

Toy Pandas Aid War Victims



An exact reproduction of a baby Chinese panda is presented to Uta Hagen, youthful Theater Guild star, by little Marilyn Chu. The toy pandas, first to be made, are being sold for the American Bureau for Medical Aid to China.

Keeping Cool Is Easy for Kathleen

California heat waves can't ruffle pretty Kathleen Wilson, N. B. C. dramatic star of One Man's Family,



for when Old Sol beams his hottest, Kathleen snuggles under the garden hose with enough ice cream to baffle Old Sol's best.

Scenes and Persons in the Current News



1—Chinese Eighth Route army soldiers in Shansi province decked out in captured Japanese coats, part of captured items such as food, clothing and arms they took from the invaders. 2—Victims of an anti-Nazi riot in New York city which grew out of the recent celebration of Adolf Hitler's forty-ninth birthday. 3—Henry Ford, whose visit to President Roosevelt in the White House was regarded as the sign of a closer relationship between business and the administration.

Liver and Gall Bladder

By **DR. JAMES W. BARTON**
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I BELIEVE that most physicians, including myself, when there are abdominal and stomach symptoms that are not acute and there are not definite symptoms of ulcer, cancer or appendicitis, are likely to blame a sluggish liver and gall bladder. As two of every three individuals of middle age really have some liver and gall bladder disturbance anyway—inflammation or gall stones—the physician is likely to be right two out of three times. The symptoms are discomfort, nausea, gas pressure, clay-colored stools.

If the adult is in good health, exercises to squeeze the liver, such as long deep breaths or bending exercises, keeping the knees straight, are used.

About the only medicine given may be small doses of Epsom salts daily for one week in each month.

Diet the Chief Thing.

The principal part of the treatment is by diet and so every book on diet now has a diet for liver and gall bladder disturbances. Thus "Practical Dietetics," Dr. Sanford Blum, gives the following suggestions:

May take: Vegetables, especially green ones; limited quantity of boiled, mashed or baked potatoes; farinaceous foods—rice, farina, barley, arrowroot, cornstarch, oatmeal, cooked breakfast foods; water, mineral water, tea, milk, buttermilk; fresh meat or white fish or game or poultry once a day; eggs in moderation; cottage cheese; limited amount of butter; toast, bread, zwieback; plain cake and puddings; fresh fruit—apples, grapes, pears, peaches, figs, oranges, grapefruit, pineapple juice; salads of fresh green vegetables, raw or cooked.

Should avoid: Salt, canned, preserved and spiced meats and fish; herring, salmon, sardines in oil, mackerel; stews, goose, domestic duck, oysters and shellfish; old cheese, American cheese, Swiss cheese, cream cheese, except cottage cheese; dry beans, corn, sprouts cold slaw, cabbage, cauliflower, sauerkraut, onions, garlic; rich soups; berries, preserves; gravies; nuts, sweets, pies; pastry, fats and oils; alcoholics.

Infection and Insanity.

Some years ago I wrote of a New Jersey state hospital in which the "cure" of a young woman occurred within two months after some infected teeth were removed. She had been an inmate of the institution for over two years. This so impressed the superintendent that immediately dentists, nose, throat, eye and other specialists were called in to clear up or remove any infection in teeth, tonsils, sinuses or elsewhere, with the result that about 40 per cent of the inmates were able to return home.

Today practically every mental institution has a dentist giving his entire time to the patients, and other specialists—gynecologists, dermatologists, general surgeons—hold clinics at regular intervals. Thus many of those whose mental symptoms depend mostly upon some organic trouble in the body are enabled to become normal again.

Now there are many of us who do not do such foolish or unusual things that we are considered "mental," yet we come so near this at times that our friends and we, ourselves, begin to wonder if we are just quite sane.

