

TO YOUR Good Health by DR. NATHAN S. DAVIS, III

DIABETES MELLITUS

"He first observed that he was very thirsty, that he drank large quantities of water, and made large quantities of urine."



Dr. Nathan S. Davis III

Dobson, who in 1772 proved that the urine which had long been known to be sweet to the taste, contained sugar. It is one of the oldest known diseases, having been mentioned in the Ebers Papyrus which was written about 1500 B. C.

Prior to that time, there had been some success in treating the disease by diets low in carbohydrate, that

Gas Training for Canada's Naval Forces—Just in Case

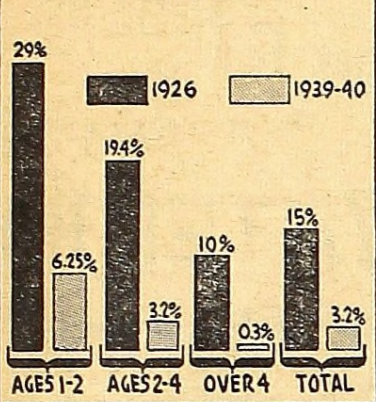
The best military minds are of the opinion that gas will make its appearance just as soon as its use is deemed necessary, and so all precautions are being taken by wise countries to deal with the menace, if and when it comes.



Picture Parade

Removing victim from gased area. Victim must be able to grasp rescuer about neck as shown. Masked members of the class make a strange sight as they stand about witnessing the demonstration.

DEATHS FROM PNEUMONIA IN CHILDREN



is, in sugar and starches. But, in the more severe cases, restriction of the diet was so great that the patient suffered from starvation almost as much as from the uncontrolled disease.

Before the advent of insulin, diabetics lived for only a few years and usually died of acidosis or coma caused by the disease or as a result of pus infections that spread rapidly.

Diabetes mellitus is a disease, the management of which requires the fullest co-operation of the patient. His tolerance for starches and sugars is determined; a proper diet plus such insulin as may be required is prescribed and its efficacy tested.

APHORISM

"The poor, of course, do not suffer more from disease than the rich because they have less cash in their pockets but only in so far as they are deprived of the necessities of life."

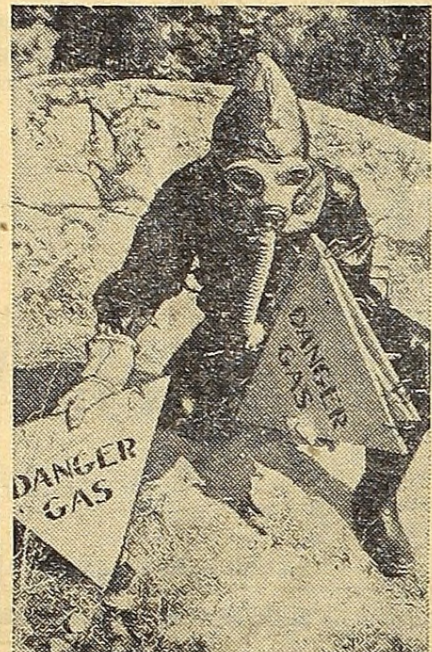
—Dr. Max von Pettenkofer in 1873.

QUESTION BOX

Send questions to Dr. Nathan S. Davis III, Winnetka, Ill. (Enclose a self-addressed, stamped envelope.)

Q.—What are the causes of blisters on the tongue? Is there any good local treatment for them? R.B. A.—Canker sores or biting the tongue. No.

