

By Dr. George W. Crane

Notice Mr. Miller's excellent advice for prolonging your life. Heart disease is by far the nation's No. 1 killer, so learn how to protect your human motor. Our lifespan could easily average 100 years if we devoted as much care to our heart as to the engine in our automobile! So send for the booklet named below and add 10 to 20 years to your lifespan.

**CASE U-331:** Marvin H. Miller represents the Indiana Heart Foundation and offers some excellent advice to challenge anybody's attention. He points out that coronary heart disease is by far the Number One cause of death in men between the ages of 40 and 60. Men are about 2 1/2 times as susceptible as women. This is also indirectly proved by the fact



there are three times as many widows as widowers! Mr. Miller adds that we now have more than 7,600,000 widows in the U.S.A.

So he urges wisdom of men past 40 to take unusual care of their motor.

"Give him a balanced menu," says Mr. Miller, "and see that he has regular mild exercise." He also vetoes obesity and recommends that men be freed from the unnecessary evening recital of petty irritations that have occurred during the day.

of the anti-cigarette advocates. But it was as true it was tragic! "Every day you smoke, you knock one day off your life span," is the modern slogan that parallels that old "coffin nails" adage.

Second, leave hard liquor alone. For alcohol masks the pain of an overloaded heart.

This is the latest report from our medical laboratories and refutes an earlier view that alcohol was good for heart patients by dilating the coronary arteries.

Third, try to regain the weight you enjoyed at the age of 21. If you were then in good health.

Most of us are much overweight. And for every five pounds of extra fat we have, our body must sprout an additional three miles of blood vessels.

Naturally, it must raise the blood pressure and wear itself out ahead of schedule because of this unnecessary overload.

**Memo To Caesar**  
Claudia Repeats Some Gossip

By KEN WOODMAN

Tiberius Caesar's letter, mocking Pilate for his concern over the influence of Jesus, reached the Julian government at his palace in Caesarea... the home he preferred when he could escape from duties in Jerusalem.

As he read the jibes, the color blanched from Pilate's face. He flung down the paper and seized his sword which lay beside him on a small marble table.

He crashed the blade against the stone and the steel shattered and went clattering to the parquet floor.

"The fool," he roared. "The idiotic fool!"

"And just who is a fool? A woman's voice asked calmly. It was Claudia, Pilate's wife, who had just come in from the courtyard.

He turned on her brusquely but as always her cool blonde beauty mollified him even before he could speak.

"Caesar," he said in even tone. "Tiberius is a fool. He refuses to reckon with the influence of this preacher, Jesus, who is now recruiting followers."

Claudia laughed. "Have you heard the latest about this man?"

"What now?"

"All the women here and in Herod's court are talking about it. It seems that he stopped at a well near Sychar in Samaria and a woman, who came there for water, got into conversation with him. She was rather attracted to him and coyly asked him about his teachings. He told her to bring her husband and he would explain his religion."

"The woman said, 'I don't have a husband.' Whereupon this Jesus looked her in the eyes and told her that she was telling the truth because she had already had five husbands and her present spouse was not a real husband."

"The woman gasped. It was all perfectly true, and yet she had never seen the Nazarene before."

Claudia chuckled. "They say it made an honest woman of her, too. And when the Samaritans heard about it they came to listen to the Nazarene. Everyone was greatly impressed."

She paused. "Why don't you invite him here so we can judge the man for ourselves?"

"Never," Pilate growled.

"Just the same, I'll wager you do talk to him sometime," Claudia teased. She had yet another story to tell, but decided to bide her time.

**Exiled Cyprus Leader May Be Called Back**

LONDON (AP) — London news papers said today the British government may bring Archbishop Makarios back from exile for new negotiations on the future of Cyprus. There was no official confirmation of the newspaper reports.

Archbishop was directing the fight to unite Cyprus with Greece.

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**How's Your I. Q.?**

1. Was the first white settlement in Oregon on the Lewis River made by the Missouri Fur Company or the North-Western Fur Company?
2. United States Senators are elected for terms of how many years?
3. BIBLE: After the fall of Israel was Judah ruled by 22, 28, or 24 kings?
4. With what university do you associate the name of Knute Rockne as a great football coach?
5. Is Babcock the name of a test for intelligence, blood type, or butter fat in milk?

**BETTER ENGLISH**

- By D. C. Williams
1. What is wrong with this sentence? "The man we saw on the street was accompanied with two women."
  2. What is the correct pronunciation of "decade"?
  3. Which one of these words is misspelled? Miniature, caricature, characteristc, chignon.
  4. What does the word "pro-life" mean?
  5. What is a word beginning with H that means "to move as a wave rise and fall"?
- ANSWERS**
1. Say, "was accompanied by two women."
  2. Pronounce decade-aid, accent on first syllable. 3. Caricature. 4. Reproducing freely. "Some animals are extremely prolific." 5. Fluctuate.
- A survey among U.S. steelworkers reveals that only 16 per cent of those married have the final say on spending the paycheck.

**Health Conference Plans 4 Speakers**

Charlotte's first Occupational Health Conference will open at 9:30 a.m. Thursday with four speakers and a panel discussion on "Emotional Problems of Employees," scheduled for the day-long session.

The opening meeting will be held at the nurses' auditorium of Presbyterian Hospital.

After a 1 p.m. luncheon at Honey's Restaurant, Dr. William B. Townsend, chairman of the planning committee for the sponsoring Heart Services of Charlotte & Mecklenburg County, will moderate the discussion.

The conference is aimed at increasing employers' interest in "health conservation," according to Mrs. Maribelle G. Farlow, secretary of Heart Services.

**OPEN SESSION**

Dr. M. B. Bethel, city-county health officer and president of the Mecklenburg County Medical Society, will open the morning session.

Speakers will be George A. Potter, secretary of Liberty Mutual Insurance Co., Boston, talking on "The Business Man Looks at Occupational Health," John P. Rogan, works manager of Douglas Aircraft Corp. of Charlotte, "What An Occupational Health Program Means to the Employee," Dr. Logan T. Robertson, director of Occupational Health Services of Asheville, "The Periodic Health Inventory: What Does It Show?" and Dr. John J. Thorpe, assistant medical director of Esso Standard

**Work Output**

The conference is planned for employers concerned with the health, and so the work output, of their employees.

Mrs. Farlow said "It has been shown there is a direct relationship between the physical and mental health of employees and their morale and work on the job."

"Forward-looking businesses and employers are now becoming concerned with health conservation," keeping their employees healthy and at work.

Members of the heart services conference planning committee include A. Stokes King, John A. Cunningham, Phil Van Every, J. Lambert Schwartz, C. R. Willard, H. K. Platt, Robert Eger, Robert W. Shaw, Dr. Elias S. Faison, Dr. Allyn B. Chaste, Dr. Frederick H. Taylor, Dr. Roby B. McKnight, and Marshall L. Pickens.

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