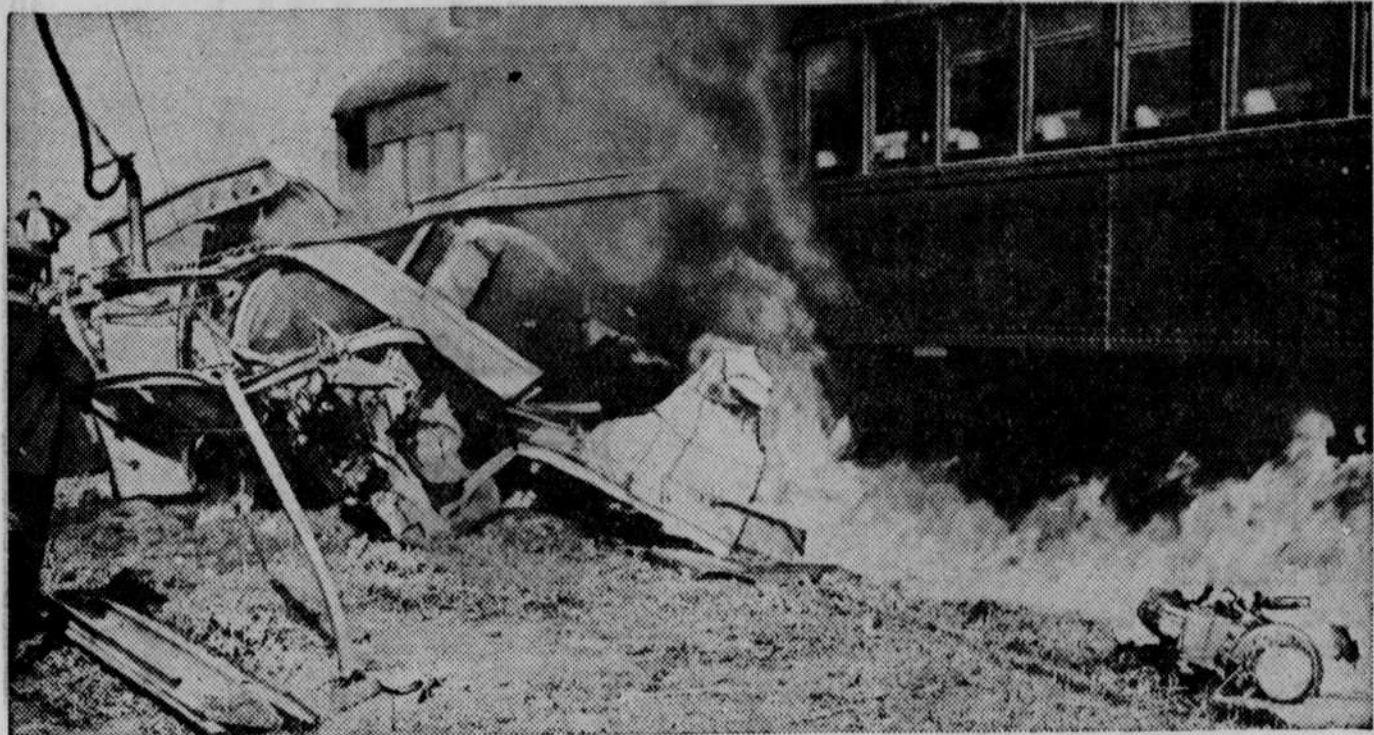
We may undergo a severe shock or other emotional upsetment and our reactions to this—loss of ambition, laziness, change in behavior—is blamed on the shock or emotional disturbance. In a great many cases the above symptoms because all the other body processes have been "hurt" for the time being.

However, when the average sane man or woman, whether or not he or she has undergone a shock or emotional disturbance, begins to act "differently," then a thorough search for infection by physician and dentist should be made.