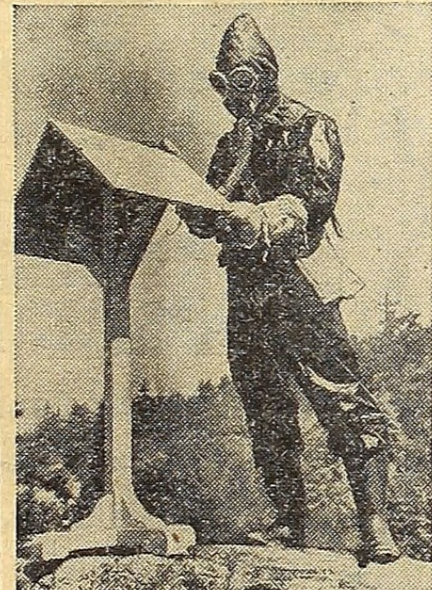
Q.—Where a person does not drink milk, would you advise supplementing the diet with any calcium? F. M. A.—Supplementing the diet with cheese will usually suffice. If this can not be tolerated either, it is sometimes advisable.



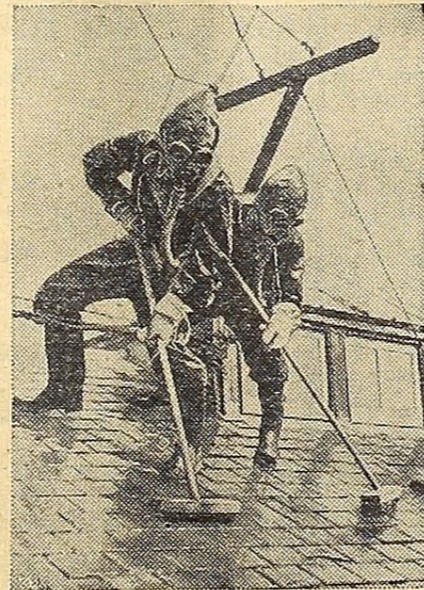
Gas frequently hangs around for long periods in low spots. A sniff may kill, so these boards are used to mark gas pockets.



If gas persists in hanging around in low spots, a high pressure stream of water will sometimes clear it out as this decontaminator is doing.



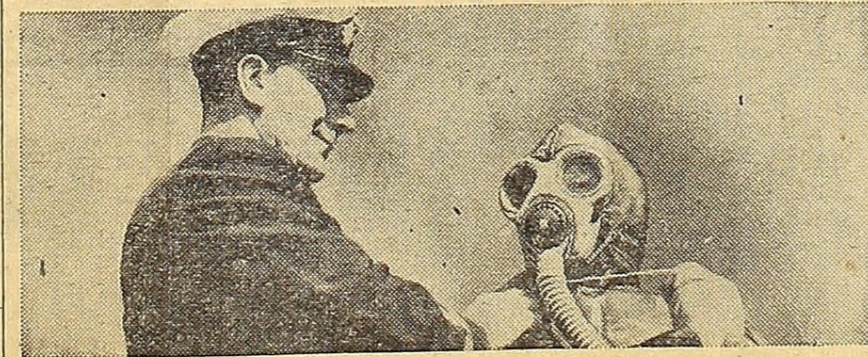
Painted with special gas detecting chemical these boards are set up at strategic spots. Color of board changes when gas is present.



Decontamination squad scrubbing the clinging gas from roof of their station. Mustard gas clings for long periods unless neutralized.



When gas fumes are so stubborn they will not leave, the only cure is to turn the surface of the ground, as shown here.



IMPROVED UNIFORM INTERNATIONAL SUNDAY SCHOOL LESSON

By HAROLD L. LUNQUIST, D. D. Of The Moody Bible Institute of Chicago. Released by Western Newspaper Union.

Lesson for February 15

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THE HEALING MINISTRY OF JESUS

LESSON TEXT—2:1-12. GOLDEN TEXT—Jesus... was moved with compassion toward them, and he healed their sick.—Matthew 14:14.

Man is more than a body. He is made up of body, soul, and spirit. In a physical world where he is so much in touch with physical nature, and the needs of his body are so much before him, he is prone to forget that there is within a spiritual nature which is his real self.

God is interested in both the physical and the spiritual side of man. He provides all that we need for our bodies, and above all, He meets the all-important spiritual hunger of man's inner being.

I. Faith Brings a Double Need to Christ (vv. 1-4).

This faith-stimulating story faces us first with

1. An Impossible Situation. Incurably afflicted and helpless physically and far more deeply afflicted spiritually, this man had no one who could heal his body and restore his soul.

