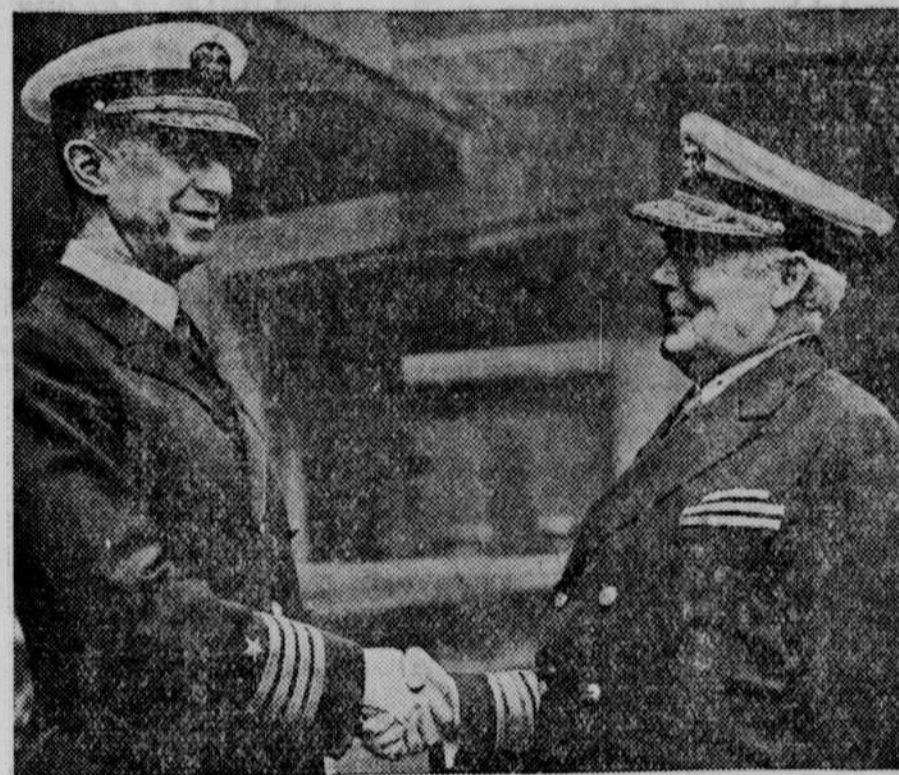


Moose River Mine Victim Reaches Halifax



Dr. Edward Robertson, who was rescued from the Moose River gold mine after 10 days' entombment, borne on a stretcher from the Royal Canadian air force seaplane which carried him to Halifax. Doctor Robertson, and his companion, Charles Alfred Scadding, were rushed to Halifax for hospital treatment after their thrilling rescue from the living tomb which had claimed the life of Herman Magill.

Admiral Laning Commands Third Naval District



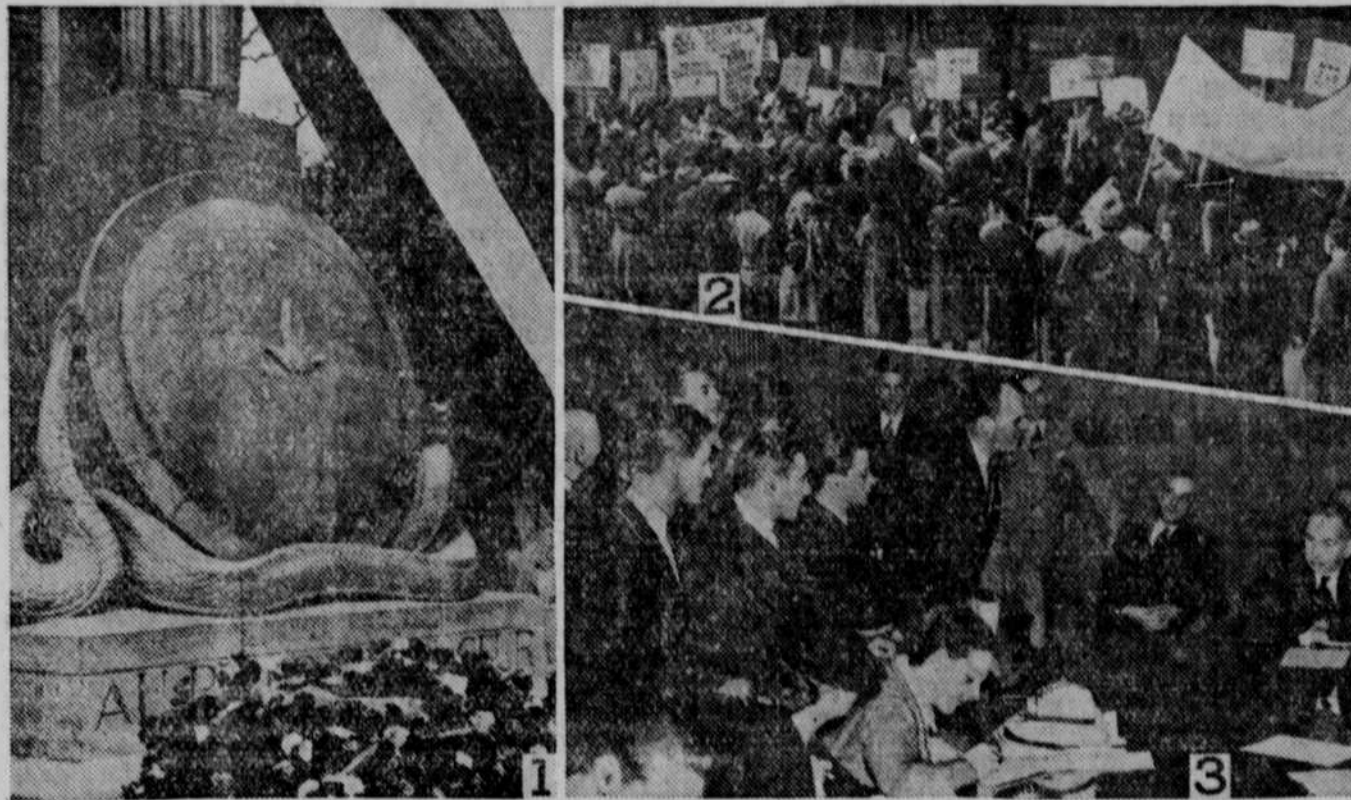
Assumes New Duties at the Brooklyn Navy Yard