Animals' Tails Useful

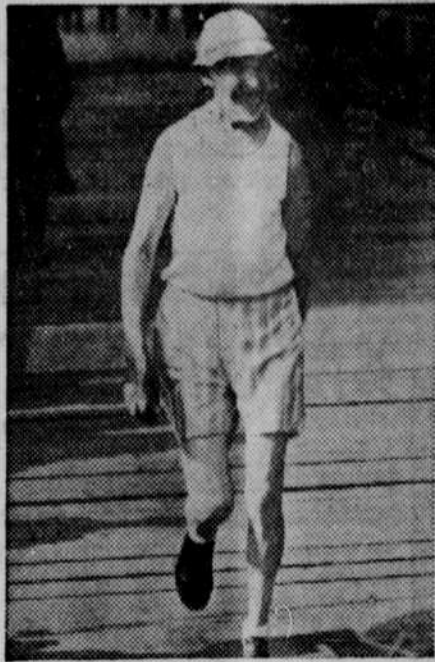
Most animals' tails seem to give the final touch of style to the wearer's costume. But tails aren't flourished simply because it's quite the thing in animal circles; each serves a very useful purpose. The alligator uses his tail as a club. The horse considers his the best fly swatter ever made. The possum hangs from a tree limb by his tail and takes a pleasant little swing. The fox wraps his around his neck as a muffler. The fish paddles through the water by means of his tail, while the squirrel used his as a parachute. Squirrels that have lost their tails in accidents have been killed by bad falls, while the usual bushy-tailed little fellow always lands unharmed, right side up.

What Happens When Train Meets Truck



This unusual picture was made a few minutes after a Rock Island train had struck a trailer truck near Chicago and tore it to pieces. Picture shows flames from the exploded gas tank licking the sides of the railroad car. The driver of the truck was seriously injured.

MARATHONER



The Methuselah of Marathon, eighty-five-year-old Peter W. Foley of Winchester, Mass., shown as he completed the 26-mile-385-yard distance of the famous Boston A. A. marathon, "just to show 'em there's life in the old dogs yet." He finished in slightly more than 4½ hours. The winner, thirty-four-year-old Leslie Pawson, made the route in 2 hours, 55 minutes 34½ seconds.

Blondes Hold Peace Conference



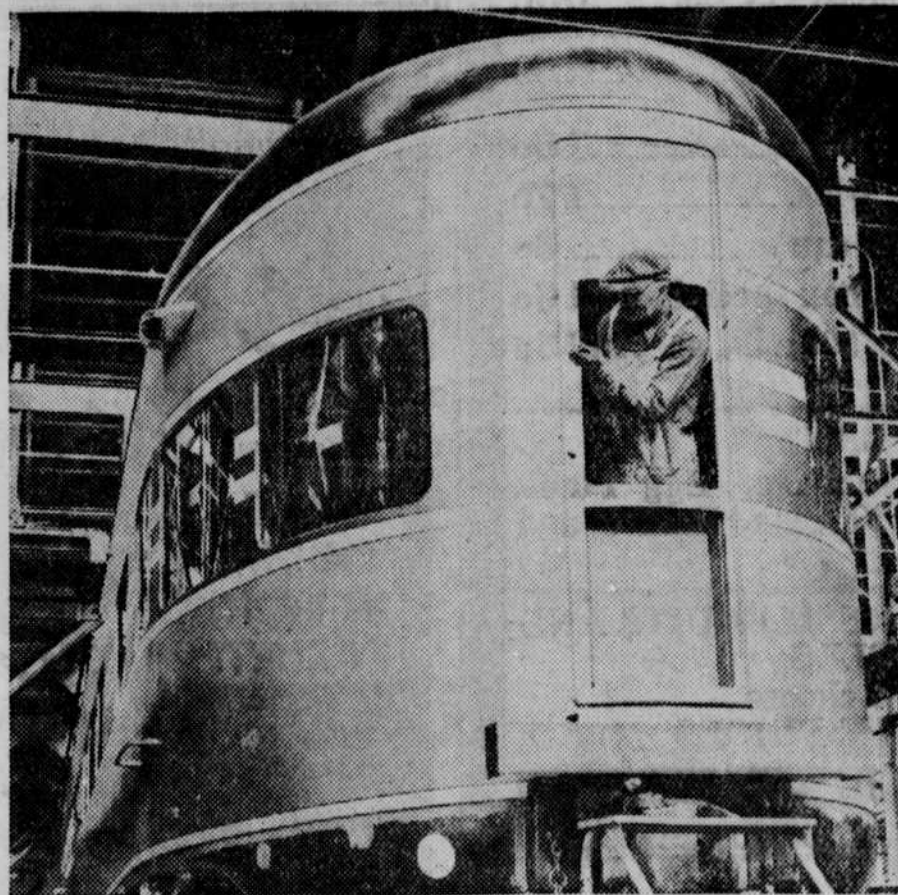
Blondes from many parts of the United States interested in preserving peace are pictured as they answered the roll call at the first National Conference of Blondes to End War. The purpose of the "Blonde Brigade" is to fight war. Should America be invaded, members of the brigade will meet the enemy. They are confident that there isn't a soldier in the world who would shoot a lovely blonde.