Furthermore, his circumstances were such as to make it impossible for him to get to Jesus, who was there in his city. Even when his four friends came to his help and bore him to the house where Jesus was, they could not enter because of the crowds.

2. An Undeniable Faith. "Where there's a will there's a way." Where there is faith the obstacles may be surmounted.

Had these men been bound by convention or custom they would never have put their friend at Jesus' feet. They did try to make a proper entry through the door, but it was blocked.

Although mention is made only of the palsy of this man, it is probable that both he and they knew that his need was for a double cure, for he was yet in his sins.

II. Faith Receives a Double Reward From Christ (vv. 5-12).

Immediately Jesus "saw their faith" (v. 5), just as He always does. God is on the lookout for faith and is quick to reward it.

1. Spiritual Cleansing. The man's physical affliction thus proved to be his greatest blessing, for it brought him to Jesus, who cleansed him of all unrighteousness.

Certain scribes "sitting there" (they were not doing a thing to help) began to reason in their hearts that Jesus was blaspheming because only God can forgive sin.

We (especially young people in school) should be careful that the fluent smoothness of some unbelieving philosopher's logic does not lead us astray, and away from God's truth.

Note also the solemnizing thought that Jesus knew what they were thinking in their hearts. Let us remember that "all things are naked and opened unto the eyes of him with whom we have to do" (Heb. 4:13).

The challenge of these questioning scribes is met by

2. Physical Healing. Forgiving sins was harder than healing the body, but these enemies of Jesus lived so much in the realm of the physical that He had to give them a demonstration of His almighty power which they could see.

Today, with all the light of history upon the work of God, we need to beware that we do not sit in the seat of the scornful and demand a physical sign before we will believe.

Your 1942 Income Tax Guide

YOUR INCOME TAX

Table with columns: Weekly Income, Single, Married, TAX (APPROX). Rows: \$15, 25, 30, 35, 45, 55.

HERE'S a convenient guide to estimating your new income tax. It's based on the new, simplified income tax form, but—you may pay LESS tax than this

Curtailing Camera

The federal laws that prohibit the photographic reproduction of currency, stamps, bonds and similar government papers go a step further to protect certificates of naturalization.

GET TODAY'S BARGAIN

FREE BIG CANNON DISH TOWEL when you buy a box of SILVER DUST

I'M THE WHITE SOAP... THE RIGHT SOAP... FOR A SNOW WHITE WASH, SPARKLING DISHES. BIG 17 X 30 DISH TOWEL WORTH 10¢ OR MORE PACKED INSIDE

shows. You may deduct for contributions to the U.S.O., Red Cross and similar organizations. You may deduct for a loss by theft, for taxes on real estate and many other expenses.

Our 32-page booklet explains simply just how to figure your new income tax, whether on the new or the old form. Lists deductions and exemptions, gives examples of correctly worked-out forms.

READER-HOME SERVICE 635 Sixth Avenue New York City Enclose 15 cents in coins for your copy of YOUR 1942 INCOME TAX GUIDE.

Van Camp's The best for the least - a savory feast PORK and BEANS

Free... IF YOU SMOKE RALEIGHS. A FEW OF THE MANY LUXURY PREMIUMS RALEIGH SMOKERS GET. Includes images of a table, glassware, playing cards, a cook book, a lamp, and a par plate.

\$500 EVERY WEEK IN PRIZES WRITE A LAST LINE TO THIS JINGLE. HERE'S WHAT YOU DO... HERE'S WHAT YOU WIN... Includes details about the contest and prize amounts.

CLASSIFIED DEPARTMENT

CATTLE FOR SALE

Reg. Brown Swiss, males and females all ages backed by milk production. Write or visit, Spencer Dairy Farm, Watson, Mich.

PERSONAL

KINDEST PERSONAL CARE
Given aged and convalescent persons.
Ungers Convalescent Home, Midland, Mich.

