

**Manly Thing To Do**  
 A distinguished member of the  
 class was a guest at  
 a wedding celebration of an  
 nephew.  
 "over to his neighbor, the  
 asked, sotto voce: "Tell  
 her, what are these silvario  
 which we celebrate? I do  
 stand."  
 replied his neighbor (the  
 nephew), "don't you know?  
 uncle, the bishop, and my  
 lived together for 25  
 about having been separ-  
 without having had any  
 in that time."  
 exclaimed the diplomat,  
 light breaking upon him,  
 he marry her? Bravo!



**SOME OBSERVATIONS ON DIABETES**

By DR. ARTHUR L. FORSTER

Note: Dr. Forster will answer such health questions in these columns as will be of interest to others and permissible in public print. Personal questions will be answered only when accompanied by self-addressed and stamped envelope. Address Dr. Arthur L. Forster in care of The Durham Chronicle.

The carbohydrate foods (starches and sugars) are converted into their final form through the action of an agent secreted by the islands of Langerhans in the pancreas. Physiologists demonstrated years ago that removal of the pancreas in experiments on dogs was followed by the appearance of sugar in the urine.

**Causes of Diabetes**

Clinicians have long ago decided that the disease of which sugar in the urine is the characteristic phenomenon (Diabetes) is due to functional incapacity of the pancreatic islets in the pancreas of persons who died of diabetes. So there is no question regarding the underlying cause of this disease which, judging from statistics, is considerably on the increase.

Why it is on the increase has not as yet been definitely established, but it is the writer's opinion that our highly concentrated and synthetic present-day mode of living is largely responsible. We are at once giving our organs more to do and depriving them of the necessary energy for doing it. No wonder they collapse under this double handicap!

The organism is capable of generating a certain quotient of nervous energy which activates the mechanism and if this is dissipated in other ways, the function of the organs necessarily suffers. And if there be added to this the imposition of a task out of all proportion to the capacity of an organ, it cannot help but break down under the strain.

**The Part Played By The Pancreas**

So it is with the pancreas. If the vegetative nerve stimuli it requires are not forthcoming and double or triple the amount of carbohydrates it can handle are ingested a breakdown is the inevitable consequence. These observations indicate a reason in back of the direct cause of diabetes. We know that in diabetes there is a functional incapacity of the pancreas. But it is of even greater importance, it seems to me to learn why the pancreas in certain individuals is not working properly; why it fails to form that internal secretion which is so fundamental to its function.

The person with a normally working pancreas may take in carbohydrates far in excess of his energy

requirements and assimilate it. But the individual with an impaired pancreas cannot ingest the amount he actually needs without getting into trouble. He fails to assimilate it because it is not in an assimilable form, for the reason that the pancreas has failed to make it so. As a result, when the saturation point is reached, the excess is thrown off by the kidneys—the individual has diabetes. When a diabetic restricts his carbohydrate intake to his assimilative powers the sugar no longer appears in his urine.

This does not signify that he is cured. It merely means that he is taking in just that amount which his damaged pancreas can handle. This may or may not be enough to maintain him. He must get a certain amount of sugar because it is through the combustion of the carbohydrates that the fats are consumed. Which makes it impossible to supply a deficiency of sugars with an excess of fats!

The moment that is attempted the imperfectly oxidized fats lead to the formation of acetone and two acids which upset the acid base equilibrium of the body, producing the condition known as acidosis. This is generally what occurs in diabetes and it is what eventually kills the diabetic.

From the foregoing, which is a mere fraction of what might be written on this subject, it is apparent that in diabetes we have a problem whose solution is far from simple. Insulin has solved it so far as prolonging the life of the diabetic is concerned—it supplies what he lacks. But it is the better part of wisdom to so order one's life that he will not require this secretory crutch. And the only way through which this is made possible is correct living, proper alimentation, periodic examination of the urine and early recognition of the symptoms of the disease—a crop of boils, increased output of urine, general itching of the skin, and so on.

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**HEALTH QUESTIONS AND ANSWERS**

**Have Your Lungs Examined**

K. F. writes: "I have had a bad cough for a long time, which medicine has not helped. The trouble seems to be in the bronchial tubes. These fill up during the night making it nearly impossible for me to breathe by morning. Can you recommend some medicine?"

**Reply**

It would be impossible for me to diagnose your ailment without mak-

ing a careful physical examination of the lungs. It may be a simple chronic bronchitis, or it might be tuberculosis. So you see how foolishly it would be for me to attempt to suggest any drugs that might help you.

The proper course for you to follow is consult a physician and thereby learn the exact nature of your trouble. Then proper measures can be taken toward curing the condition, provided it is still amenable to treatment.

**SLEEPING CAR SERVICE CHICAGO-TORONTO Via Stratford and Guelph CANADIAN NATIONAL RAILWAYS**

For the convenience of its patrons, the Canadian National Railways are operating through sleeping car service from Chicago to Toronto via Stratford and Guelph, leaving Chicago at 5.30 P. M., arriving in Stratford 7.25 A. M., Kitchener 8.25 A. M., Guelph 8.49 A. M. and Toronto at 10.10 A. M., daily except Sunday. In addition to the excellent service to above mentioned points, very con-

venient connections are made at Stratford and Guelph for points north. Full particulars from any Canadian National Agent.

**An Unbalanced Diet**

Nervous gentleman (from the country): "Oh, a little lamb and some potato."

Brisk waiter (shouting up the restaurant): "One lamb, one potato."

Nervous Gentleman: "Waiter waiter, a little less lamb, please, and—and a little more potato."

