as three packs a day. Those patients are courting disaster.

IT IS WELL known that cigarette smoking is common among patients with emphysema, a serious lung disease that can damage the heart. Also, chronic bronchitis, another disabling disease, is often caused by smoking. The more cigarettes you smoke daily, the greater your risk of lung disease or heart attacks, particularly when you reach your 30s and 40s.

Many physicians and specialists have viewed shocking films of damaging tars retained in the lungs. If only more patients could see these films! Maybe that is the reason only one in every five doctors now smoke.

What is a heavy smaker? I would describe a heavy smoker as anyone who smokes one or more packs daily. A heavy smoker faces almost twice the risk of heart attack as the modest smoker. However, the only way to avoid the risk is not to smoke at all.

AND LET ME give some friendly advice to teams.

AND LET ME give some friendly advice to teenagers—throw away those cigarettes! The earlier you start and the more you smoke, the greater your risk of trouble ahead. Heart attacks aren't fun. Sometimes they kill.

Remember, the Surgeon General of the United States Public Health Service and his staff of researchers are fully convinced that cigarette smoking is a serious health hazard. If you're still not convinced, write or telephone your nearest Heart Association. office, and, request the brochure called "Cigarette Quiz."



PAUL PETER COCON

'Ministry' **Topic Set** By Speaker

"Fully Accomplish Your Ministry" will be the subject of Paul Peter Coconis when he speaks Saturday morning at the semi-annual Circuit Assembly of Jehovah's Witnesses, Longshoremen's Memorial Hall, "C" and Fries streets, Wilmington.
"These assemblies are vital to our ministry because we learn of things that are beneficial, not only to ourselves, but also to those with whom we speak," said Coconis.
The speaker, who lives with his wife and three children at 24747 Winlock Drive, has been a resident of Torrance four years.
Associated with Jehovah's Witnesses for 16 years, he was graduated from the Bible school in New York and assigned to the foreign missionary service in El Salvadore, He will supervise baptism arrangements at the assembly.

LUNG DISEASE

Emphysems, a disorder which causes the lungs to become greatly enlarged, may enlarge the heart under the strain of pumping blood to the lungs and result in heart failure.

Steinmann Promoted Peter Steinmann has been, a member of the Board of promoted to vice president and manager at the Wilming Charson-Dominguez YMCA and ton office of Crocker-Citizens National Bank. Steinmann joined the bank in 1955 and served in various Bank. A Torrance resident, Steinmann and agreed the Board of the South Bay Chamber of the

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