Eating Customs

At least one-third of all the people in the world still eat their meals while sitting on the floor or ground, while the same number, not all of which belong to the same races or countries, eat with their fingers.

GAS ON STOMACH

May excite the Heart action
At the first sign of distress smart men and women depend on Bell's-Laxative Tablets to act fast. No laxative but made of the finest acting medicines known for symptomatic relief of gastric hyperacidity. If the FIRST TRIAL doesn't prove Bell's-Laxative better, return bottle to us and receive DOUBLE Money Back. Sec.

Elevation and Merit
There is merit without elevation, but there is no elevation without some merit.—La Rochefoucauld.

Relief At Last For Your Cough

Creomulsion relieves promptly because it goes right to the seat of the trouble to help loosen and expel germ laden phlegm, and aid nature to soothe and heal raw, tender, inflamed bronchial mucous membranes. Tell your druggist to sell you a bottle of Creomulsion with the understanding you must like the way it quickly allays the cough or you are to have your money back.

CREOMULSION for Coughs, Chest Colds, Bronchitis

Awaiting Discovery
There are whole worlds of fact waiting to be discovered by inference.—Woodrow Wilson.

Worry Gets A Person Down
Do you sit and think, or lay awake nights, worrying? Maybe you aren't eating foods which would keep you well and strong. An undernourished person is apt to worry instead of work. Vitamin B1 and Iron in VINOL encourages appetite. Your druggist has VINOL.

Way of Ease
It is much easier to be critical than to be correct.—Benjamin Disraeli.

MOTHERS
For over 40 years have been using this mild laxative and carminative to relieve Headache and Stomach Discomforts. ... to lessen the distress of these symptoms when they accompany a cold. Equally good for adults. At all druggists. For Free Sample and Walking Doll write Mother Gray Co., LeRoy, N.Y.

In Possession
He who gets doth much, but he who keeps doth more.—Gaelic Proverb.

Relieves MONTHLY FEMALE PAIN
Women who suffer pain of irregular periods with cranky nervousness—due to monthly functional disturbances—should find Lydia E. Pinkham's Compound Tablets (with added iron) simply marvelous to relieve such distress. They're made especially for women.
Taken regularly—Lydia Pinkham's Tablets help build up resistance against such annoying symptoms. They also help build up red blood and thus aid in promoting more strength. Follow label directions. Lydia Pinkham's Compound Tablets are WORTH TRYING!

Industry's Reward
God gives all things to industry.—Benjamin Franklin.

TO RELIEVE MISERY OF COLDs quickly use **666** LIQUID TABLETS OR SALVE NOSE DROPS COUGH DROPS

Strength in Religion
The strength of empire is in religion.—Ben Jonson.

Black Leaf 40 KILLS LICE
Cap-Brush Applicator makes "BLACK LEAF 40" GO MUCH FARTHER!
JUST A DASH IN FEATHERS. OR SPREAD ON ROOSTS

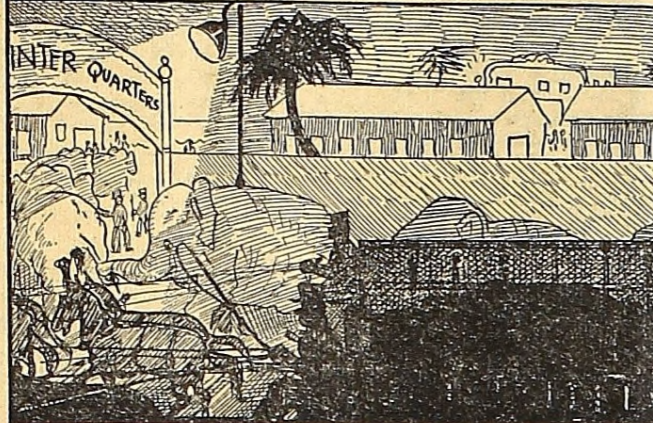
CREATING NEW WEALTH TO ORDER
Advertising creates new wealth by showing people new and better ways of living, and as it creates new wealth it contributes to the prosperity of everyone touched by the flow of money which is set up. In this way, don't you see, advertising is a social force which is working in the interest of every one of us every day of the year, bringing us new wealth to use and enjoy.

