

That Body of Yours

By JAMES W. BARTON, M. D.

Dangers of Underv eight

WHILE most individuals whose weight is not within normal limits, are carrying too much weight, with the ailments which so often accompany it, nevertheless there are a number of underweights who have considerable physical distress and do not realize that underweight is the cause of this distress.

When a meal is eaten the underweight individual immediately becomes conscious of this meal; it feels heavy. Any change of position of the body increases this sense of weight and in some cases actually causes pain.

Usually the stomach hangs down too low, as there is no fat to help support it, thus it cannot empty its contents into the small intestine so readily. With some of the food remaining in the stomach when the next meal is eaten, indigestion with gas pressure pains may follow.

Naturally with the weight of meals causing discomfort, and the slowness of the emptying of the stomach causing further discomfort and pain, the individual is inclined to eat even less food than he needs and continues to lose weight.

A few years ago operations were performed to hold up the stomach or other organs that were hanging too low in the abdomen. Operations are not as frequent now as more scientific methods are being used to fatten up these very thin individuals.

They are encouraged to eat the more concentrated foods such as butter, cream, fat meat, eggs, and to sit down and rest for a few minutes after each meal.

Comfortable abdominal belts are worn which permit natural breathing, yet hold up the abdomen and its contents. This removes the "draggy" feeling, and so helps the stomach and intestine that when they squeeze or contract their contents, these contents are carried along their course without having any high hills to climb.

In order that all the food will be out of the stomach before the next meal is eaten, these thin individuals whenever possible, lie on the right side for fifteen minutes just before lunch and before dinner. By lying on the right side, any food in the stomach will flow down into the small intestine, leaving the stomach clear and ready for the next meal.

There are severe cases where the stomach or other organs may have to be fastened up by operation.

The Research Worker

IT IS certainly gratifying to the medical profession and to all others who give the matter thought, to see grateful patients recognize the difficulties of research workers and endeavor to give them some financial aid.

Thus, in England, a group of asthma sufferers have completed an organization to aid research physicians who are doing work on the cause and relief of asthma.

H. G. Wells, the author, has invited his fellow sufferers with diabetes to follow the example of the asthma sufferers, and help all workers and institutions spending their time on diabetes.

He points out that, thanks to a regulated diet and to insulin, they are living active, happy lives, while a few years ago many "would have been comfortable and dying slowly or already dead but for the work of a small group of experimenters and practitioners who have brought this particular maladjustment or disease under control." Mr. Wells says that diabetics, now financially able to do so, should not only help these research workers but help also those diabetics who are not well enough off to get the diet and insulin treatment. In other words diabetics in good or fair circumstances should tax themselves for the benefit of all diabetics.

When we remember the years devoted to the dietetic control of diabetes by Joslin of Boston and others, then the work done by Banting and Best, discoverers of insulin, in Toronto, under the most trying circumstances, with the final refining process of insulin developed by Collip, we can get some idea of the patience and perseverance of practitioners and research men.

As you know, if these men were paid for the lives saved, it would run into many millions of dollars, aside from the happiness achieved and suffering relieved.

All that research men ask, in fact, they do not ask for anything; all they would like is that they be supplied with a place and equipment with which to work, and enough to live on, and they are willing to give themselves to the relief of the ills of humanity. In fact, many of them are doing this without proper equipment, and without resources to actually support themselves.

You'll agree that Mr. Wells has done a good piece of work in calling the attention of his fellow sufferers to the need of helping the cause of all diabetics.

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Earliest Known Cover

The Library of Congress possesses the earliest known cover bearing a New York postmark. It was used in carrying a letter to George Washington in care of Benjamin Franklin, and shows the date of September 2, 1756.

May Learn Queen's Secrets

Results of Excavations in What Is Thought to Have Been Site of Capital of Sheba Eagerly Awaited by Feminine World.

Women throughout the world are eagerly waiting for excavations in what is believed to be the capital of the queen of Sheba. French aerial explorers have reported that they have sighted the towers of the lost city on the edge of the Arabian desert.

When the sands of the centuries have been dug away, it will be possible for women of today to learn how the glamorous queen looked, what beauty aids she used, and—most important of all—what were her secrets for fascinating men? Her charm was extremely potent. In winning King Solomon, she had to combat the allure of 761 wives and 300 concubines.

Dr. George S. Duncan, professor of Egyptology and Assyriology in the graduate school of American university, believes that one of the chief feminine sources of interest in the queen's buried city will be her jewels. "She was famous for her jewels," said Doctor Duncan. "She took huge treasures of precious stones when she went to visit Solomon. But in spite of all her own riches, when she saw him sitting in all his glory, she was almost shocked to death at his magnificence."