UMP ROMMEL NOW



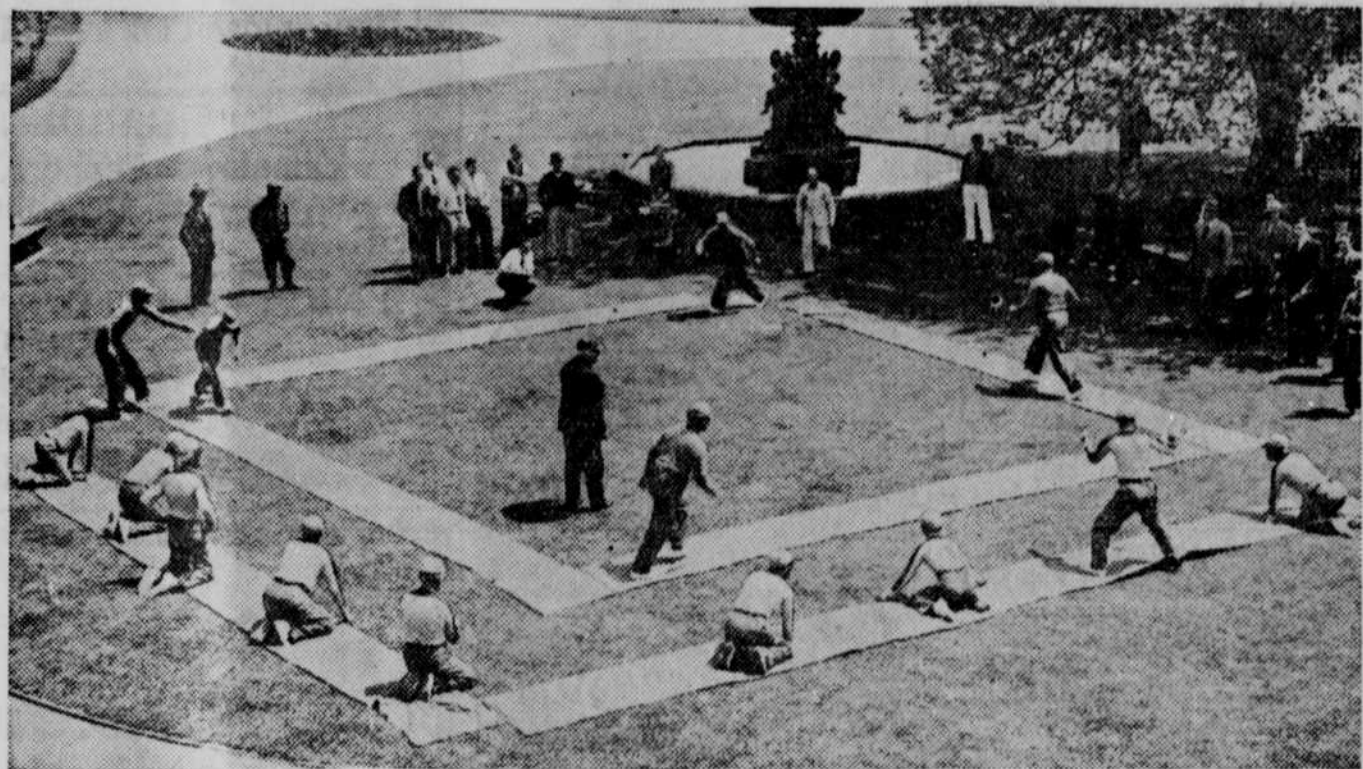
Ed Rommel, for 12 years a pitcher of the Philadelphia Athletics, is starting his first season as an American league umpire. After retiring as a pitcher in 1932 he served as a coach under Connie Mack until this year. Rommel's decision at first base deprived Bob Feller of the Cleveland Indians of a no-hit, no-run game. Billy Sullivan, St. Louis catcher, placed a slow bunt down the third base line. The play at first was close, and Rommel called him safe.