THE SUNNY SIDE OF LIFE

Clean Comics That Will Amuse Both Old and Young

BIG TOP

THAT NIGHT AFTER THE LAST SHOW OF THE SEASON BANGS BROS. CIRCUS MOVED INTO WINTER QUARTERS.



NEXT MORNING



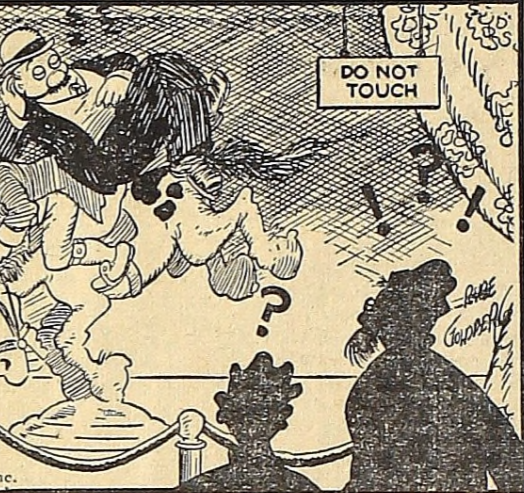
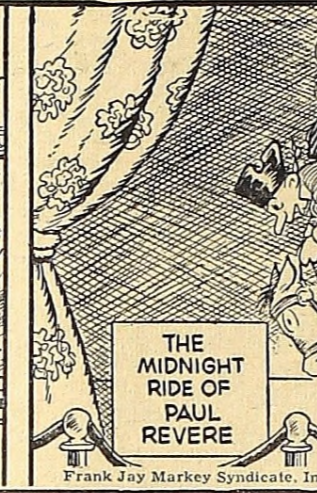
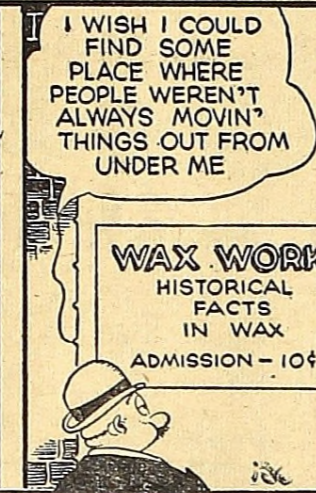
O.K.—THEN I'M GOING TO HANG AROUND TOWN WITH YOU FOR A FEW DAYS!! THE PICTURE COMPANY IS IN NO HURRY FOR ME OUT THERE!!



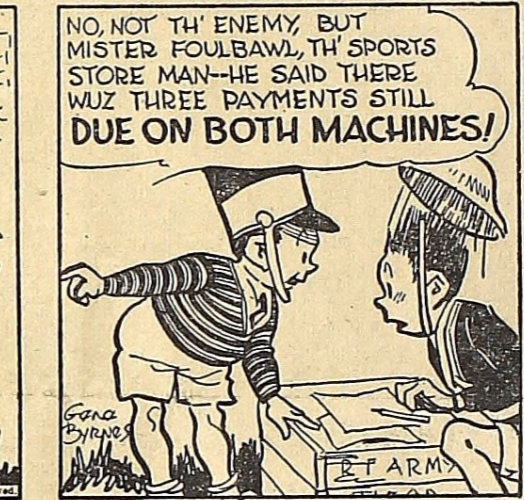
OH, THAT WILL BE WONDERFUL, DARLING—WE CAN ALL GO SWIMMING AND JUST LOAF FOR A WHILE—I'M REALLY TIRED OUT AFTER OUR LONG SEASON!!



