

HOW ARE YOU TODAY

Dr. James W. Barton TALKS ABOUT

Steps in Reducing
A PHYSICIAN who has considerable success in weight reduction has one little rule that not only gets actual weight off his patients but helps them to persevere when the rate at which the weight is lost becomes very slow.

He outlines the diet in the regular way—cuts down on fat foods—butter, cream, fat meat and egg yolks by only 10 per cent, and also on starch foods—bread, sugar, potatoes, pastries, cereals by 10 per cent, but cuts down on all liquids by one-half and also on table salt by one-half or 50 per cent. This is the advice for the first month.

The result at the end of the month is usually (not always, however) that as much as five to fifteen pounds in weight has been lost without the patient feeling that he or she has been starved. This great loss in weight is usually mostly a loss in water from the tissues, for although overweight individuals lose more water daily than do those of normal weight, nevertheless fat tissue holds more water than muscle tissue and by getting rid of this surplus water actual weight is lost.

At the end of the first month the next step in the treatment is cutting down on the fat foods by as much as one-quarter to one-third.

Another point about cutting down on fat foods is that in those of normal weight or those underweight the use of fat foods is of great help in "protecting" the body tissues. Also the use of fat foods prevents too rapid burning up or using up of starch foods. You can thus see that when the "protecting" influence of fat foods is lessened by cutting down on the amount of fat foods eaten, then in those of overweight the actual tissues of the body will get worn more, and starch foods will be more rapidly burned. There is thus a "double" action on weight reducing when fat foods are reduced in amount.

Cut the Starches Last
And the final step of course, which may be in one to three months, is to cut down by one-third to one-half on all starch foods. These are usually the foods that the overweight likes most, but they are also the foods that give energy to work or to exercise. By cutting down too much on starch foods at the beginning of the reduction process, the individual is liable to feel so weak and listless that to prevent complete collapse food is eaten in increased quantities.

However, by waiting until a certain amount of weight is lost by getting rid of surplus water—attaining the water balance—and then losing a certain amount more by cutting down on the fat foods, with the double action mentioned above, when it comes to the starch foods, and their turn to be cut down greatly (50 per cent), the individual has lost so much weight and gained so much physical strength that he or she has gained confidence or morale and tackles more readily the reducing of the starch foods.

Angina Pectoris
The typical or usual attack of angina pectoris (breast pang) consists of the sudden onset of agonizing pain in the region of the heart or under the breast bone. There is a feeling that death is at hand. The pain may extend into left shoulder and arm. The patient is pale, motionless (afraid to move), and often bathed with cold perspiration. The pain comes on suddenly after exertion, excitement or a hearty meal. While some cases of angina pectoris show some change in the structure of the heart and blood vessels, there are many that do not. The cause is felt to be that the heart muscle is not getting enough "pure" blood (or blood containing enough oxygen) to enable it to do its work properly, or that there may be a partial closure of the blood vessels supplying the walls of the heart with blood.

However, some physicians now believe that "anginal" attacks in many cases are due to other causes than the lack of pure blood in the heart muscles.

Tradition Comes Back to Throne of England

George VI Is More What Subjects Expect of Their Monarch; His Is Story of Self-Made Man.

By WILLIAM C. UTLEY

BRITAIN'S third monarch within a year returns to the most important throne on earth all of the traditional dignity which, as a symbol respected and loved by one-quarter of the world's population, has held together the far-flung outposts of empire, united in bonds of sentiment more powerful than any ties that mere government might devise.

The new king has little of the personal charm to be found in the "smart" social set of Mayfair, and what "salesmanship" he possesses has been largely acquired. He has not been much in the public eye, and has not wanted to be. He is not an adventurer; the chief officer on his ship in the navy had difficulty in remembering him, finally recalling that he made cocoa for the crew in one of the greatest battles in history. He is not given to experimentation, but is completely devoted to his duty to the expectations of his subjects and their powerful unwritten constitution.