Rear Admiral Harris Laning, right, is congratulated by Capt. Frederick L. Oliver after Admiral Laning assumed command of the Third naval district at ceremonies held at the Brooklyn navy yard, to succeed Rear Admiral Yates-Stirling, Jr., who retired. Captain Oliver had been acting commandant of the district since Admiral Stirling's retirement.

Culture Takes a Beating

Belgrade.—A gypsy meeting near the Rumanian village of Oraden, called to consider means of raising the cultural standards of gypsies, broke up hurriedly when the principal speaker announced that somebody had stolen his watch.

Scenes and Persons in the Current News



1—Unveiling of monument at Lille which French government erected to commemorate the 20,000 trained homing pigeons killed in the World war. 2—Students of Northwestern university, Evanston, Ill., demonstrating against war and Fascism. 3—Delegation of east coast seamen demanding of Secretary of Commerce Roper an investigation of the American merchant marine.

May Robson at 76 Is Screenland's "Grand Old Lady"

May Robson, the screen's "grand old lady," celebrated her seventy-sixth birthday by canning strawberry jelly, buying herself a new car,



promising herself a trip to London, and signing a new contract with MGM studios. "My career is just beginning," she stated. "Why, I'm going to work until I'm at least a hundred."

Helping Celebrate a Harbor Opening



When the Newport bay and harbor on the coast of Orange county, Calif., were officially opened the other day, these pretty and plucky girls took part in the winter sports. The celebration, including all types of aquatic events, was held to mark the completion of a two million dollar federal improvement which gives southern California one of the finest yacht and pleasure harbors in the world. This thrilling action photo shows a surfboard fencing contest, one of the main events of the day.

HOW ARE YOU TODAY

DR. JAMES W. BARTON Talks About

Reducing Versus Age
A MIDDLE-AGED overweight woman, a member of a bridge club, secretly began to reduce her food intake in the worthy effort to get rid of her surplus weight and acquire once more the figure of which she formerly had been so proud.

She ate a "little" of everything that was served at the club, avoiding sugar.

It was about eight weeks before any of the other members noticed that her face and body had lost some fat; that she looked unusually well also.

By the end of another six weeks the change was so great that other fat members asked her secret. Her only reply was that she didn't eat as much as formerly, that she was doing a bit of her own housework, and that she was spending about one hour less of the twenty-four in bed.

By the end of one year her weight was exactly the same as when her age was thirty. She was very happy and very healthy because her face and figure were more youthful. Other women of the club, seeing these brilliant results, began reducing their food and obtained results more or less satisfactory in proportion to their perseverance.

Why Results Are Different

One member decided to make a real job of reducing her food and liquids and on learning the extent to which her successful friend had cut down on foods, decreased her daily diet by just twice the amount. She did some extra work about the house, did considerable walking, lessened the number of hours in bed, and tried to do as little sitting as possible.

Sure enough, the weight began to come off in both face and body, but whereas her friend's face had become more youthful with bright eyes, she found that her face was wrinkled and worn, that her eyes were sunken, her body, though thinner, had no buoyancy. Instead of looking ten years younger, she appeared to be ten years older than before she started reducing.

The reason for the success of one and the failure of the other, is twofold.