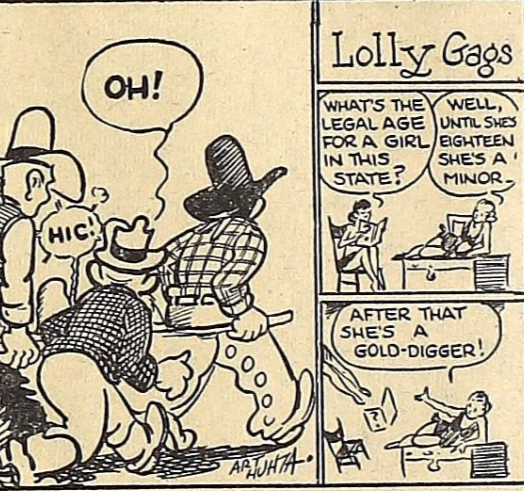
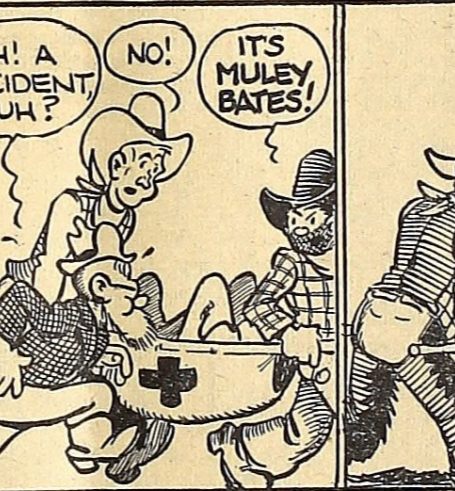
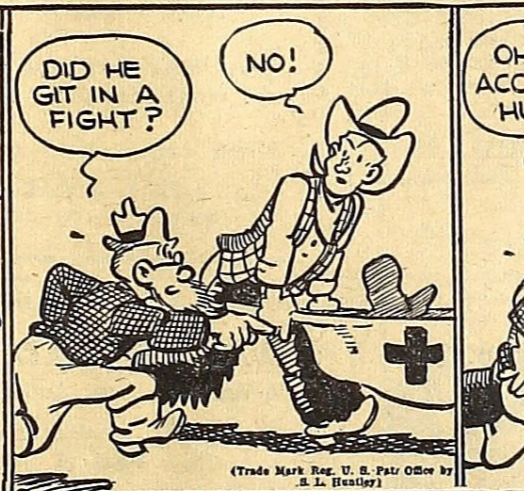
LALA PALOOZA —Vincent Makes History



