

HIGH BLOOD PRESSURE IS THE MOST POPULAR OF DISEASES; A TOPIC OF CONVERSATION

Boston, Jan. 29—High blood pressure, with its allied disorders, is the most popular disease of the day. Dr. James P. O'Hara of the Harvard medical school yesterday afternoon told an audience which filled to overflowing one of the large lecture rooms of the school. It was the third in the series of free public lectures given by Harvard medical professors on Sunday afternoons.

Fifteen or 20 years ago, Dr. O'Hara recalled, appendicitis was the nation's most modish malady. It was at the peak of its popularity when Irvin Cobb wrote his essay on operations. About five years ago high blood pressure began crowding it off the stage, he said and now is in the ascendancy not only in hospitals, but as a topic of conversation at the club, the theatre and the dinner party.

The change is due the lecturer pointed out to the increased speed with which we live. The accelerated pace with which we are traveling from year to year is taking its toll on the blood vessels, and causing an increased death rate from circulatory diseases.

This increase is greater in the cities than in the rural districts and in Boston the rate of increase is next to the largest in the United States according to a survey covering the years from 1904 to 1922. Only Baltimore showed a greater increase, and New York much reputed as a city of speed and high pressure activities, shows by far the smallest increase in deaths due to high blood pressure.

The disparity between the rates of increase in high blood pressure deaths in Boston and New York caused the lecturer to remark that statistics could be provided to prove anything and that Boston residents shouldn't become worried.

"Even if you have high blood pressure and know it, don't worry about it worry is the best known method of increasing the pressure and hastening death. Whereas refusal to worry, and moderation in eating and exertion both mental and physical, will enable most persons with high blood pressure to continue to enjoy life for many years."

Another bit of advice which Dr. O'Hara offered those suffering from high blood pressure was this:

"Don't ask your doctor what your pressure is. He probably won't tell you, but if he is foolish enough to do so, don't pay any attention to the figure. It won't mean a thing to you, except as a pretext for worry. The figure does not mean much even to the doctor. He counts more on other observations."

"I have known men with a pressure of 240 to live for a dozen years after the fact was discovered and I have known others whose pressure was as low as 160 to die within a few days."

The normal pressure in adults, said Dr. O'Hara, is from 110 to 145. The rough and ready rule used to be to add 100 to one's age, he said but pointed out that this is not quite accurate, especially for persons over 45 since any permanent rise above 145 is abnormal. In women the normal figure is 10 under that for men.

Heredity, the lecturer declared, is an important factor in high blood pressure. Of the cases which he has had an opportunity to study, 75 per cent. showed a family history of high blood pressure.

"High blood pressure develops chiefly in one or two ways: In those under 30, usually from acute nephritis to chronic nephritis, with high blood pressure. In those over 30 the disease is usually the result of hereditary weakness, with spasm of the small blood vessels, resultant hardening of the arteries, and high blood pressure."

"Children in families with circulatory disease often give evidence in the second decade of life that they will probably have high blood pressure in the fourth or fifth decade."

"Factors other than heredity that tend to produce hypertension are excessive mental work, worry and over-eating. It used to be thought that excessive eating of meat was an impor-

tant cause. I do not believe emphasis need be put on meat. Any kind of over eating is harmful.

"The course of the disease indicates that cerebral hemorrhage, often alluded to as "shock" angina pectoris, chronic myocarditis, chronic Bright's disease, and diabetes are end results of the generalized small blood vessel arteriosclerosis, and that these diseases are first cousins."

"To prevent high blood pressure we should learn to move more slowly to drive our engines at lower speeds, to have frequent vacations and periods of relaxation, to eat less, and to take more exercise in the open air."

"Parents in families with a history of circulatory disease should try to prevent the development of high blood pressure in their offspring by teaching them to be moderate in everything and to avoid a life entailing marked mental strain and great responsibility."

"Those who learn that they have high blood pressure should not become greatly disturbed, but should appreciate that, with proper care, they may live in comfort for many years. Worries and source of nerve strain should be avoided. Nothing makes blood pressure rise faster than to be always thinking of it and worrying about it."