1. The second woman attempted to reduce in too short a time. Not only were the skin, underlying tissues, and the various organs of the body unable to accommodate themselves so quickly in a normal way to this change, but the severe method of reducing was an actual shock to the system and shock shows on the face and body of every one, whether the shock is due to physical or mental causes.

2. There is a definite ideal weight that each body should carry. The amount of weight depends upon the height and width, the length of the legs, family characteristics and other factors. Thus an individual with a short body and long legs should not weigh as much as one with a long body and short legs.

This second woman then had not only removed the fat too rapidly but had reduced beyond the ideal weight for her particular body. Besides, the amount of meat and eggs eaten was greatly below the body's requirements to maintain the body's muscular framework.

Matter of Individual Study

Another woman who had become quite plump at puberty (as she emerged from girlhood into womanhood) attempted to reduce weight in the commonsense manner of the first member and found that the fat came off to a certain point and then her weight remained the same. By reducing the food intake further she found that a little weight was removed but she felt so weak she had to increase her food intake.

Consulting her physician and giving him the history of her efforts, he suggested the use of small doses of thyroid extract for a certain period as her overweight was due more to lack of gland juice than to overeating.

The whole point about reducing for men and women is that each one should study himself or herself, the build, the build of the parent most closely resembled, the weight when aged thirty, and then very gradually, very slowly cut down on the foods known to put fat on the body—bread, sugar, potatoes, butter, cream, and all liquids. Sleeping a little less and exercising a little more brings results in half the time.

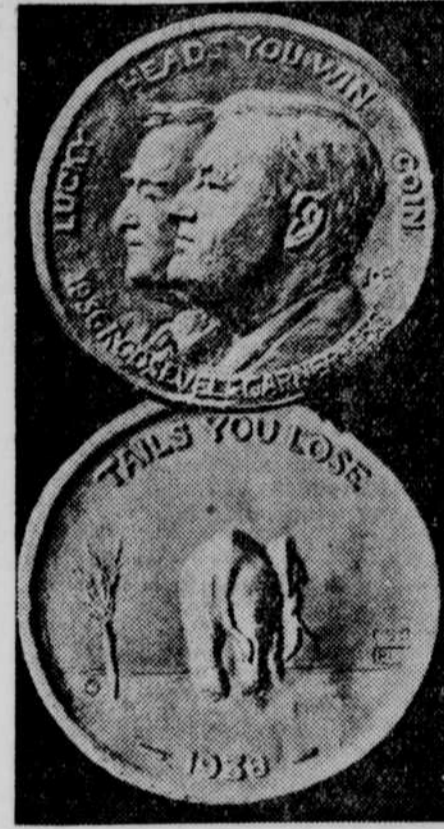
How Reducing Drug Works

There has been so much discussion among medical men about the results obtained by the use of dinitrophenol, that a "final" report from Drs. M. L. Talner, A. B. Stockton and W. C. Cutting, San Francisco, is of great interest.

Of 170 patients they studied only five lost no weight, while reduction was obtained in the remaining 165. The average total loss of weight per patient was 17 pounds, amounting to about a loss of 1 1/2 pounds weekly.

—WNU Service.

DEMOCRATIC TOKEN



Here are the "head" and "tail" sides of the good luck token issued for the Democratic national campaign. The design tells its own story.

Cleveland's First Hotel

Cleveland's first hotel was established 135 years ago by Lorenzo Carter, a Connecticut Yankee.

Celebrating Buddha's Birthday



In a colorful ceremony in the beautiful Japanese Tea Gardens of Golden Gate park, San Francisco, oriental priests commemorate the twenty-five hundred and second anniversary of the birth of Siddhartha Gautama, known to the world as Buddha, founder of the great Buddhist religion. The ceremony, called "Wesak," which is the Sanskrit word for "the time in April of the full moon," included a ritual of pouring tea over a baby Buddha.

Russians March in Anti-Gas Masks and Suits



Citizens of the Soviet republic marching in Kiev in gas masks and anti-mustard gas suits in honor of the Soviet heroes, at the ninth congress of the Young Communist league.

Gentlemen of the Press in Palmer, Alaska



Here are Jack Allman, the editor, and Daniel Markham, the printer, at work on one of the issues of the Matanuska Valley Pioneer, a mimeographed sheet which gives the news of the outside world to the people of Palmer, Alaska, where the government is trying a collective farm experiment.

Barring Alien Labor From Colorado



National Guardsmen are seen inspecting a bus for indigents and alien laborers seeking to enter Colorado. Gov. Ed. C. Johnson ordered the guardsmen to patrol a 300-mile strip along the southern border of the state to prevent entry of alien laborers.

G. O. P. KEYNOTER



Senator Frederick Steiwer of Oregon, who was selected to deliver the keynote speech at the G. O. P. convention at Cleveland in June.