

STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide
According to the Stars,
To develop a message for Sunday,
read words corresponding to numbers
of your Zodiac birth sign.

DATE	1	2	3	4	5	6	7	8	9	10	11	12
Aries	1. Goodwill	31. And	61. Year	91. Well	121. Future	151. Favors	181. Watch	211. Hands	241. Brighten	271. Popularity	301. Supported	331. Gosh
Taurus	1. Proceed	31. Future	61. Well	91. Favors	121. Watch	151. Hands	181. Brighten	211. Popularity	241. Supported	271. Gosh	301. And	331. Year
Gemini	1. Goodwill	31. And	61. Year	91. Well	121. Future	151. Favors	181. Watch	211. Hands	241. Brighten	271. Popularity	301. Supported	331. Gosh
Cancer	1. Proceed	31. Future	61. Well	91. Favors	121. Watch	151. Hands	181. Brighten	211. Popularity	241. Supported	271. Gosh	301. And	331. Year
Leo	1. Goodwill	31. And	61. Year	91. Well	121. Future	151. Favors	181. Watch	211. Hands	241. Brighten	271. Popularity	301. Supported	331. Gosh
Virgo	1. Proceed	31. Future	61. Well	91. Favors	121. Watch	151. Hands	181. Brighten	211. Popularity	241. Supported	271. Gosh	301. And	331. Year
Libra	1. Goodwill	31. And	61. Year	91. Well	121. Future	151. Favors	181. Watch	211. Hands	241. Brighten	271. Popularity	301. Supported	331. Gosh
Scorpio	1. Proceed	31. Future	61. Well	91. Favors	121. Watch	151. Hands	181. Brighten	211. Popularity	241. Supported	271. Gosh	301. And	331. Year
Sagittarius	1. Goodwill	31. And	61. Year	91. Well	121. Future	151. Favors	181. Watch	211. Hands	241. Brighten	271. Popularity	301. Supported	331. Gosh
Capricorn	1. Proceed	31. Future	61. Well	91. Favors	121. Watch	151. Hands	181. Brighten	211. Popularity	241. Supported	271. Gosh	301. And	331. Year
Aquarius	1. Goodwill	31. And	61. Year	91. Well	121. Future	151. Favors	181. Watch	211. Hands	241. Brighten	271. Popularity	301. Supported	331. Gosh
Pisces	1. Proceed	31. Future	61. Well	91. Favors	121. Watch	151. Hands	181. Brighten	211. Popularity	241. Supported	271. Gosh	301. And	331. Year

Good: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100.

LIFE'S LIKE THAT

By FRED NEHER



"That price includes two free shoves a month during January and February!"

Diabetes to Be Feared When Not Treated Early

K. H. SUTHERLAND, M.D.
County Health Officer

There are an estimated 1,500,000 known diabetics in the United States and well over another million who have not yet been diagnosed.

When adequately treated in its early stages, the condition can usually be brought under control; when neglected, it is something to be feared. Indeed, figures released by the National Office of Vital Statistics reveal that diabetes ranked as the eighth cause of death in the nation during 1960.

Diabetes, or diabetes mellitus — to give it the complete medical name — is an insidious disease. It is now medical opinion that "silent changes" go on in the body for varying lengths of time before signs of the disorder become apparent. It is also well established that the diabetic trait may be inherited, and that overweight in a person who has a family history of diabetes is often associated with its development.

THE CONDITION appears in all age groups, but is most often found in persons over 40. It occurs more frequently in women than in men, and is likely to be more severe in children than in older people.

Diabetes occurs when the pancreas gland fails to supply

the body with enough of the hormone that is called insulin. When this organ is functioning normally, it manufactures enough insulin to help the digestive juices convert the starches and sugar (carbohydrates) that are eaten into glucose or food sugar. The glucose is then absorbed into the blood stream to nourish the tissues and supply energy, while the excess is stored in the liver and muscles to be called upon when needed.

A NORMAL amount of insulin must be present in the blood, however, or the tissues cannot make use of the unstimulated sugar, which then builds up on the blood and spills over into the urine. In short, when the body cells can no longer utilize the food sugar, the individual becomes one of the known or unknown diabetics.

Among the symptoms of this disorder are frequent urination — since the kidneys must work overtime to get rid of the thirst and hunger. Fatigue is common because the sugar in the blood is not being converted since the body cannot fully utilize the food that is consumed, loss of weight may occur no matter how much is eaten. Sores or infections that do not heal, dry skin, and frequent

attacks of boils may also be signs of diabetes. In these distress signals at all such cases, the disorder is either in a very early stage or the glandular disturbance is slight.

ON THE other hand, an individual may not experience

CROSSWORD PUZZLE

ACROSS

- 1-Distant
- 2-Await
- 3-Settlement
- 4-Mohammed
- 5-At home
- 6-Turkish
- 7-Regiment
- 8-Separate
- 9-Zest
- 10-Occurrence
- 11-After dark
- 12-Places
- 13-Act
- 14-Organ of hearing
- 15-Huge
- 16-Lowest part
- 17-Paired to hit
- 18-Get up
- 19-Embryo
- 20-Rovers
- 21-Male sheep
- 22-British
- 23-Streetcar
- 24-Suffix: pertaining to (pl.)
- 25-Refresh
- 26-Refresh (colloq.)
- 27-Male deer
- 28-Woman ballet dancer
- 29-Iterative
- 30-Male's name
- 31-Total
- 32-Bound
- 33-Genus of frogs
- 34-Affirmative

DOWN

- 1-Distances
- 2-Animated
- 3-Metal fastener
- 4-Genus of Part of circle
- 5-Pictorial
- 6-Black buck
- 7-Lane
- 8-Click beetles
- 9-Girl's nickname
- 10-Eccentric
- 11-Onslaught
- 12-Oblique
- 13-Mature
- 14-Communist
- 15-Hards
- 16-Assembly
- 17-Tavern
- 18-Anglo-Saxon money
- 19-Pasty shell with cooked mixture
- 20-Fruit
- 21-One horn
- 22-Contemptible (slang)
- 23-Follow
- 24-Appears
- 25-Nature
- 26-Mountain in Greece
- 27-Drunkard
- 28-Fruit: three
- 29-Negative prefix

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