**YOUTH'S RADIANT HOPES THEME OF "FRESHMAN"**

Harold Lloyd Portrays Boys Whose Ambition to be Popular wouldn't "Jell".

If all the world loves a lover, it is equally true that all the world loves youth. Youth! Life's most golden, glorious age! A period fleeting and—slightly—when / today is lived to the full, and tomorrow is an enchanted land where hopes and ambitions come true. And it is this magic age of youth—the finest qualities of America youth—that it is Harold Lloyd's delight to characterize in his pictures, which have become a world-wide vogue.

"The Freshman", which is Harold Lloyd's newest Pathe feature and which is at the Veteran Star Theatre Friday and Saturday, December 24-25 with a Matinee on Friday afternoon at 2.30, is a story of youth. Its central figure is Harold Lloyd, who has arrived at that tremendous stage when a fellow's boyhood is put forever behind him and he goes to college—the man of the hour—the idol of his fellow-men and girls!

From that moment Harold was doomed to be the college boob, but so sincere and earnest was he in his desire to please that he never suspected his real status among the students. Speedy and Spender, they dubbed him—and saw that he lived up to the reputation. And when the football coach rewarded his indomitable spirit to win a place on the team by making him water boy and letting him believe that he was also a substitute, everyone in the college but Speedy knew the brutal truth.

Only Peggy would have disillusioned him, because she was the only one in the whole college town who didn't laugh at Harold. She intended to tell him, but when he came to her with his face alight with the joy of achievement she hadn't the heart. Only buoyant,

healthy, vital youth can endure the disappointments of youth, and disappointment comes to Harold at the time that success and happiness seem to be at their highest. But he eventually surprises the whole world by coming through a regular fellow after all, not a trick college freshie.

**Five Little Words**

There are five little words, I'd like you to know, They are "Pardon me", "Thank you" and "Please." Oh, use them quite often wherever you go, There are few words more useful than these. These five little words are filled with a power That money or fame cannot give; So commit them to memory this very hour, And use them as long as you live. —Winnipeg Public Service Bulletin

**THE AGES OF MAN**  
 Birth to 10—he acquires his disposition and his temperament.  
 10 to 20—he acquires his manners and his friends.  
 20 to 30—he makes good or breaks down.  
 30 to 40—he goes ahead at full speed or lies by the roadside.  
 40 to 50—he reaps what he sowed in his earlier years.  
 50 to 60—he has his full measure of Honor and Dishonor.  
 60 to 70—he looks forward and back, with great joy or with great regret.—The Efficiency Magazine.

It Will Pay You to Advertise in The Chronicle.

Read the Classified Ads. on Page 7

**WANTED NOW**

Salesman for your district. Pay weekly. Exclusive stock and territory. We grow the stock we sell and deliver fresh dug hardy Canadian trees. Nursery 600 acres. Established 40 years. Write

**PELHAM NURSERY CO.**  
 Toronto 2, Ont.

Read the Classified Ads. on Page 7



A Gift that Increases in Value

**WHAT DID YOU GIVE LAST CHRISTMAS?**

Toys for the kiddies—most of them broken by now. "Something useful" for the grown-ups—now worn out or forgotten. Cash to your employees—appreciated but soon spent. Other presents—hurriedly bought and perhaps ill-chosen. Are they remembered now?

Suppose this year you give them each a Bank Book containing an initial deposit, and urge them to add to it regularly. Could anything be more suitable?

Add "Royal Bank Pass Books" to your list of Christmas Gifts.

**The Royal Bank of Canada**

Durham Branch J. A. Rowland, Manager

**DE FOREST & CROSLEY RADIO**



**7 Wonderful Features—yet Moderate in Price**

Here are the features that have set all the town talking about this remarkable new radio—its startling performance, its distinctive beauty, its moderate price. You owe it to yourself to hear and see this set—in your home, if you wish.

**\$165.00** puts this set in your home

We can now offer you all the qualities once exclusive to high priced sets for a small investment. Convenient terms arranged on any set. Come in to-day.

**SMITH BROS.**  
 Dealers, Durham, Ontario

**Only D-C Radio Offers ALL These Features**

- 1 Exclusive Wheatstone Bridge principle of balance completely eliminates squealing or howling.
- 2 Adapted for use with power tubes, supplying extra reserve power.
- 3 New all metal shielded chassis shuts out local interference and unwarranted stations.
- 4 Drum control with graphic dial greatly simplifies operation and selects programs with unerring accuracy.
- 5 Special D-C tone chamber with cone and baffle system re-creates high notes, low notes and overtones with life-like fidelity.
- 6 Grand Master Cabinets by McLagan add new beauty and distinction to radio.
- 7 All features of design expressly engineered to meet Canadian conditions.

**FOR A HAPPY CHRISTMAS**



As the year draws to a close we feel a strong sense of gratitude to our many good friends and customers. It has been a pleasure to serve you, and we hope our service has been as satisfactory to you as your friendship has been to us.

We wish you a real merry Christmas and a happy and prosperous New Year.

**D. M. Saunders**

MEN'S AND BOYS' READY-TO-WEAR "MORE FOR LESS"

One Door South of D. C. Town, Jeweller, Durham

**THE FAMILY NEXT DOOR**



Ties Hosiery  
 Faces Arm Bands  
 HERE  
 the gift he would  
 bits for Christmas  
 ated Phonograph  
 rs, Ties, Hosiery  
**NETT**  
 Durham, Ontario

Yessir -- A Merry Christmas!