

**STAY ALIVE LONGER!**

# Chronic Fatigue Is Not Normal

Could this be you? Are you tired when you wake up in the morning, exhausted by the time you get to work, wondering by noon how you'll ever make it through the day? Is your fatigue of such duration that you are beginning to wonder if you were literally born tired?

How did you get this way? What happened to your zest for living, your drive, your dreams of accomplishment? What happened to you? Chronic fatigue is not normal. Neither is disease. But your low N.Q., or nutrition quotient, can make them so.

Roland H. Berg, in discussing the socio-economic factors affecting medical care in the United States, deplored the state of the nation's health. "We have been winning the battle against acute diseases," he said, "but losing the war against chronic killers." The mortality rate for the largely preventable chronic diseases continues to mount. We have the scientific knowledge to ward off many of the crippling chronic diseases and the sudden deaths from heart attacks, but we don't use it.

**HIDDEN HUNGER**  
You've heard of hidden hunger. "Sure," you say, "but I eat three good meals a day, not to mention the coffee breaks. That couldn't apply to me."

Couldn't it? How much do your meals contribute in the way of protein, vitamins, and minerals? Do you know what your body actually needs to withstand the stress and strain of everyday living, to build up tissues, and to avoid nutritional deficiencies?

The costs of high mortality have become too great for insurance companies. Consequently they are preaching health consciousness.

Dr. Tom Spies, of Northwestern University, tells us: "The use of nutrients to replenish the tissues and to prevent disease is the physician's primary problem. He knows that the nutrients must be supplied for the body from the outside. No statistics can determine the loss and no words can describe the waste when physicians do not meet this challenge, head on."

Why should you settle for a second-rate self? Why be only half-alive, low in energy and spirits, losing confidence in yourself and your future? Trade neglect for know-how, and come over to the nutritionally safe side of life.

A famous doctor of the Hollywood stars said recently: "Motion picture stars are the healthiest people in the world. Even the old ones are vigorous, firm and pink-cheeked. They eat the best food—and less of it!—than anyone else."

They also take vitamin-and-mineral supplements.

"The amount of food eaten has

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critical deficiencies are apt to increase with aging and are a primary source of the afflictions of old age. For instance, the bones of elderly people are easily broken. This is due mostly to gradual demineralization of the bones, especially loss of calcium. Once the demineralization has started, there is little or no help for it. But it can be prevented by deliberately increasing the intake of foods rich in calcium and minerals during middle age when the process begins."

**FORMULA FOR YOUTH**  
Robert Cummings, the motion picture and television star, shares with us his formula for youth, energy, and vitality. Mr. Cummings, at almost fifty, is young, handsome, and vigorous. He says: "Usually, by the time an actor

learns his trade, he's so old and beaten-up that he doesn't look well. So I take good care of myself."  
Among other things, including exercise, concentrated vitamin-and-mineral supplements, and a high-protein diet—"We're all creatures of protein," he says—Mr. Cummings takes soybean lecithin three times a day.

Robert Cummings enjoys his life, his work, and his accomplishments, which are many and varied. His excellent care of himself had paid off in the good health which makes all this possible.

**A FEW SIMPLE RULES**  
I've told you the facts, the rest is up to you.  
Will you trade neglect for know-how, and lengthen your life in-

stead of shortening it? Is it so hard to do the following simple things—when the only life you have is in the balance?  
1. High-protein foods. Eat with a purpose. Don't junk up your machinery with starches, sugars, and fats. A good rule to follow: First eat all the foods you need. Then, if you still have the capacity for something else, have it. Chances are you won't want it.

2. Vitamins and minerals. The realistic fact is that our foods just do not supply all the vitamins and minerals that we should have. For that reason, in addition to good eating, use a concentrated source of all the vitamins and minerals.  
I have found for my own use the formula called Nutri-Time to be an ideal vitamin mineral food supplement.

3. Lecithin, the miracle food. For your health's sake—and for your sake as a man—please include at least three teaspoonsful of lecithin granules in your program daily.  
Don't wait until your body is completely deprived of its reserve. Start today to be the person you want to be... the person you can be.

Realize your latent potencies. Utilize the talents that have been buried beneath inertia. Race through life instead of limping... stride toward success instead of stumbling along half-alive. Stay at your mental and physical best, always, charged with enthusiasm and the capacity for living joyously and abundantly!

**DIET OFFER ENDS THURS.**  
Thursday is your last chance to get a copy of Le-lord Korde!s Better-Eating Plan! It is designed to give you the protein vitamins and minerals your body needs for dynamic living.  
You may have a copy FREE by sending a self-addressed envelope bearing five cent stamp to: **LELORD KORDEL** care of The Guardian (This offer expires Thursday at midnight—so be sure to mail your request before then!)

**SWAFFER'S PARTY**  
LONDON (Reuters) — Some 200 publishers, editors and politicians Monday night turned out for the 80th birthday party of one of Britain's elder newspaper men.  
The event also marked the 80th year of Haanen Swaffer, who still writes a column for the Sunday newspaper The People, has spent in Fleet Street.

**"You mean to say— just 3-a-day may send backache away!"**

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