been reeling comparatively well does not mean that some condition does not exist that, if left undetected, will cause illness. Lately you seem to tire easily, but you attribute this to the hurry and bustle of everyday life. But is it? Remember fatigue is, associated with a number of conditions that could be remedied.

Are you one of the many persons who made resolutions for the New Year? Did you promise yourself to overcome the bad habits and strive for better ones? In your sincere desire to lead a better life, did you think, to be complete, this should also include a special attempt to keep you healthy and well?

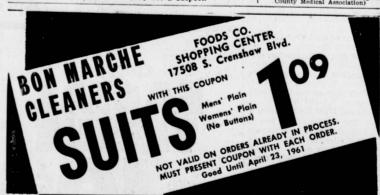
How can you go about this? First, what is the state of your health? When did you have your last physical examination? Simply because you've been feeling comparatively well does not mean that some condition does not exist that, if left undetected, will cause filness. Lately you seem to tire easily, but you attribute this ritable disposition.

WHAT ABOUT your heart, lungs, ears, and eyes? When laws yo ur blood pressure the log of pressure they are lot op op your age and weight? A good physical examination is the sensitive, diagnostic fingers of your physician. Remember that any unusual growth should be investigated, for this is a manifestation of your are not one of the group of persons walking about with latent tuberculosis. See that your ears are free of infection and that your vision is adequate. Eye strain is responsible for such conditions as headillness. Lately you seem to tire easily, but you attribute this ritable disposition.

latent tuberculosis. See that your ears are free of infection and that your vision is adequate. Eye strain is responsible for such conditions as headache, dizziness, nausea and irritable disposition.

THE PHYSICAL examination should include a urinalysis. One important condition this reveals is diabetes. Be sure you are not a suspect.

YOUR PHYSICAL examination should not end with your physician. A visit to your dentist is essential. Again an x-ray examination of your teeth and gums is necessary to rule our abnormalities. Good dental care is important, since infections of the mouth are numerous, painful and incapacitating. (Presented as a public service by the Southwest District of the Los Angeles County Medical Association)





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