THIS STAR DOES NOT MISS THE APPLAUSE

Los Angeles, Jan. 26—Some stars of the stage who have tried the movies have found difficulty to perform for the silent drama, one principal reason being that the absence of the regular audience affected their work.

But it is not so with Ruth Chatterton, who recently transferred from the stage to the screen. The actress finds no difficulty in performing in the silent drama and as an antidote for the absence of the usual audience she prescribes a simple remedy.

"Perform for the stage hands and electricians," she says.

"Don't you miss the applause? The visible reaction of those you are playing to? Doesn't the silence become appalling?" she was asked.

"Why, bless you, no."

Miss Chatterton was very matter-of-fact.

"You can get the same reaction visibly by playing to the stage hands and electricians on the set. They are just as human as audiences, and even if they don't applaud, their faces express reaction."

WATER POWER A GOOD STOCK

A recognized leader in a rapidly expanding industry, Shawinigan Water & Power Co., has richly rewarded the holders of its Common stock in past years and affords an excellent opportunity for further profit. Shawinigan, in common with other public utilities, has shown a remarkable and steady growth in earnings from gross of \$4,629,642 in 1922 to \$9,362,828 in 1927.

Holders of Common have profited by substantial dividend disbursements and through the issue of valuable rights from time to time. The last offering of such rights was made in March, 1928, when new stock was offered at \$50 a share on a basis of one new share for every four shares held. Also in October, 1928, the company disbursed a stock dividend of 10 per cent.

Dividends are being paid at the annual rate of \$2. per share, which at the current market of 87, shows a yield of approximately 2.25 per cent. This yield is low but this condition is common to stocks in this class of industry, as the investor as a rule looks to profit through the appreciation in the market value of his holdings and through the issue of rights as well as through the actual income from dividend.

GOOD PROGRAM TO BE ON THE AIR TUESDAY

The best features of the radio programs for Tuesday evening in Atlantic Standard time are:

Eveready Hour—WEAF Network.
Hank Simmons' Showboat—WABC Network.

"Voice of Columbia"—WABC Network.

WPG, ATLANTIC CITY.

9.00—Orchestra; Soloists.
10.00—Chalfonte-Haddon Trio.
11.00—Bridge game; Musical Maids.
12.00—News; Dance music.

WEEI, BOSTON.

7.00—Big Brother Club; News.
8.30—Sketch; Pilgrims.
9.30—Programs from WEAF.
11.30—News; Dance music.

WLW, CINCINNATI.

7.15—Markets; Dinner music.
8.30—Sohio Hour (Cleveland).
9.00—Perfect Circle Symphony.
10.00—Programs from WJZ.
11.00—Crosley Cossacks; Fillmore Band.

WOR, NEWARK.

7.00—Dinner music; News.
8.00—Main St. Sketches.
9.30—Aviation dinner.
10.00—Paramount Club hour.
11.00—"Shades of Don Juan."

12.00—Dance music.

WEAF, NEW YORK.

7.00—Waldorf Orchestra.
8.00—Voters' Service.
8.30—Soconyland Sketches.
9.00—Genia Fonariova, soprano.
9.30—Prophylactic Hour.
10.00—Eveready Hour.
11.00—Cluquot Club Eskimos.
11.30—The Contraltos.
12.00—Keith-Albee Hour.

WJZ, NEW YORK.

7.00—Dinner music.
8.00—Song due; Law lecture.
9.00—Stromberg-Carlson Sextet.
9.30—Michelin Hour.
10.00—Three-in-One Theatre.
10.30—Dutch Masters' Minstrels.
11.00—Sixteen Singers.
11.30—Freshman Orchestradians.
12.00—Slumber music.

WABC, NEW YORK.

7.00—Dinner programs.
9.00—"School Daze."
9.30—Beautiful Lady.
10.00—Hank Simmons' Show Boat.
11.00—"Voice of Columbia."

*1.00—Royal Canadians.

KDKA, PITTSBURGH.

7.00—Reports; Concert.
8.15—Sacred Song Concert.
9.00—Programs from WJZ.
11.00—Happiness program.