Doctor Duncan does not accept without questioning the report of the finding of the lost capital of Sheba. "Only excavation will reveal whether or not it is the legendary city of the queen," he said. "And these excavations must produce inscriptions that will satisfy archeologists."

If the newly discovered city is the Sheban stronghold, excavation may reveal some of the queen's beauty secrets, Doctor Duncan believes, and also provide more knowledge of her personality.

Women of all ages have felt great curiosity concerning the queen, be-

cause of her great success as a charmer. She set a precedent for all gold-diggers by coming away from Solomon's court laden with 6,000 wagons of jewels, perfumes, oils and myrrh.

Although Solomon wanted to make her his 762d wife, she was too much of a feminist to relinquish her own kingdom and turned down his proposal. Legend has it that after she returned home, she had a child by Solomon. According to Doctor Duncan, the present royal house of Abyssinia claims descent from the queen of Sheba's son by Solomon.

The Biblical account of the queen's visit to Solomon affords the best insight so far found into her personality, Doctor Duncan believes.

This account shows that the queen was among the first of her sex to realize that the most brilliant feminine conversationalist is a woman of few words; that expert listening is more effective than talking. The Bible states that she pilled Solomon with hard questions, drawing him out and steering his thoughts to that most engrossing of all subjects—himself.

Nor was the queen of Sheba above using a little well-chosen flattery. Her expertness in that line is shown in the following passage from Scripture:

"And she said to the king, it was a true report that I heard in mine own land of thine acts and thy wisdom."

"Howbeit I believed not the words until I came, and mine eyes had seen it; and behold, the half was not told me; thy wisdom and prosperity exceedeth the fame which I heard."

Small wonder then that the Bible reports that: "Solomon gave unto the queen of Sheba all her desire, whatsoever she asked."

HOME LIFE MAKES STRONGER APPEAL TO MODERN GIRL

Ordinarily the much-used questionnaire regarding personal matters is not worth consideration, but the conclusion reached by a western college from replies sent by its coeds to a general inquiry as to their intentions for the future, is so nearly what one would expect under prevailing conditions that it seems probable the conclusion is correct.

The majority of young women students in all the classes admitted that they were looking forward to marriage and home life. Ten years ago such an expression would hardly have been obtained from the same source. We were still in the good old "cremo days" when the career for young women looked attractive.

Here and there women who had broken into the sphere once held exclusively by men were making more than good, and the prospect of a traditional home life for women looked drab and uninteresting. The girls talked it over in the sororities and the gab-rooms and agreed that maternity was not for them.

It is true that many weakened when the right man chanced to come along; still it was maintained as the new tradition that women must be independent; none of the old clinging vine stuff for them. Nothing should be accepted that carried with it a suggestion of the broom and the dishpan. Naturally the career women of the classes graduated since 1920 are not doing so well now. And reports have been coming back to the campus.

Hence the answers to the questionnaire. Yes, fellows, the coeds facing graduation are open to matri-

mony proposals, and under the conditions that prevailed as of old. Let us hope for the success of the marriages that result.—Columbus Dispatch.

Nature Has Qualified Butterfly as Chemist

In a report to the Smithsonian Institution Dr. Austin H. Clark marvels, and with reason, at the curious adaptability of the cabbage butterfly, a small chalky insect with white wings. In Europe the caterpillars feed on the leaves of cabbages and closely related plants. Why these? Because they contain food of the proper chemical composition for the young, and the young are bred from eggs laid on the leaves.

About the middle of the last century the cabbage butterfly was brought to this country. It began to lay eggs not only on cabbage but also on the leaves of the garden nasturtium, which originally came from Central and South America. How did the butterfly know that the nasturtium is chemically of the right composition, although it is not even remotely related to the cabbage? The European ancestors of the cabbage butterfly knew nothing of the nasturtium for thousands of generations.

The wonder grows when Doctor Clark points out uncanny powers in other insects. Two varieties of fritillaries live entirely on the hackberry tree. If they make a mistake in the tree the young starve to death.—New York Times.

Who Hasn't?

Kickapoo—My wife is always borrowing trouble.

Naber—Send her over to our house. We have more than we want.

Cater to Guests in Dinner Menus

Perfect Hostess Seeks to Learn Preference of Her Friends.

The hostess who wishes to have menus which appeal particularly to the palate of a house guest will often find that this is by no means extravagant. In these days, when expenses have to be curtailed, it is well to remember this, for by so doing it is possible to entertain at small cost, especially those whom one knows well.

One hostess who was having weekend guests was planning a menu which required rather more of an outlay than she had hoped, when she remembered her friend was very fond of mushrooms and she also liked rice. She combined the two to make a delicious main dish.

