

ern Reserve University indicate that this new substance, too, is extremely effective in the treatment of pernicious anemia. The real significance of this latest discovery, however, lies in the fact that it is the first time that any anti-pernicious anemia vitamin has been extracted from a source other than animal liver. So minute is the amount of vitamin B-12 present in liver that one ton of liver is required to yield one gram of the active substance. (A dime weighs two-and-a-half grams.) The discovery of a micro-organism that can synthesize this vital substance or one with similar red blood cell building properties in practically limitless quantities at a reasonable cost is an important advance.

Whether the new vitamins will replace liver as the standard treatment

for pernicious anemia, or whether they will be the answer to some of the objections and the limitations of liver therapy, is yet to be determined. With research in the treatment of the disease advancing so rapidly, however, there seems to be great hope that the doctors will soon have this blood disease under perfect control. In the meantime, the most important problem for the layman is prompt and proper diagnosis. Because it is so deceptive, pernicious anemia can be diagnosed only by a physician. Self-diagnosis and self-medication with the innumerable patent "blood-builders" on the market may be disastrous. Diagnosed and treated in time, pernicious anemia need not worry anyone. Undiagnosed and untreated, it may lead to permanent injury and to death.

WAITING

BY DOROTHY WAUGH

Our lives have been made up of waiting.
This is not the sign
That nature gave. The miracle divine,
Compelling spirit and the flesh to mating,
Requires that the tempest in the fate-charged heart
Burst bonds in glory, lightning-clad depart.

Living a Good Life with a Bad Heart



1. To look at him, you would never guess that there is anything wrong with this man's heart. He is just a bit over 50 years old, active, happy, and getting a lot of enjoyment out of life—yet he has heart disease.

Like everyone else his age, his heart had beaten about *one and three quarter billion times*. Of course it was not as strong or as adaptable to sudden de-

mands as it had been in youth, but he had no warning signs of heart trouble.

As a result of periodic medical examinations, his doctor was able to detect his impaired heart *early*, when chances for improvement are best. Today, by following his physician's advice, this man can lead a useful life of nearly normal activity.

2. He enjoys many mild forms of exercise, but carefully avoids any *overexertion* which might further strain his weakened heart.



3. By eating moderately, he lightens the work of his heart during digestion. This helps to avoid overweight, which is always a burden for the heart.



4. He is able to carry on his daily work, but allows plenty of time for sleep and rest. His heart then will have a chance to rest, too.



5. He maintains a calm and cheerful outlook, for his doctor explained that fear, worry, or nervousness might make his condition more serious.



MEDICAL SCIENCE has made many advances in treating heart ailments and more research than ever is being done on these diseases. The Life Insurance Medical Research Fund, supported by 148 Life insurance companies, is devoting all its resources to studies of this problem. For other helpful information about heart disease, send for Metropolitan's free booklet, 29L, entitled "Your Heart."

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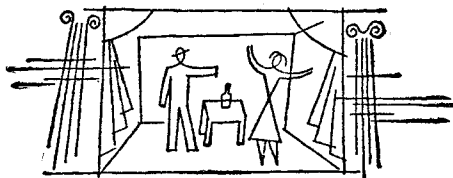


1 MADISON AVE., NEW YORK 10, N. Y.

TO VETERANS—IF YOU HAVE NATIONAL SERVICE LIFE INSURANCE—KEEP IT!

THE THEATRE

by GEORGE JEAN NATHAN



MR. SHUBERT AND THE CRITICS

MR. J. J. SHUBERT on behalf of his nationally known and influential firm recently dispatched to the publishers of the New York newspapers a lengthy protest, which I quote verbatim in essential part:

"As owners and lessees of the majority of the legitimate theatres in New York, we wish to place before you a request for relief from an intolerable situation which has grown up steadily over the years and which might easily spell financial disaster for the legitimate theatre in New York. This season, in particular, we are threatened with adverse conditions still more unfavorable than those which have prevailed in the recent past. Back of this unfortunate situation is the lack of attractions to fill even the few legitimate theatres still left in this city. There are very few productions to replace those that have failed. The condition of which we complain makes it very difficult for producers to get further money to

make new shows. Just within the last month there have been nine new productions, all forced to close immediately owing to the adverse criticism in the newspapers.

"This situation can only be remedied by the publishers of the New York dailies. As the owner of an important newspaper, you have it in your power to help the legitimate theatre business.

"Our dilemma is the ever growing power which has been assumed by the drama reviewers, *who now have in their hands the very life of our business.* It is doubtful that you intended to confer such power on so small a group of men. This is not a protest against any particular critic; it is a protest against a practice which has grown to a condition fast destroying our business, to say nothing of forcing the entire legitimate theatre in New York to dwindle in importance.

"When a play is condemned outright, after an opening performance, the public's reaction is not to attend. The theatre becomes dark and remains so for weeks or months until we