

# Oakland Tribune

Supers on Continental Side of San Francisco Bay

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FOUNDED BY WM. E. DARGIE

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FRIDAY, MARCH 15, 1929

## FOR SAKE OF THE NEEDY AND GOOD OF CITY, FILL THE CHEST!

At the close of that period set aside for the  
collection of Community Chest subscriptions,  
the quota which represents this community's  
contribution to welfare and charity is not  
filled.

Off to a good start, with large subscriptions  
from individuals and institutions, the cam-  
paign lags at the close. The last fifth or sixth  
of the \$587,910 which is needed if the commu-  
nity is to care for its own, comes in slowly

sion going beyond the popular understanding  
of 'limited' would amount to a departure from  
Mr. Hoover's leadership and would have defi-  
nite significance and definite political conse-  
quences."

As it lines up, the House is for the limited  
revision; the Senate not quite so firmly de-  
cided; the main body of manufacturers would  
have a general revision; and the Democrats  
have not yet announced their attitude or  
policy.

### EXTRA SESSIONS ARGUE FOR "JAME DUCK" AMENDMENT

Until an amendment is adopted to cause Con-  
gress to convene soon after the election of its  
members, and early in the year, it is probable  
each administration will find it wise to make  
use of an expedient toward the same end, and  
call an extra session. In the fact that Presi-  
dents Cleveland, McKinley, Taft, Wilson,  
Harding and Hoover have found it necessary  
to assemble the lawmakers in special sessions,  
is a demonstration of the need for a change.

Under the Norris amendment it is proposed  
that Congress shall convene in the January  
following the election, instead of in December,  
thirteen months after the date upon which  
the House and a third of the Senate are  
elected.

It may be noted that all of the special ses-  
sions mentioned have considered the tariff and  
that this item is to be important in the com-  
ing Congress. With the tariff issue figuring  
largely in national campaigns, the present sys-  
tem presupposes a delay of more than a year  
before the wishes of the people may be trans-  
lated into legislation. Until the "jame duck"  
situation is ended it is probable most Presi-  
dents will find it necessary to assemble the  
Legislative body within a short time after  
inauguration day.

### HOOVER'S STAND FOR MERIT SYSTEM CARRIES ASSURANCE.

"Comparatively few changes are contem-  
plated in the executive branches in the Fed-

## THE OTHER FELLOW

By  
Ad Schuster

To the Winner.  
I know that I have writ a prize,  
There on the upper shelf it lies.  
No biased judge shall ever see  
This poem that means so much  
to me!

It is the best I ever did,  
Here in my brain 'twas always  
hid—  
But never did I once suspect  
That I would such a gem perfect.

But this I know and will repeat,  
If this, my poem, did once compete  
It sure had captured the first  
prize,  
But still on closet shelf it lies.

"SUIH?" Hardly. No, sir, for it  
thrills!  
'Tis capable of burning hills,  
It moves my empty shoes to start,  
So much ambition's in its heart.

Oh, you, who are the lucky winner  
At this there "Other Fellows"  
dinner,  
Remember me with grateful  
prayer—  
I did not bring my brain child  
there! —R. Cie.

In a few hours now the winning  
poets will receive prizes, plaudits  
and maybe a few snooty looks.  
In a few hours the dinner will  
be on the boards and in the bards.  
We only hope that those who  
rang up, at the last minute, to see  
if any tickets were left, had luck  
with Dorsay.