The mushrooms were well washed and sauted in butter, when removed, and a rich cream sauce made by the addition of more butter, flour, and then rich milk. The mushrooms were added and left for a few moments to get well coated.

The mushrooms were served in the center of a ring of rice garnished with circles of hard-boiled eggs. The whole was encircled with watercress and parsley. By beginning the meal with tomato bisque and ending it with chocolate bavarian a delicious menu resulted. Tea was served with the meal, although coffee would be equally appropriate.

Some persons are very fond of spaghetti and macaroni. A delicious main dish combines fowl, chicken or other meat, which can be left-overs, with cooked tomatoes, celery, and sweet pepper slivers. Baked or creamed macaroni with tomato or cheese is another fine dish. These foods are hearty and economical. The seasoning should be given especial attention in the meat and macaroni combinations.

Salads can be inexpensive when they make use of small quantities of various left-overs. If the dressing is well made, whether French, mayonnaise, Russian, boiled, etc., the salad has an appeal to most persons. It is a favorite American dish.

Soup is enjoyed by a surprisingly large group of people. Your guest may be of the number. If so, here is an opportunity to cater to her appetite sometimes with hearty soups which decrease the cost of other courses on the menu. Chowders are chief among substantial soups. Oyster and clam stews are close seconds. Cream soups, vegetable soup, pea and bean soups, especially black bean soup, and barley soup have hearty ingredients. After any of the above a light main course and dessert, or salad and dessert can complete the thrifty meal satisfactorily.

The thoughtful hostess offers her house guests something to eat before retiring. It may be fruit, a bowl of soup, a glass of milk with crackers or cookies, etc. Some persons find this late bit of food conducive to sleep, therefore these refreshments are very welcome. Such catering to guests adds comfort to visits.

Mail Order

"What now, boss?" "Golf supplies by mail. Be careful in addressing the balls."

"UNWANTED BABY" BIG PROBLEM OF LIFE IN CHINA

More than 24,000 dead bodies of infants were picked up on the streets of Shanghai last year and the newspapers took slight notice of the fact because it was considered too commonplace to have news value. It happens every year in this great Chinese city, and although the exact number of little victims has varied it has always been in the tens of thousands. A similar infant mortality has been found throughout most of China, according to the People's Tribune of Shanghai, which claimed that deaths of new-born children have been estimated to run into the millions annually. The great bulk of these babies, according to this organ of the Kuomintang or Nationalist party, representing the Chinese National government, were exposed to die by parents unable to provide for them.

Birth control has been opposed by certain "scholarly" elements in China, the People's Tribune noted at the same time as it declared that Chinese women of education feel differently and resent the attitude of the old-fashioned male scholar that women exist merely to bear children and perform domestic service. What is more, women physicians and nurses know, said this Shanghai review, just as intelligent men know, that the 24,000 dead babies found in the streets of Shanghai in 1933 did not represent the total of unwanted babies, but only the number that survived the "terrible attempts" which "ignorant and poverty-stricken Chinese motherhood must resort to in lieu of other methods of family limitation."—Literary Digest.

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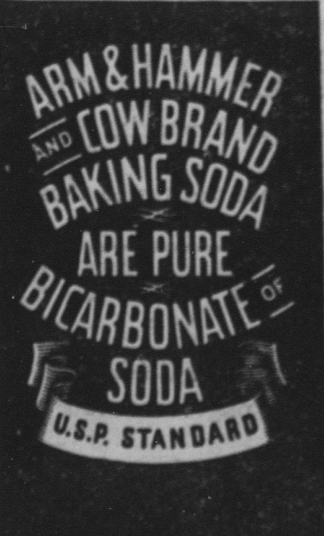
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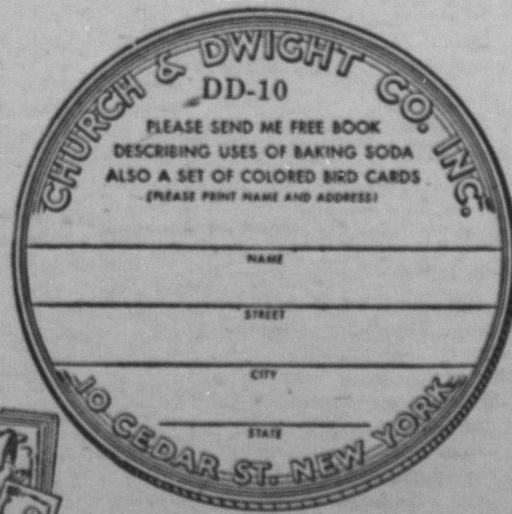
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