines the type of treatment given the patient.

In some cases, explains Dr. Green, surgery is indicated. An operation known as a sympathectomy severs the nerves controlling the arterioles so they cannot respond to impulses to contract. More common today, however, is the use of drugs to bring about the same result. At present there are five groups of drugs used to control blood pressure by acting on various glands or nerve centers, depending on where the stimulus toward arteriole contraction is coming from.

"One group of drugs prevents adrenalin, released from the adrenal gland, from causing the arterioles to contract," says Dr. Green. "These drugs are particularly useful in diagnosing a form of hypertension caused by tumor of the adrenal gland, which releases too much adrenalin into the blood stream. Another drug group stops nerve messages which go from the spinal cord to the arterioles. This allows the arterioles to relax. These drugs act on the ganglia, which are switching stations along the course of the sympathetic nerves.

"A third group of drugs," continued Dr. Green, "reduces the activity of a group of cells at the upper end of the spinal cord—the vasomotor center in the brain. This decreases the number of nerve messages going down the cord and out the sympathetic nerves to the arterioles, again allowing them to relax.

A fourth drug group stimulates sensory nerves in the heart and in the artery that goes to the brain—the carotid artery. The messages carried by these nerves to the brain cause the nerve cells at the upper end of the spinal cord to slow down. Thus they have indirectly an effect similar to the depressant drugs of the third group. The fifth drug group," concludes Dr. Green, "are direct acting drugs which affect the arterioles directly, causing them to relax."

It can be seen that the battery of drugs described by Dr. Green gives the physician a wide choice in what will be of most benefit to his patient. This represents great progress over earlier methods of treating hypertension. Further advances in the field of drug therapy, either through combination of known drugs or through discovery of new ones are being reported by heart researchers elsewhere in the nation.

Research, supported by contributions to the Heart Fund, is gradually pushing back the frontiers of what is known about many diseases

District WSCS Meet Scheduled April 26th

The 16th annual meeting of the Woman's Society of Christian Service of the Waynesville District will be held at Cherokee Methodist Church, Cherokee, April 26, from 10 a.m. to 2:30 p.m.

Miss Laura M. Jones, district president, will preside. The women are requested to bring lunch.

Most tractor accidents occur when the machines are driven too fast, says the National Safety Council.

Junior Old Timers Club Annual Meeting This Week

Dwight J. Timmons, executive assistant to the president of the Champion Paper and Fibre Company, will be the principal speaker at the annual meeting of the Junior Old Timers Club at the Champion Y M C A in Canton Thursday at 6 p.m.

Timmons, also a Champion vice-president in charge of industrial and public relations, will bring a message from top management to Junior Old Timers.

A total of 370 employees at the Carolina division are eligible to attend the annual party.

Phil G. Kinken, assistant superintendent of pulp mills, will preside, and the invocation will be given by the Rev. Kenneth D. Crouse, pastor of the Morning Star Methodist Church, near Canton.

Junior Old Timers will be welcomed by H. A. Helder, vice-president and general manager of the Carolina division, and Marshall G. Cooper, president of the Junior Old Timers Club for 1955-56, will respond.

Frank Earley, of the finishing department, will serve as chair-

man of the nominating committee to recommend a new slate of club officers.

The banquet menu will be supervised by Mrs. Ben Grube and after-dinner entertainment will feature the WNOX Variety show from Knoxville.

Lowell Blanchard will be master of ceremonies and entertainment will feature such stars as the Melodaires quartet, Bill Crowther and his baritone folk songs, Red and Fred, a rustic comedy team, and Jerry Collins, piano specialist.

The following 60 Carolina Champion employees become eligible for club membership this year:

R. W. Allison, Ernest Anderson, Wilson Barefoot, Dorothy Bentley, Leona Boone, H. F. Boyd, Howard Curtis, J. D. Coleman, Jr., Maude Cole, Hugh Earley, A. M. Fairbrother, John Ford, Bill Franklin, James Gaddis, Charles Gregory, Joe Sam Hardin, Turner Harkins, W. C. Harris, Levi Haynes, Nina Henaphill and W. H. Henson.

J. D. Herndon, Jr., Gerald G. Hill, Elwood Howell, Vincent Ives-

ter, Wayne King, Russell Kinland, Paul Ledbetter, Ira Massie, Spencer Matney, H. L. McDowell, Jr., Bruce Nanney, Sam Parrish, Barton Ray, Gaston Rhinehart, Floyd Roberts, Charles F. Robinson, Edith Mae Robinson, Glenn Robinson, Gurley Robinson, R. W. Rush, Charles Scroggs, Luke Smahers and Glenn Stamey.

James R. Stamey, Clyde Stockton, Nannie Stiles, Roy Suttles, Arley Swanger, Howard Taylor, Roger H. Terrell, C. V. Watts, Eston West, William Ray Whitesides, Barbara Ann Wiley, James E. Wilkinson, Vella B. Williams, Bobbie Willis, L. E. Willis and Sam W. Wilson.

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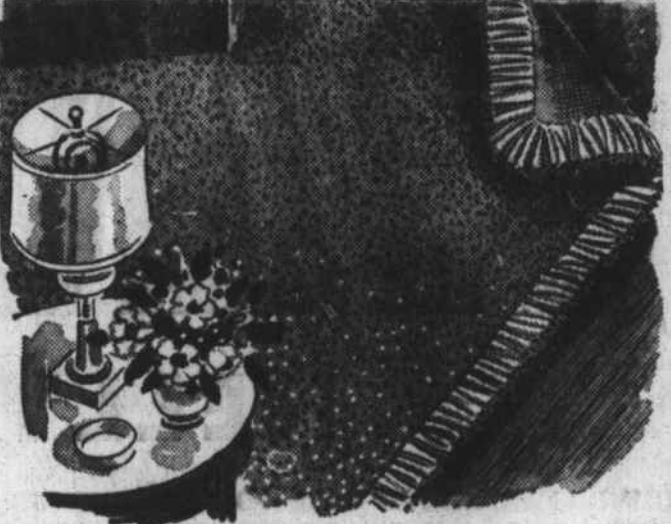
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