11.30—Freshman Orchestradians.

WGY, SCHNECTADY.

7.00—Reports; Dinner music.
8.00—Programs from WEAF.
9.00—Edison program.
9.30—Programs from WEAF.

11.30—Dance music; Television.

* Denotes after midnight.

IT'S QUITE A PITY THEY MET AT ALL

New York is so vast and impersonal that strange things can happen. And do. Two men in different branches of the same organization has been carrying on departmental transactions for several years by telephone, without ever meeting face to face. The occasion arose the other day and they met. Each looked upon the other as rather an old friend, all through the medium of the telephone.

"I had my own mental image of you," said one, "constructed from your telephone voice. I thought you must be fat and wear a mustache."

"And I had my own picture of you," said the other, who was neither fat nor mustached. "I imagined you was about 60 years old and rather skinny."

The man was about 35, and quite plump. They agreed to change the subject right there, and perhaps it was a pity they ever met at all.

Perhaps in buying that 300-acre farm in New England Sinclair Lewis intends to make it pay, and then further capitalize on the purchase by writing an exhortation of farmers who can't wring a profit from their land.

ACTIVITY IN NORTHERN PART OF PROVINCE

New Paper Mill at Dalhousie to be Ready for Operation in the Fall

Cambellton, Jan. 27—"We expect to have the plant ready for operation in the late summer of this year," said a prominent official of the International Paper Company which interviewed here yesterday relative to the progress made in connection with the construction of the large paper mill at Dalhousie. Should these expectations materialize it will mean out of several months off the original estimated period, as the date given for operations to commence was given in the first instance as the spring of 1930.

Referring to the work being carried on at the present time, the official announced that the majority of foundation laying had been completed and that the steel structural work would commence in the very near future. It is expected that the buildings will be completed in the spring, with the work of installing the machinery and departmental apparatus to follow immediately.

Nine Miles Of Pipe

The engineering staff is at present busy figuring on the contract for the laying of the fresh water pipe from Charlo River west to the mill site. This pipe will be approximately nine miles in length and similar in construction to that of hydro electric water transmission pipes used in Canada. It will be carried overland by means of wooden props about four feet from the ground.

For water storage purposes at the site, there will be erected a steel tower, rising above the ground some 125 feet, on which will be assembled a steel tank with a capacity of 600,000 gallons. The Horton Steel Company of Canada has been awarded the contract for steel construction work while the Domill Construction Company of Canada will complete the concrete and foundation laying.

At the present time there are about 400 employed with the International Paper Company and the Domill Company in Dalhousie and it is expected

Real WINTER CHEER

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WHICH IS A BEVERAGE AS WELL AS A TONIC. The only difference between CELESTIAL DRY GINGER ALE and the best imported brands is the price. We will deliver a case of CELESTIAL DRY, put up in eight ounce bottles, at your home for only \$1.75.

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The Capital Bottling Co.

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this number will be augmented by an additional 300 in the Spring.

It is understood that electric energy necessary to operate the mill will be furnished by the auxiliary power plant on the site pending the completion of the overland transmission line from Grand Falls, the survey for which was recently finished.

Personally we don't think the community kitchen will ever be a great success. Henry Ford notwithstanding at best it could never be much more than a glorified steam table with all food tasting the same and even carrots, probably indistinguishable from edibles.

FUTURITIES
A promissory note is like
A flapper, don't you see?
For neither one is settled
Until maturity

Is Beaten
Paris, Jan. 25—Charles Huat, French flyweight, outpointed Ernie Jarvis of England in a 12-round bout here. Jarvis started fast but weakened in the late rounds. The Frenchman brought blood from Jarvis' mouth and nose in the sixth and staggered him in the tenth.

Paris, Jan. 29—With 27 nations already entered in the Davis Cup tournament for 1929, it was announced today that Australia and New Zealand which previously have participated, will not enter this year.

China's re-entry application has not been received, but it was expected before the lists close at the end of this week.

Despite sketchy gowning a girl's all aglow,
If firm in the knowledge she's something to show.

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