Boat-tail Cars for Crack Train



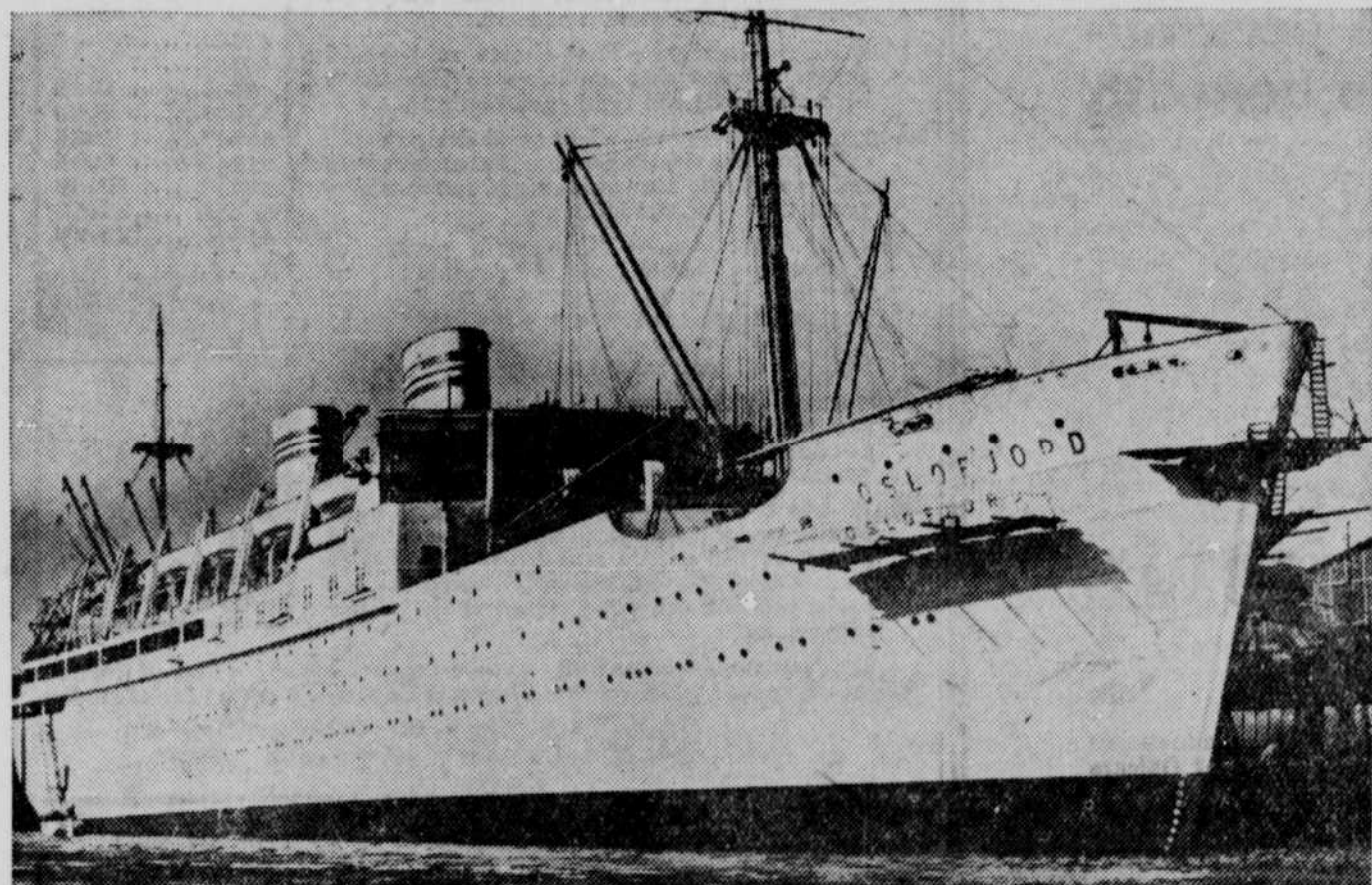
Work is nearly complete, at the Pullman company shops, near Chicago, on the cars that will inaugurate new, faster service on the Broadway Limited and Twentieth Century Limited between Chicago and New York in June. This boat-tailed car will be at the rear end of a train, remodeled outside for speed and inside for comfort.