The story of George VI is by all standards the success-story of a self-made man. For while his mother and father as the king and queen, and his brother Edward as

the same year he had to have another major operation, almost dying from perforated duodenal ulcers.

Becomes "Mr. Johnston."

You can't keep a good man down, though, even if he's a duke, and Bertie, as soon as he was well again, was transferred to the naval branch of the Royal air service. The end of the war found him a pilot in France. Evidence that he was overcoming his incompetence in sports is the fact that, with his partner, he won the tennis doubles championship of the Royal air force.

He was shown no favoritism because of his rank when he was in the service of the king. Indeed, he



George VI, England's new king.

and just as the loud speakers were turned on, he turned to a man beside him and blurted, "The d-d-d damned thing doesn't w-w-work!" His remark went booming to the entire audience and although it distressed him personally it endeared him to his listeners.

Now Physically Fit.

On a long voyage to Australia in 1927 Bertie practiced daily with an instructor and cured himself at last of the stuttering habit. He stutters now only upon the rarest of occasions when he becomes greatly excited.

His conquest of sports was just as difficult and just as great a testimonial to his intestinal fortitude. He was far from being strong in the early days, but he became an expert horseman and a fine swimmer. He is said to have played a good game on the navy football team, but he quit that before he married in 1923. He's a crack shot and an expert tennis player. He wields the racquet in his left hand, and in 1926 was the first member of royalty ever to represent Great Britain in the tennis championships at Wimbledon.

Today King George VI is by far the best physically fit of all the royal brothers. He is husky enough to cast an iron plate in a smelting factory—which he can do expertly, incidentally. He visits the factories and industrial areas as often and with as much real interest as did Edward.

Ever since early childhood, Albert, Duke of York, had known Lady Elizabeth Bowes-Lyon, daughter of the Earl and Countess of Strathmore, of Glamis castle, immortalized in Shakespeare's "Macbeth." But it was not until he saw her as a bridesmaid at the wedding of his sister, the Princess Mary, that he fell in love with her.

As all England rejoiced, they announced their engagement in January, 1923, and were married later in the same year. The new Duchess of York promptly became one of the most beloved figures in all British life.

Technically, Elizabeth was known as a commoner, but there are many kings and queens in the ancestry of her family. She is plump, gentle and gracious, and soon became known far and wide as the "smiling duchess."

Few princesses or queens have ever gained such a hold on popularity as Elizabeth, who insisted once that she liked to be called "Lizzie." She is well-trained in the simple virtues that one might expect of a Scottish housewife. Her devotion to her family has further endeared her to the people.

Darling of the Empire.

He who is now the king once admitted publicly: "My chief claim to fame seems to be that I am the father of Princess Elizabeth."

Little, fair-haired Princess Elizabeth, now ten years old, is indeed the darling of the empire, as she has been ever since her birth. She is the heir presumptive to the throne and, unless there is a male child born to her father and mother at some future date, she will be England's first "Queen Bess" in 330 years. She has one sister, Margaret Rose, who is six years old.

Today, as Britain's probable next ruler, little Elizabeth occupies much the same position in the public eye that the former Prince of Wales—known to her as "Uncle David"—did for many years.

During all her short life she has been tutored constantly with the idea in mind that she might some day be queen.



Queen Mother Mary, with the granddaughter whom she tutors, the Princess Elizabeth, ten, heir presumptive.

the Prince of Wales, shared for many years the spotlight of public interest, Albert Frederick Arthur George, or "Bertie," as he was always called, was busy overcoming personal difficulties in such a way that by the time George V died he was probably more capable of becoming the kind of monarch Britons expect their king to be than any other member of the royal family.

Bertie Beats the Bugaboos.
Years ago King George VI, then the Duke of York, had so many troubles that those of kingship would seem slight to him indeed. His health was poor. He was weak, poor at games, hopeless at sports. He stammered badly. He was a bad mixer and made few friends. As a matter of fact he was such a negative personality that few ever noticed him in a crowd.