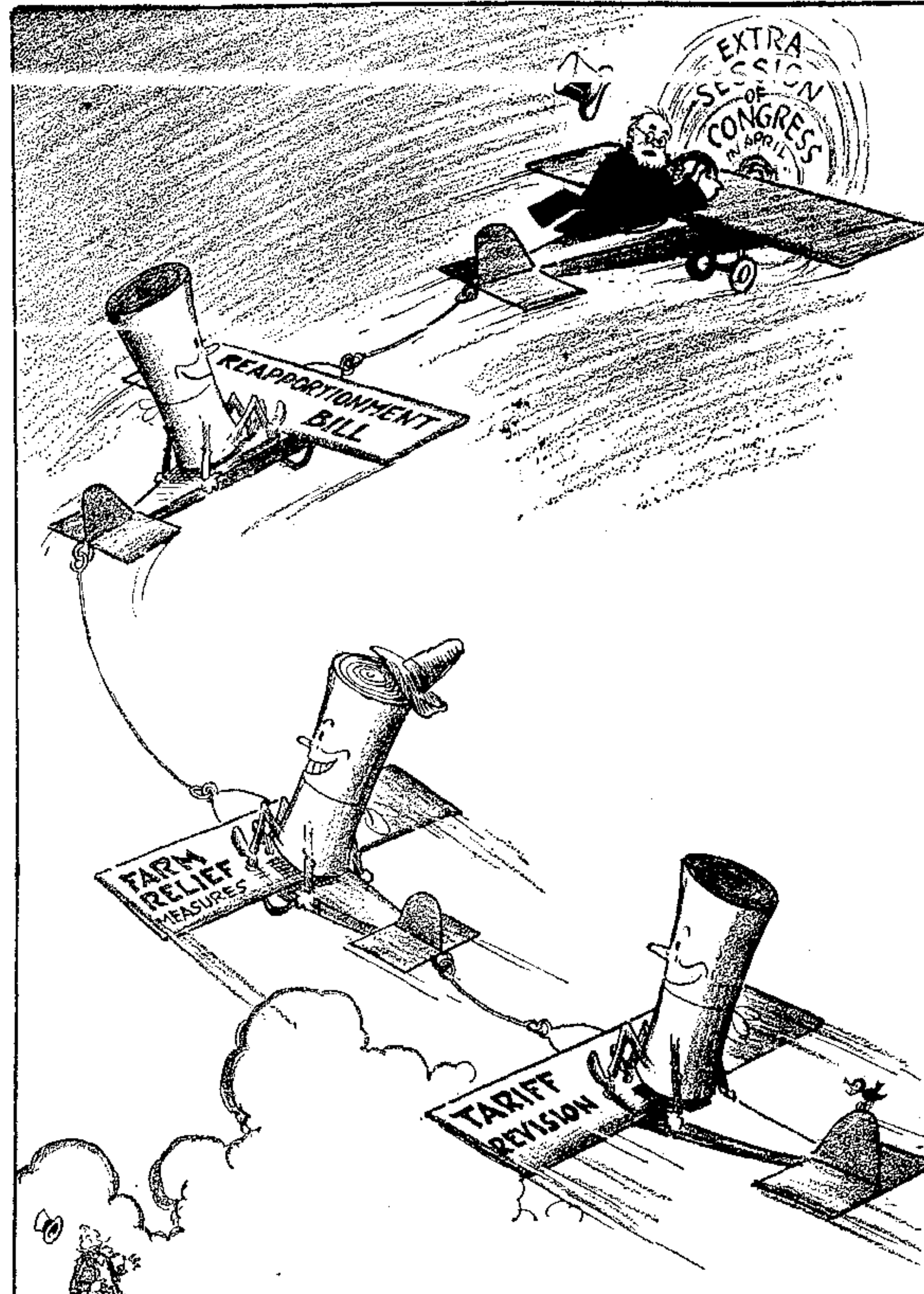
The gentleman who wrote the  
song, "I Faw Down and Go Boom,"  
was knocked over by an automo-  
bile and is recovering in a hos-  
pital.

With this in mind, try an experi-  
ment on your friends. We have  
found that, nine times out of ten,  
a recital of the incident of the song  
writer and accident, brings this  
response: "It serves him right."

The tenth said: "I'm sorry for  
him. After all he only wrote the  
song and is not responsible for the  
silly ways other persons sing it."

Over the Bounding Main Stem.  
Sir: Why not let the cutter Bear  
ride the waves in the pavement on

## TRAILERS.



## YOUR HEALTH

PEP SOMETIMES FALSE  
ENERGY; HIGH BLOOD  
PRESSURE MAY DELUDE.  
EXAMINATION IMPORT-  
ANT.

By LENA K. SADLER, M.D.,  
Chicago, Illinois.

Like the heart beat, the blood  
pressure varies within wide limits  
in different individuals. It is im-  
portant to know your normal blood  
pressure so that in the course of  
years you can tell whether or not  
it is increasing. Some people nat-  
urally have a rather low blood  
pressure. For them, blood pres-  
sure that might ordinarily be con-  
sidered normal would, in reality,  
be a pathological increase, which  
could be recognized only if the  
normal pressure were shown. On  
the other hand, certain individuals  
—in fact, certain families—show  
a natural tendency to increased pres-  
sure.

High blood pressure is directly  
and indirectly responsible for nu-  
merous bodily ailments and certain  
grave physical catastrophes. It is  
intimately connected with such se-  
rious disorders as chronic head-  
aches, arteriosclerosis, or harden-  
ing of the arteries, apoplexy and  
its subsequent paralysis, heart fail-  
ure, Bright's disease, insomnia and  
even certain forms of mental dis-  
order.

A great many persons who seem  
to be filled with vim and sur-  
charged with pep are victims of  
high blood pressure. They are de-  
luded by this false energy into the  
belief that they are enjoying ex-  
traordinary good health, when, in  
reality, they are flirting with pre-  
mature death.

Many things can increase blood  
pressure. It sometimes develops  
that high blood pressure is due to  
several factors—the mental state,  
the diet, as well as to the arterial  
condition. The significance of  
blood pressure should be evacu-  
ated from the viewpoint of its  
cause rather than the exact degree  
at any given observation.

Some persons, when they learn  
their pressure is up, begin at once  
to worry about it, and this only  
serves to send it up still further. A  
slight elevation in pressure is not  
cause for undue alarm. Many times  
with but little attention to one's  
habits of living, the pressure will  
come down to normal. Of course,  
if the blood pressure is constant