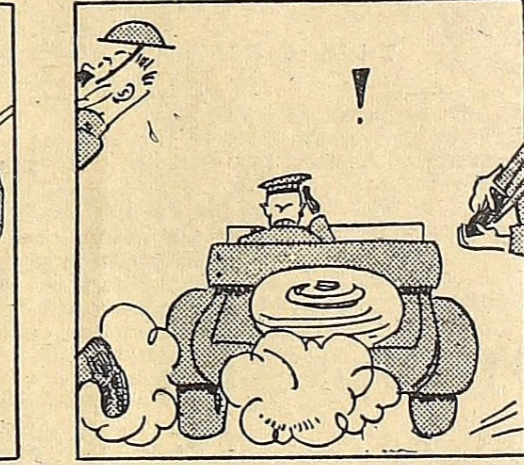
REG'LAR FELLERS—Division Eliminated



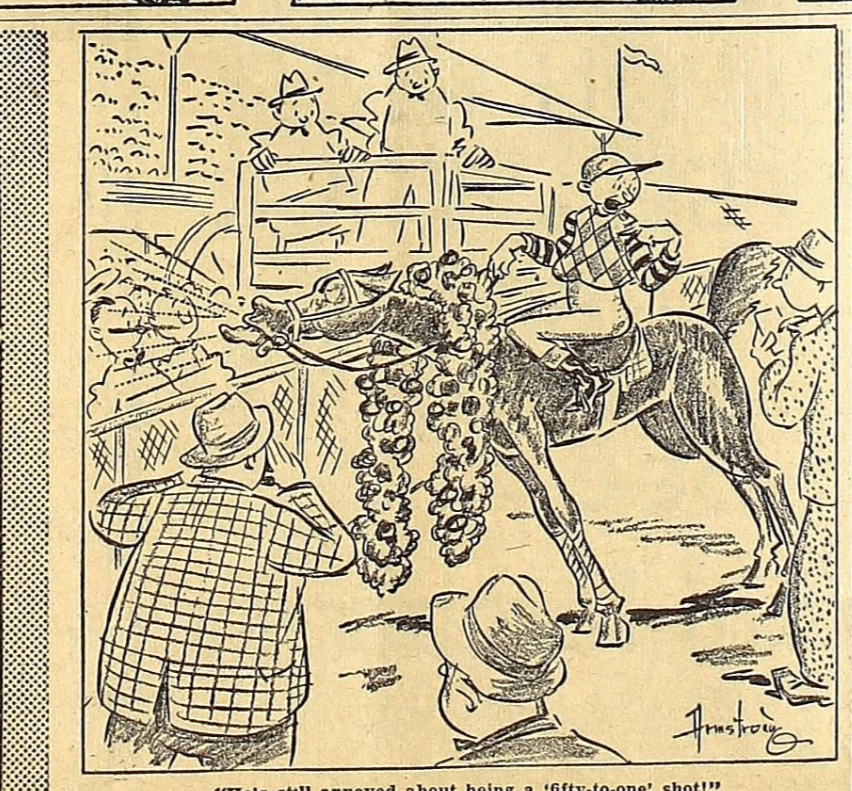
MESCAL IKE By S. L. HUNTLEY



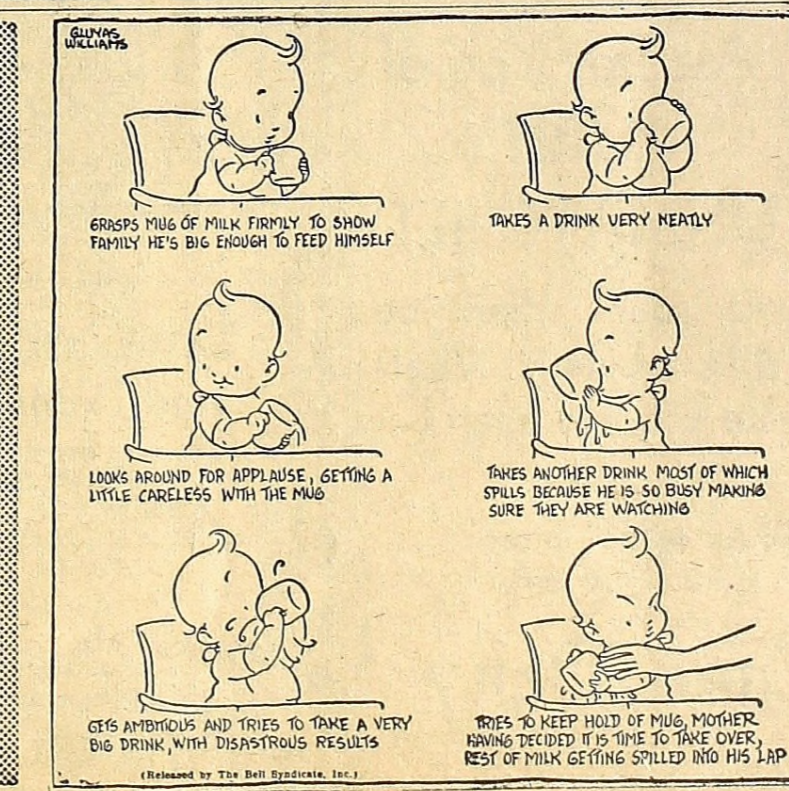
POP—A Word From the Wise



THE SPORTING THING

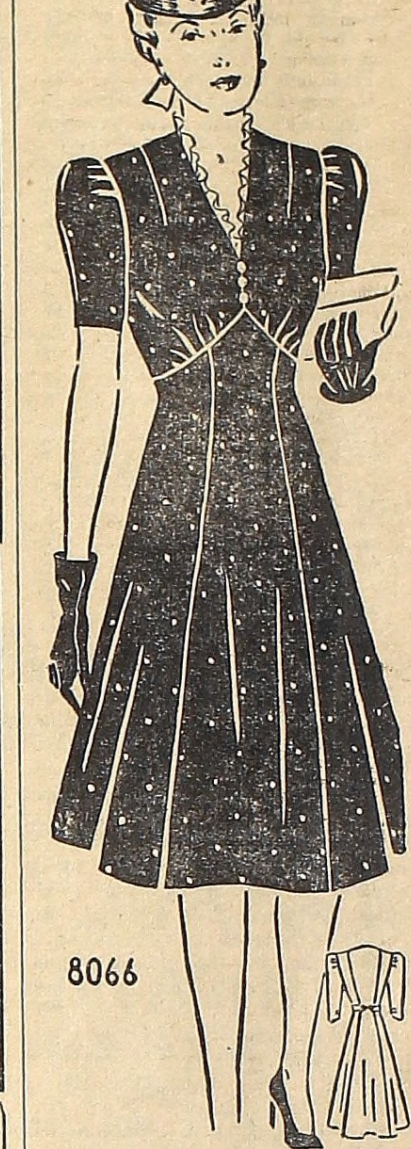


FEEDING HIMSELF



PATTERNS

SEWING CIRCLE



8066

The soft detail of the ruffling at the deep V neckline of this dress adds much to its charm and femininity. Well planned for the larger figure with its generously full bodice and slimming skirt raised at the waistline, this dress meets every requirement for a smart style to wear under a winter coat.

Pattern No. 8066 is designed for sizes 36 to 42. Size 38, short sleeves, requires 4 1/2 yards 39-inch material; 5 yards 35-inch; 3 1/2 yards machine-made edging for neckline. For this attractive pattern send your order to:

SEWING CIRCLE PATTERN DEPT.
Room 1324
311 W. Wacker Dr. Chicago
Enclose 20 cents in coins for
Pattern No. Size
Name
Address

No, No!! Don't Say It!
Hold those hasty words! Tired and overworked you may have eaten too hastily. Then EXCESS ACID, indigestion, heartburn, ADLA Tablets with Bismuth and Carbonates bring quick relief and make you more agreeable. Your druggist has ADLA Tablets.

Beyond in Evil
He who imitates what is evil always goes beyond the example that is set; on the contrary, he who imitates what is good always falls short.—Gicciardini.

ACHING-STIFF SORE MUSCLES