"Sound" Baseball Played by Blind Performers



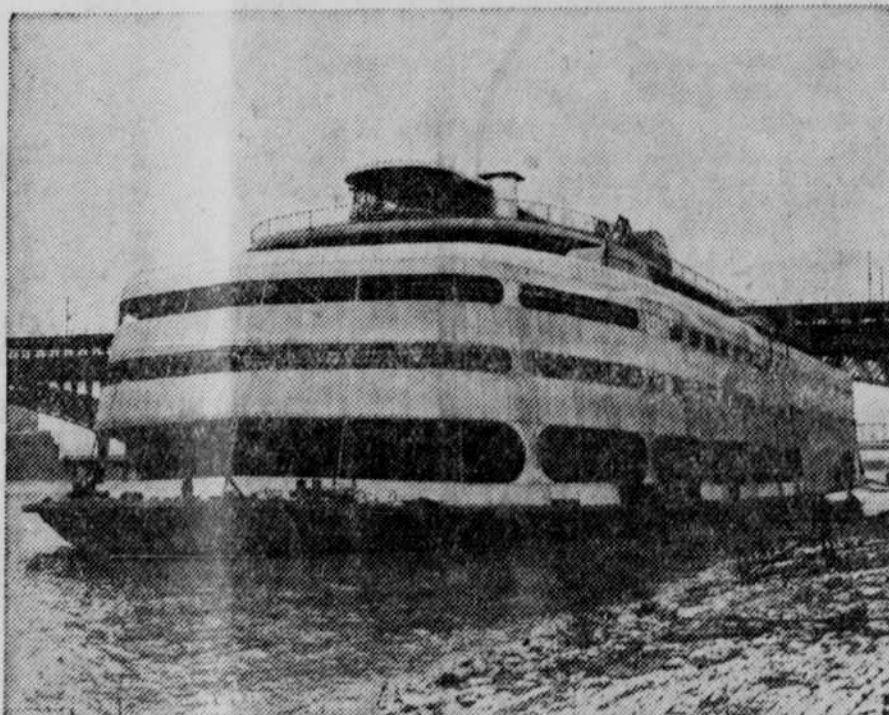
Teams from the Industrial Home for the Blind at Oakland, Calif., demonstrate "sound" baseball. The batter hits a jingling ball and runs down a padded baseline. Ten players form a team. The fielders kneel on pads back of the baseline to catch the sounding ball and register an out by rolling the ball across the bases or baseline ahead of the runner. Home plate has a bell on it to show when runs are scored.

New Atlantic Liner for Norway



The new S. S. Oslofjord, flagship of the Norwegian American line, which will make her maiden voyage from Oslo to the United States in June, thus inaugurating a new era of Norway-American travel. This Diesel-powered ship will develop a speed of 19½ knots. It is of 18,675 tons gross, and 20,500 tons displacement. She is 588 feet long and 75 feet wide and will carry 800 passengers.

Streamlined Boat for Mississippi



This streamlined river boat now under construction on the St. Louis levee is beginning to assume the graceful lines which will make it the most beautiful craft on the Mississippi. It will be used as a pleasure steamer plying north and south from St. Louis.

FLYING WIENERS



Falling like manna from heaven, food for a platoon of cavalry in maneuvers at Valentine, Texas, was dropped by plane. The men were fed for four days by this means as a test of the efficacy of rationing military units by air. Here is a delighted trooper with the supplies.