

### Book Club Plans Civic Program

Virginia Vigneron To Speak On P.S.A.

Virginia Vigneron, Forty Fort, will speak to members of the Book Club at Wednesday's meeting on the Book Club, scheduled for 2 p.m. in Back Mountain Memorial Library Annex. The speaker, introduced by Mrs. Peter D. Clark, will talk on "P.C.A., It Is You!"

Miss Vigneron covers thirteen counties in Northeastern Pennsylvania for Pennsylvania Citizens Association, an organization with head offices in Wilkes-Barre. The association is State-wide, dedicated to promoting legislation for the public welfare.

Janet Smith will preside over the business meeting. Chairmen of hostesses are Mrs. A. G. Rutherford and Mrs. Floyd Sanders.

Hostesses are: Mesdames Stanley Rinehimer, Robert Rinehimer, Howard Risley, James Robinson, Thomas Robinson, Harold Rood, Winthrop Sargent, J. H. Schaffhauser, R. M. Scott, Thomas Shelburne, Ray Shiber, Nathaniel Silverman, and Herbert A. Smith, Jr.

### YOUR HEALTH

We speak enthusiastically about the wonder drugs of today.

Let us not forget of the wonder drug of yesterday—insulin.

No recent medical discovery has surpassed insulin in its spectacular effect on the medical world of thirty years ago.

It immediately saved thousands of lives and permitted those doomed to an early death to live instead a normal life with a full span of years.

Insulin, unlike most other wonder drugs, has never been synthesized and is still procured, somewhat expensively, from the pancreas of animals.

Similarly with the newer drugs, insulin was found to be a two-edged sword capable of doing harm as well as good.

In order for insulin to be of benefit to the patient, it must be used as a calculated part of an over-all regimen of treatment.

The basis for medical care of the diabetic patient calls for education about each case and its control.

To determine the best insulin dosage for the individual diabetic patient requires careful observation on a controlled daily diet with frequent tests for sugar in the urine.

As to the amount of insulin the diabetic patient will need, it is necessary first to establish the amount of food he will require for health and work, and when it is to be eaten.

Physical exertion and sickness also influence the requirement for insulin.

Most elderly patients who have diabetes do not require insulin for its control.

Overcomplication of treatment discourages many diabetics while oversimplification leads to laxity of control and increased complications.

#### DO YOU KNOW?

Yellow fever killed ten per cent of the entire population of Philadelphia in 1793.



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