For PROMPT relief—rub on MUSTEROLE! Massage with this wonderful "COUNTER-IRRITANT" actually brings fresh warm blood to aching muscles to help break up painful local congestion. Better than a mustard plaster! Made in 3 strengths.

MUSTEROLE

Point of Contrition
To err is human; but contrition felt for the crime distinguishes the virtuous from the wicked.—Alfieri.

Today's popularity of Doan's Pills, after many years of world-wide use, surely must be accepted as evidence of satisfactory use. And favorable public opinion supports that of the able physicians who test the value of Doan's under exacting laboratory conditions. These physicians, too, approve every word of advertising you read, the objective of which is only to recommend Doan's Pills as a good diuretic treatment for disorder of the kidney function and for relief of the pain and worry it causes.
If more people were aware of how the kidneys must constantly remove waste that cannot stay in the blood without injury to health, there would be better understanding of why the whole body suffers when kidneys lag, and diuretic medication would be more often employed.
Burning, scanty or too frequent urination sometimes warn of disturbed kidney function. You may suffer nagging backache, persistent headache, attacks of dizziness, getting up nights, swelling, puffiness under the eyes—feel weak, nervous, all played out.
Use Doan's Pills. It is better to rely on a medicine that has won world-wide acclaim than on something less favorably known. Ask your neighbor!

DOAN'S PILLS

