

# The Nation's Top Comics

DAILY AND SUNDAY  
in  
Your Home Newspaper



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## GRIN AND BEAR IT

By Lichty

The Statesman, Salem, Oregon, Tuesday, January 11, 1949-7



"The wages are high, the hours short, and the working conditions lack just enough of being ideal to give you plenty to gripe about."

## Your Health

Written by  
Dr. Herman N. Sundensen, M.D.

Most everyone has heard diabetes referred to but many people still are confused as to just what the condition is. Diabetes is due to a lack of secretion, called insulin, from a gland in the abdomen known as the pancreas. The symptoms of this condition consist of loss of weight and strength, with increased appetite and thirst. Later, there may be itching of the skin and certain nervous disorders. In order to make a definite diagnosis, the amount of sugar in the blood must be determined. In practically all instances, sooner or later, there is sugar in the urine.

In treating this condition it is necessary to control the diet and to give injections of insulin when required. The amount of food to be eaten depends upon the patient's weight and his type of activity.

In general, sugar and sugar-containing food should be limited. The physician will determine, in each case, about what amounts of sugars and starchy food, protein foods and fats are needed.

In general, the diet should supply about 150 grams or five ounces of carbohydrate foods, about 2 1/2 ounces of protein from meat, milk and eggs, and enough fats to make up the caloric or heat requirements of the diet.

It is especially important that the diet contain enough protein foods. According to Dr. Herman O. Mensenthal, of New York City, proper planning of the diet will help to prevent complications, such as hardening of the arteries and kidney disturbances. Some fat is needed in the diet. The minimum amount of fatty foods suggested is one egg and 1 1/2 glasses of whole

## "THE YOUNG IDEA" By Mossler



milk a day. Butter and cheese are also advisable.

The use of alcoholic beverages is forbidden in general, but small amounts, which are low in sugar content, may be taken.

The purpose of the treatment in diabetes is to keep the blood sugar under normal level. If the amount of food necessary to keep up the patient's energy permits sugar to appear in the urine and the amount in the blood rises above normal levels, injections of insulin must be utilized. The physician will decide just what type of insulin should be used and the amount to be employed.

With careful treatment, a diabetic may live a normal life for many, many years.

**QUESTIONS AND ANSWERS**

J. F. C.: Can piles be cured by medicine or is an operation necessary?

Answer: Operation is often required in the treatment of piles. Drugs will not cure them. The

Polk Health Service  
PTA Topic January 24

MONMOUTH — Polk county Parent-Teachers association council will meet at Monmouth city hall, Monday, January 24, from 10 a.m. to 4 p.m. Members are asked to bring sack lunches, and the local association will furnish salad and coffee.

A main feature of the meeting will be a discussion of the development of more adequate public health service in Polk county, either within the county, or through a proposed union of the Polk county service unit with that of Marion county. All interested are asked to attend.

It is estimated that only one out of three persons suffering from rheumatism in the United States receives treatment by a physician.

Injection treatment is helpful in certain instances. (Copyright, 1949, King Features, Inc.)



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