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That Body of Yours

By James W. Barton, M.D.

FEW DOCTORS DIE OF DIABETES

I have spoken before of one of four brothers—the only one who reached the age of three score and ten. When asked why he had lived to seventy years of age and his three brothers had died in their early fifties, he replied that he guessed it was because he had always had a poor appetite. It was this inability to overload his stomach and give his heart, blood-vessels, and kidneys too much work that had preserved his life. While it might be better for most of us to eat less food, a combination of a little more exercise with less food would prevent that all too common ailment—diabetes. It is only too true that despite all our knowledge, diabetes is increasing.

There is, however, one class of citizens, in whom diabetes is not causing great havoc these days. This class is the physicians. An interesting advertisement of one of the large insurance companies published in Hygeia is headed "Few Doctors Die of Diabetes."

Few doctors who have diabetes die of the disease. Why? Because they know how to keep it under control. Insulin is the greatest modern defence against death from diabetes. It is now so dependable that many doctors feel justified in promising adult diabetic patients almost as long a life with the disease as without it. With insulin, a diabetic child can grow, study, and play with other children in nearly even terms.

"Diabetes is most frequent among middle-aged overweight persons and in those in whose family there is a history of the disease. But many people predisposed to diabetes may escape it by keeping underweight through correct diet and exercise."

It is a sad fact but true that many cases with a mild form of diabetes, because it is mild, neglect to follow the diabetic diet and absolutely refuse to take insulin although the new form of insulin—protamine insulin—need only be

YEO'S THEATRE

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injected once a day. A great many of them die needlessly. The patient with severe diabetes, on the other hand, because it is severe, follows his diet and takes insulin daily, thus living out a useful, happy life.

The Holy Terror

(Continued from page 8)

superseded him—the first question the traveling Englishman was asked was "What is this new man, Lord Bohun, going to do?"

To which the more intelligent Englishman said, "He isn't much of a man and he isn't going to do anything."

"But that's what they said of Hitler," Bohun isn't even a growth. What the less intelligent Englishman said about him varied, and anyhow it does not matter now.

There he was upon the British scene in a nimbus of expectation. He took large halls and addressed meetings at which he regurgitated the masticated leading articles of the opposition press and more particularly those of the Daily Clarion. He never made an original remark. He never coined a phrase of his own, no, even by accident. He organized processions, which had a dimly shining irritating effect, in Jewish districts. Nothing ever ensued from the meetings and proceedings except a drizzle of police court proceedings that died away.

YEO'S THEATRE

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Then he would pass out of the headlines for a space and then again would come another great and entirely vacuous meeting and another temporary obstruction in the streets.

Slowly, incredulously, the world realized that Lord Horatio was doing nothing and did not know how to do anything. But he kept up his movement with all the dignity of Tristram Shandy's bull.

He was too vain and jealous to associate any original or vigorous intelligence with himself. Helpful people of initiative and ambition joined him only to drop off disappointed. Instead he gathered about himself parasitic adherents of impeccable dullness, and he organized a wonderful "training school" of Popular Socialist speakers.

They were given little books of pros and cons—remarkable pros and cons—and general advice. But it is hard to train men to meet the unexpected interruption. These trained and paid supporters did not so much speak at his meetings as imitate speaking. They learnt the sounds and gestures of demonstration and conviction, but nothing more. They brought down the emphatic fist upon the suffering palm in the vain hope of giving platitude the flavor of inspiration, and a few determined interrupters could make a dreadful mess of them.

Sometimes Lord Horatio was out of the papers for weeks at a time, and then he would be back again, delivering the same old speech and

demonstrating nothing by the same old demonstration. He was especially prevalent in spring, May and June seemed to excite him. It looked as though he was destined to become a seasonal feature in English life like the Royal Academy or the Boat Race. Whenever there was a socialist or pacifist or communist gathering or indeed any sort of mass meeting, the purple banners of the Popular Socialists with their golden tassels turned up in slowly dwindling force, always protected, and always making a suffling rather than triumphant exit from the field of debate.

The number years slipped by and even his loyal adherents were forced to realize the progressive ravages of middle-age upon his former fabulous clan. His pogroms, such as they were, lost pep. The Daily Clarion ceased to feature him. It did not so much turn against him as fade away from him. It looked as though he and his Popular Socialist followers were going to sit down and fade out altogether. This assiduous disposition on the part of his leader was a source of grave discontent to many of the youngsters who had got into belts and purple shirts and arched their adolescent voices shouting "We want Bo-oo-un" in those so much more promising early days. More and more he had to rely on the subsidized element in his following. More and more did the growing tension of the super-armament period emphasize his essentially unreasonably his am-eurism.

At one or two of his recent meetings unidentified and disregarded voices had cried out "Get on with it!"

The world situation darkened. The sense of impending catastrophe increased. All over the world it was felt that the now-or-never moment was approaching. There was a sort of paralysis of grim expectation. In 1940 the chief employment of human leisure was anti-aircraft drill; a quarter of a million bombers were in commission, and everywhere men excavated. Political life changed its character. Political thought intensified. The taste for mild rioting was declining under a burthen of apprehensive responsibility. The newspapers bore anxiety on their foreheads.

The pulchre in the old democratic countries had had the educational spectacle of a decade of blustering dictatorship in Europe. They were capable now of immense scepticism and increasingly resistant to the vague promises of merely personal leadership. "You are anti-Bolshevik and anti-Jew, you declare the government is corrupt and incompetent and so forth, and that's all very acceptable," said the mind of the common man. "But what are you going to make and what are you going to do if we put you in power?"

Beneath Bohun's feet, at his headquarters, the germs of a "Gin-

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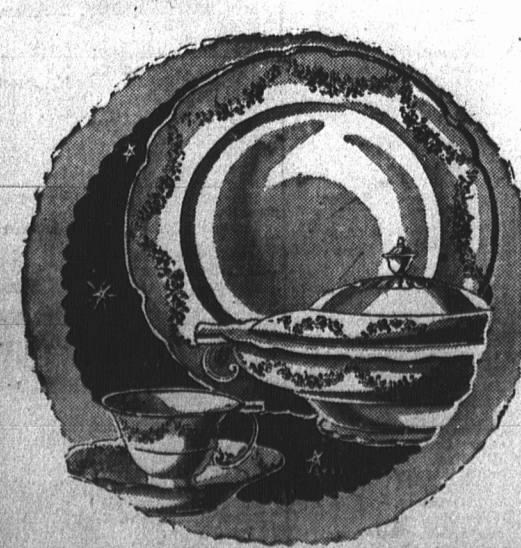
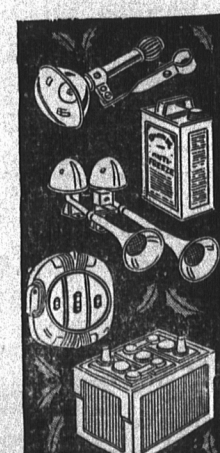
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