Yet when he became king Bertie had beaten down all these bugaboos.

King George VI was born 41 years ago, about a year and a half after Edward, at York cottage on the grounds of Sandringham house. When he was only fourteen he was sent, as so many Britons are at that early age, to naval training school.

George V served in the navy and so did his second son. Bertie served with the fleet in the World War, although he was out for a time in 1914 when he was required to undergo an operation for appendicitis.

He was soon back in service, however, and in May, 1916, was on the battleship Collingwood at the battle of Jutland, sometimes called the most spectacular naval encounter of all time. But in September of

was known to his erstwhile companions only as "Mr. Johnston."

His stammering was still the biggest obstacle to his success in public life, but evidently he thought that if Demosthenes could overcome it there was no reason that he couldn't. His trouble produced a few quaint anecdotes, nevertheless, before he corrected it. It is said



Elizabeth, England's new queen.

that for a long time he referred to his father as "his majesty" or "my father" because he couldn't say "king" without sounding like a machine gun working overtime.

Asked to open the Wembley exposition in 1925, the then Duke of York started to address his speech into the microphones before the amplifier system had been set in operation. The result confused him,

Uncle Phil Says:

Tomorrow Disappoints

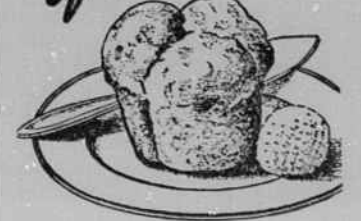
Tomorrow always promises well, but remember there is reasonably certain to be one disappointment.

One loves even a precocious little boy with his front teeth out. He's meeker for the time being.

Some men have great patience, but Henry D. Thoreau put it another way by saying they lived a life of quiet desperation.

A man says "I am the captain of my soul" and wonders what to do next.

Prize-winning Recipes of the South



CLOVERLEAF CHEESE BISCUITS

Mrs. Mary Owen, Memphis, Tenn.

Mix and sift 2 cups flour, 4 tsps. baking powder and ½ tsp. salt. Rub in 4 tsps. Jewel Special-Blend Shortening with the tips of the fingers or cut in with a knife. Add ¾ cup grated cheese and mix well. Beat 1 egg yolk and add to ¾ cup milk. Then add dry ingredients and mix until soft dough is formed. Cut dough into small pieces, mould into balls and place 3 together in each muffin pan. Bake in hot oven (400 degrees F.) about 20 minutes. This recipe makes 1½ dozen Cloverleaf cheese biscuits.—Adv.

AT LAST A COUGH RELIEF—THAT ALSO SPEEDS RECOVERY

Remember the name! It's FOLEY'S HONEY & TAR! Double-acting. One set of ingredients quickly soothes, relieves tickling, hacking, coughing... coats irritated throat linings to keep you from coughing. Another set reaches the bronchial tubes, loosens phlegm, helps break up a cough due to a cold and speeds recovery. For quick relief and speeded-up recovery, ask your druggist for double-acting FOLEY'S HONEY & TAR. Ideal for children, too. Get a bottle today.

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If your constipation is of long standing, enormous quantities of dangerous bacteria accumulate. Then your digestion is upset. GAS often presses heart and lungs, making life miserable. You can't eat or sleep. Your head aches. Your back aches. Your complexion is sallow and pimply. Your breath is foul. You are a sick, grumpy, wretched, unhappy person. YOUR SYSTEM IS POISONED.

Thousands of sufferers have found in Adlerika the quick, scientific way to rid their systems of harmful bacteria. Adlerika rids you of gas and cleans foul poisons out of BOTH upper and lower bowels. Give your bowels a SEAL cleansing with Adlerika. Get rid of GAS. Adlerika does not grip—no habit forming. At all Leading Druggists.

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