

Local Births

Cigareftes, Fats, Sugar Again Hit by Heart Study Physicians
 for a, heart attack has been
drawn by
dhe Framingham $\begin{aligned} & \text { preventative steps by changing } \\ & \text { as many aspects of the compos- }\end{aligned}$ drawn by the Framingham
Heart Study after periodic ex.

ande portrait ase as possible. \begin{tabular}{l|l|l|}
aminations of 5,127 adults of of \& $\begin{array}{c}\text { A diet low in fats, an increase }\end{array}$ \\
Framingham, Mass., over the \\
last eight years. \& $\begin{array}{l}\text { in the amount of exerecise and } \\
\text { latight reduction, and medica- }\end{array}$ \\
\hline

 

Framingham, Mass., over the \& $\begin{array}{l}\text { in the amount of exercise and } \\
\text { last eight years. } \\
\text { The heart attack candidate is is } \\
\text { weight reduction, and medica } \\
\text { tion are among preventive }\end{array}$ \\
described as a a sendentary, flab- \& measures recommended by phy
\end{tabular} describeda ha a sendentary flab by, middle-aged male, given to

excresise citaret smoking and
to meals high in animal fats,


 says the coronary-prone com-
posite American has a high
on

 | $\begin{array}{l}\text { rate. He is low both in vigor } \\ \text { and physical activity. }\end{array} \begin{array}{l}\text { arterial walls. A high choleste- } \\ \text { rol level may lead to atheros- }\end{array}$ |
| :--- |

 has a tendency to familial dis-
orders such as a diabetes and
gout. He may even have suf.
hardened chols are thickeron which re re
duces their siameter. Many
 $\begin{aligned} & \text { knowing it. An electrocardio- } \\ & \text { gram will protherosclerosis } \\ & \text { gaty } \\ & \text { abmormaitities. }\end{aligned}$

 | composite coronary candidate | terol recently placed in the |
| :--- | :--- |
| have a 30 times higher chance |  |
| of suffering a heart attack than |  |
| hands of the physician, is sodi- |  |
| um dextrothyroxine (available |  | of suffering a heart attack than

adults unlike him, the study
and as a dextrothyroxine (available
in). Sodium dextrothyroxine is adults unlike him, the study
indicates.
One of every four Americans
in). Sodium dextrothyroxine is
regarded as an effective agent One of every four Americans
is pegarded as an effective age
is prone to heart attack, ac- $\begin{aligned} & \text { in reducing excess blood cho } \\ & \text { cording to Dr. Kannel, who } \\ & \text { lesterol in many persons. }\end{aligned}$
Beauty Makers Spin:-
21st Century "Face-Race" Fantasy

Seven Teenagers are Arrested For Stealing 8 Automobiles | RALEIGH - A truck aban- | being sought. One is believed |
| :---: | :---: | :---: |
| doned |  | doned on the highway near

Asheville recently led to thave started to Nags Head
in a dump truck, stolen from a Asheville recently led to the in a dump truck, stolen from a

indictment of seven teenagers | indictment of seven teenagers |
| :--- | :--- |
| on charges of |
| onstean |
| cars for joy-riding. from enghtruction site. The arrested | cars for joy-riding. from April

29, to August 30. Highway Patrol Trooper D. J.
Bryson, of Asheville, when called to check the abandoned
vehicle, learned that it had

bit |  | veen left there by a fourteen | $\begin{array}{l}\text { volved in break-ins at churches } \\ \text { in the Buncombe County area. }\end{array}$ |
| :--- | :--- | :--- | :--- |



## $=\mathfrak{m}=$ Seagrams



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> $\$ 1.00$

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steps each day. Reach. Don' run. Make yours a fully phoned home. There's a big
selection of styles and colors selection of styles and colors
available. Call your General Telephone business office or ask the man on the telephone
truck for complete details.

Beginning in Decembe

