

## BLOOD PRESSURE

### Beware of Hardening Arteries in Old Age

THE term "blood pressure" simply indicates the amount of pressure or force which is imposed upon the walls of the arteries by the beat of the heart. It may be abnormally low, or it may be dangerously high, according to the degree of resistance to the blood flow offered by the blood vessels themselves, and also by the organs and tissues of the body through which the blood passes.

As we grow old the blood pressure gradually rises. This is perfectly normal and is due to the natural ageing processes. The arteries gradually lose their elasticity and thereby offer more resistance to the blood flow. For example, the normal blood pressure for a young person of 20 to 25 is approximately 120, but for one of 50 to 60 years of age the normal pressure is approximately 150. It is a well-established fact that the blood pressure rises in a direct ratio to the age and that the normal for any individual may be readily calculated by the simple process of adding 100 to his years. Thus if he be 50 years old, add 100 and his normal blood pressure is 150, which is accurate enough for all practical purposes.

Now a high blood pressure may be induced by any pathological or other condition which increases the normal resistance to the flow of blood. Of the various causes, arterio sclerosis or hardening of the arteries is the most common. Congestion of one or more of the large organs such as the liver or spleen is another. These organs hold large quantities of blood, and any congested state imposes a great strain upon the heart in overcoming the extra resistance. Another cause is an over-active state of the adrenal glands, in which case the tension in the walls of the blood vessels becomes increased and likewise the blood pressure.

These are the main causes of high blood pressure, however; as our space is limited, we will at the moment consider that of hardening of the arteries

only, and hold over the others for a future issue.

Hardening of the arteries is caused by a deposit of the lime salts in the walls of the vessels. This process is really a protective measure on the part of Nature in her effort to safeguard the delicate membranes against the irritation of poisons, acids and toxins which circulate in the blood. The greater the toxicity of the blood, the more of the lime salts are deposited and the harder are the arteries, and as the elasticity becomes lessened, up goes the resistance and with it the pressure.

Once this condition becomes chronic, it is not easily corrected, but experience and research have shown that the hardening process can be halted and the danger of a ruptured blood vessel developing can be greatly minimised if suitable dietetic and other rational treatment be persevered with. A fast is the most effective measure, but this should not be attempted without expert direction. During a fast, the body feeds upon its own tissues and as considerable amounts of lime salts are used up daily, the deposits in the arteries are drawn upon before those of the bones.

All foods which create acidity of the blood should be reduced to a minimum, also all foods of an irritating character or those which contain chemical preservatives. The former class includes all meats and fish or fowl, all starchy foods of the cereal group such as white bread, cakes, pastry and the like, also sugar. Then again all foods containing excessive quantities of lime or calcium should be avoided.

Hardening of the arteries is a very serious matter, but as we already mentioned, the danger of a rupture leading to a stroke can be averted or at least greatly minimised by recourse to a diet as outlined above.

## "SPANISH AFTERNOON"

### Theme Programme

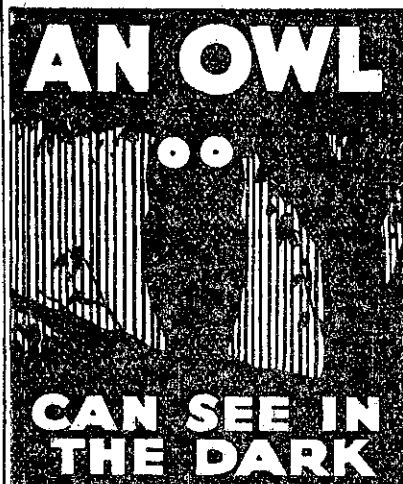
(Continued from Page 6.)

old-world garden. Such compositions as "Rustle of Spring," "I Hear the Bees a-Humming," "Narcissus" and "In My Garden" are featured in this programme.

"All the Fun of the Fair" is the title of another interesting programme submitted by Mrs. M. E. Sewell, of Te Kauwhata. Schumann's "The Carnival" introduces the programme which tells of the arrival in the small town of the gipsy wagons, the coming of the circus on the day of the annual fair, the shouting of the spruikers, the country women with their exhibits of cheese and eggs, butter and poultry. The music includes "Widdecombe Fair," "My Old Dutch," "Come to the Fair," and "When the Circus Comes to Town."

The entries in this competition came from all over New Zealand, and demonstrated very clearly the interest that is now being taken in broadcasting matters. A panel on this page gives details of next week's competition. Send in your entry now!

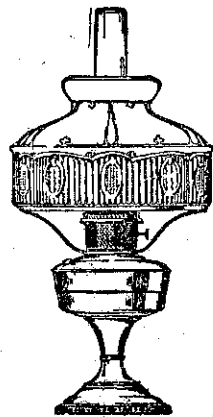
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