

# Stay Alive Longer!

## You're As Young As Your Arteries

by LeLord Kordel  
Installment Five

Dr. Irvine H. Page, president of the American Heart Association, says "A heart attack, as it is ordinarily considered by the public, is basically arteriosclerosis of the coronary vessels." In other words, hardening of the arteries.



Coronary thrombosis is no respecter of time or persons. It generally cuts down its victims during their most productive years. Unfortunately the disease that leads up to it is not the kind that gives advance notice that rings a warning bell and says, "Stop, Look, Listen. Slow down — heart at work."

Coronary thrombosis strikes quickly and dangerously. Its sudden occurrence is the result of arteriosclerosis.

"But why do we develop arteriosclerosis?" asked my friend, Bill, who at twenty eight found he was a victim of the disease.

"There are several theories," I replied. "Let's consider the oldest theory first:

1. A high cholesterol diet is consumed year after year, which piles up lesions in the arteries.

2. It is the result of a metabolic fault, an inability of the body to handle the normal cholesterol and fat intake properly.

3. This metabolic fault is especially aggravated in the presence of high starch foods. In other words, starches and fats."

"It all adds up to something," said Bill. "I wish I'd known about a lot earlier. Now, here's what I want to know: Can a change in diet still help me? Or is it too late?"

"Of course it isn't too late," I said. "The ultimate results depend largely on you. How's your survival quotient, Bill?"

"What do you mean?" he asked.

"Just this: How much do you really want to live, to retain your health, to give up the stamina of spirit, the will power, to give up your old way of eating? Are you going to feel sorry for yourself every time you pass up fried foods and rich desserts? Or will it be a challenge to you to acquire new tastes, new interests in life and most of all, new energy and vigor?"

Eliminate High Starch

When cholesterol was first discovered to be the cause of arteriosclerosis and gall bladder trouble, many patients were asked to forego completely such wholesome and necessary foods as eggs, cheese, meats, milk and cream. However, a diet of rice and fruit, or any other inadequate diet, can only result eventually in weakening the patient.

I quote from my book Eat and Grow Younger: "It is only when fats are eaten to excess, or when they are combined with high carbohydrate meals, that they pile up in all those unwanted and dangerous places — around the waist, in the liver, around the heart and on the inner walls of arteries."

"Isn't it more logical to eliminate the artificial, high starch foods in the diet — foods that we can live very nicely without and be far healthier for the omitting — than to take away certain valuable foods like eggs, cheese, butter, liver and gland meats — which are rich sources

of urgently needed vitamins and minerals!"

Consider the Eskimo Atherosclerosis and high blood pressure are almost unknown among the Eskimos. Yet they eat large amounts of blubber or whale fat. How do they escape disastrous consequences? Isn't it because of their high protein, low starch diet?

Choline, inositol, and methionine are needed in the diet to help prevent cholesterol from becoming lazy and settling down in the arteries. We find an abundance of choline and inositol in lecithin. The protein foods give us methionine. The high-protein diet of the Eskimos is rich in all three of these lipotropic agents!

Choline, a fat distributing agent, is a wonderful aid in promoting normal distribution of food fat throughout the body and thereby preventing the stockpiling of fat in undesirable places, notably in hardening arteries, and in a fat-clogged liver. The human requirement for choline is assumed to be about half a gram or 500 milligrams, daily.

Choline and inositol are found in whole grains and in most high-protein foods; lean beef and lamb, organ meats — liver, kidneys, heart, brains, sweetbreads, egg, nonfat milk, cheese and seed cereals.

Methionine, valuable as a fat-dissolver in its own right, seems to act as a catalyst for choline and inositol — speeding up their function. In other words, a little methionine makes choline and inositol go a lot farther in doing tremendous good. Where do you suppose we find it. The complete proteins, eggs, cheese, and nonfat milk.

Are you beginning to realize the value of a high-protein diet?

Inositol is related in its function to choline. It is the substance which assists the heart muscles secure a constant supply of energy.

In animal experiments inositol was removed from the diet. The result: Hamsters experienced reproductive disorders, chickens developed softening of the brain, and mice became completely hairless over various parts of their bodies.

Now, I'm not suggesting to you bald-headed men that inositol will grow hair. Instead, let me stress the fact that the lack of inositol can cause irreparable damage. I merely give you the facts. Let them speak for themselves.

Your New Lease on Life

Beef heart contains more inositol in an average serving than any other meat. There are 250 milligrams in one slice. But how often do you eat beef heart? If you're the average American male never. Or hardly ever.

"If you're willing to work for that new lease on life," I told Bill, "you can have it. Begin now, with your very next meal, by putting yourself on a high protein, low starch low sugar diet for the rest of your life."

What about your new lease on life? Are you interested in doing something about it — or just in reading about it? Unfortunately you can read all the good advice in the world, and it won't help you.

Unless you do something about it!

When will you start? Now? — today? — tomorrow? Why not make it today?

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Next week: Stop Inviting Hypertension — What is high blood pressure? How it can cripple your life — and how you can learn to control it.

### MERRY MENAGERIE By Walt Disney



"Our trouble is, when he sees you he remembers to put me out — and vice versa!"

ASHGROVE

### Prayed-For Missionary Meets Mission Circle

The WMS met on Tuesday afternoon November 3rd at the home of Mrs. Frank Ruddle with the president opening with a hymn and prayer. Secretary Mrs. Cecil Wilson read the minutes of last meeting and called the roll which was answered by a bible verse on thought and thanksgiving.

Devotional was given by Mrs. J. M. Wickson, nominating committee appointed was Mrs. Hector Bird and Mrs. Clayton Wilson. The study chapter by Mrs. Arthur Ruddle dealt with more life and work among the Africans and some of the problems they face today as they work and teach in our land.

Mrs. J. M. Wickson in giving the highlights from Rev. Hnck's address which he gave at Rock Chapel had procured the film: "Copper Belt Calling" and with Mrs. Thomas Giffen giving the commentary, we saw in colored pictures the work our missionaries are trying to do and made us realize that there are many problems we share in common with Africa.

Mrs. C. B. Dick thanked the hostess for use of her home and Mrs. Wickson for showing the film and all who helped in the afternoon's program and a social hour followed.

The Women's Institute held one of their successful parties last Friday evening in Stewart-Hall. 23 tables of euchre were played winners being ladies 1st Mrs. T. J. Brownbridge; 2nd Mrs. Hamilton; gents: 1st, Harold Reed, Rockwood; 2nd, Hector Bird, Lunch and dancing afterwards to Hulle's orchestra concluded the evening.

The Young People held their meeting Sunday evening at the home of Bill Wilson with Doris Pickett in charge. Mrs. J. M. Wickson showed the film "Firefighters of Angola" which described the Canadian Girls in Training and their life and ways.

Three carloads of our missionary enthusiasts motored to Milton Sunday afternoon to St. Paul's United Church and enjoyed so much seeing our missionary for prayer, Miss Frances Wallbridge, who has been a missionary in Africa for 18 years. She showed pictures of the people and we heard a recording of African children singing hymns. Miss Walbridge is a wonderful dynamic person, and loves her work with the African people.

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### M.P.'s Wife Is Speaker At Norval Thankoffering

Mrs. Sandy Best, wife of Halton's member of parliament, was the guest speaker at the annual Thankoffering meeting of the Alexander Auxiliary of the WMS of Norval Presbyterian Church on Tuesday, October 27. Mrs. Best who is a native of Ireland, has been in Canada for the past twelve years, was organist at Melville Presbyterian Church West Hill, and assistant editor of the Presbyterian Record, the Presbyterian church publication. Mrs. Best's paper was pertinent to the occasion of Thankoffering Day and was greatly enjoyed by the large audience.

### Kinsmen Will Manage Fund in Retarded Children Campaign

At the last regular meeting of the Georgetown Kinsmen Club held on October 28th in the McGibbon Hotel several important items were brought forth. A motion was passed that the club would supply the Bantam All Star Hockey team with sweaters and stockings. A Tri-Club meeting will be held with the other two service clubs in the latter part of November, possibly the last Friday of the month. This year the Kinsmen will manage the drive for funds for the Retarded children in the local area. The drive for funds is part of the National campaign being staged from November 15th to the 23rd. The date of the Georgetown drive is November 17th and will be door to door campaign. It is the hope for the club that their plea for the support of the citizens will not go unheeded. The final order of business was the annual Christmas Tree project trees will be on sale on December 31st and people are asked to watch the paper and read the handbills that will be passed out for the exact location and support their plea to buy a tree.

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