

Britons Celebrate King Edward's Birthday



Celebrating his forty-second birthday, King Edward VIII, second from left, leaves Buckingham palace with his three brothers as they attend the trooping of the color at the horse guards' parade. Left to right are, Duke of York, the king, Duke of Gloucester and Duke of Kent.

Scenes and Persons in the Current News



1—Droth-stricken cattle being driven to a rail head from Pierre, S. D., for shipment to the eastern part of South Dakota. 2—Under Secretary of State William Phillips who is mentioned as successor to Breckinridge Long, as ambassador to Italy. 3—Vice President John N. Garner (right) and Gen. Eduardo Hay, Mexico's secretary of foreign affairs, at dedication of Pan-American highways at Laredo, Texas.

HOW ARE YOU TODAY

DR. JAMES W. BARTON
Talks About

Distribution of Fat
NATURE meant that we should have a certain amount of fat in and about the body. Inside, the fat forms a cushion for supporting organs, a partial covering for the nerves; in the skin fat helps and forms cushions for important nerves.

Thus, a certain amount of fat is a sign of health, and only in rare instances is fat accumulated during illness. However, when too much fat is formed inside and outside the body, while still a sign of health, it can gradually interfere with the workings of the body—heart, liver, kidneys—with the result that overweights are considered poor risks by life insurance companies, and also in cases where a surgical operation is found necessary.

Sometimes an individual who has always been underweight, skinny, suddenly begins to put on weight, and within the space of a year or two has gone from 125 pounds up to 225 pounds. The explanation in some cases is change in occupation, a changed outlook of life, getting into a regular groove of living with no desire for changes or advancement, stopping all forms of athletics or exercises. In other cases examined it would appear that some glandular change has taken place in the body whereby, despite eating the same amount of food (or perhaps eating less), a smaller amount of food seems to be needed for the work of the body, and more is thus stored away as fat.

When this increase in fat occurs within a short time, and over the entire body, it is thought that it is the thyroid gland in the neck that is at fault in that it is not supplying enough of its juice—thyroid juice—to the blood. As this juice increases the action of all the processes of the body, increasing neat and burning up foodstuffs, any lack of it means that the processes will act more slowly, there will be less heat, less food burned and more stored as fat.

Consult Family Physician
It is in these cases that overweights are justified in consulting their family physician regarding the use of thyroid extract in their particular cases. Under proper supervision and with proper dosage excellent results are obtained in these cases when the overweight is definitely due to lack of thyroid juice.

There is, however, another form of overweight due to lack of gland activity which, while interesting to physicians, is embarrassing to those afflicted. In this type of overweight, the excess weight is in certain places in the body and not in other, which distinguishes it from the type due to lack of thyroid juice. Thus the excess fat is found across the shoulders, breasts, abdomen, hips, upper arms, and upper part of the legs. The hands, wrists, forearms, feet, ankles, and lower legs are quite small and free from fat; in fact these individuals are quite proud of their ankles and legs. A little gland—the pituitary—lying in the groove at the base of the brain—is responsible for this overweight.

Now just as thyroid extract helps the other form of overweight, so pituitary extract obtained from the pituitary glands of animals will, under proper supervision, help to lessen the effects of this lack of pituitary juice.

There are cases where the various glands of the body are not working well, or working properly with other glands so as to obtain a proper balance. In these cases the use of both thyroid extract and pituitary extract brings good results.

Water and Weight

A world-famous athlete stopped his athletic activities and gradually accumulated a considerable amount of excess weight. He took a little exercise but finding that there was no loss of weight, decided to go for an hour's work in the gymnasium.

Sure enough as he weighed himself before exercise and after, the first day there was a loss of three to four pounds. When he returned the next day his weight was the same as before the exercise of the first day, but again he took off three to four pounds by the exercise.

This failure to lose weight was easily explained when it was found that after the exercise, immediately after returning home and during the night (he kept a pitcher of water by his bedside) he was in the habit of drinking from one to two quarts of water—perhaps a gallon and a half from six o'clock at night until six o'clock the next morning.

It is known that fat tissue is able to hold more water than other tissues of the body; one pound of fat will hold over three pounds of water, so that the loss of a pound of actual fat might mean the loss of four pounds of weight.

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DIPLOMAT MARRIES



Ruth Bryan Owen, U. S. minister to Denmark, who became the bride of Capt. Boerge Rohde, gentleman-in-waiting to King Christian of Denmark at a wedding attended by President and Mr. Roosevelt. After her wedding trip and some campaigning for the President's reelection, she will return to her post in Denmark. In official life Mrs. Rohde will retain her name of Ruth Bryan Owen. Mrs. Rohde is the daughter of William Jennings Bryan, the great "Commoner."

Collier Trophy Presented to Aircraft Head



President Roosevelt presents the Robert J. Collier trophy in aviation for 1936 to Donald W. Douglas, head of the Douglas Aircraft company of Los Angeles. The trophy is shown on the President's desk. President Roosevelt (seated) is congratulating Mr. Douglas. Charles F. Horner, president of the National Aeronautic association, is seen at the left. The coveted prize was awarded in recognition of the outstanding performance of the company's planes on a number of passenger air lines during 1935.

San Diego Girl Is Selected as War Vets' Queen

Shapeliness and charm were the two principal attributes which won the title of "Miss American Legion" for Betty Fulkerson of San Diego (shown above), when war veterans recently gathered at the California-Pacific International exposition. She will be an honored guest of the Legionnaires during the state convention in Hollywood in August. She is shown holding the trophy she won.

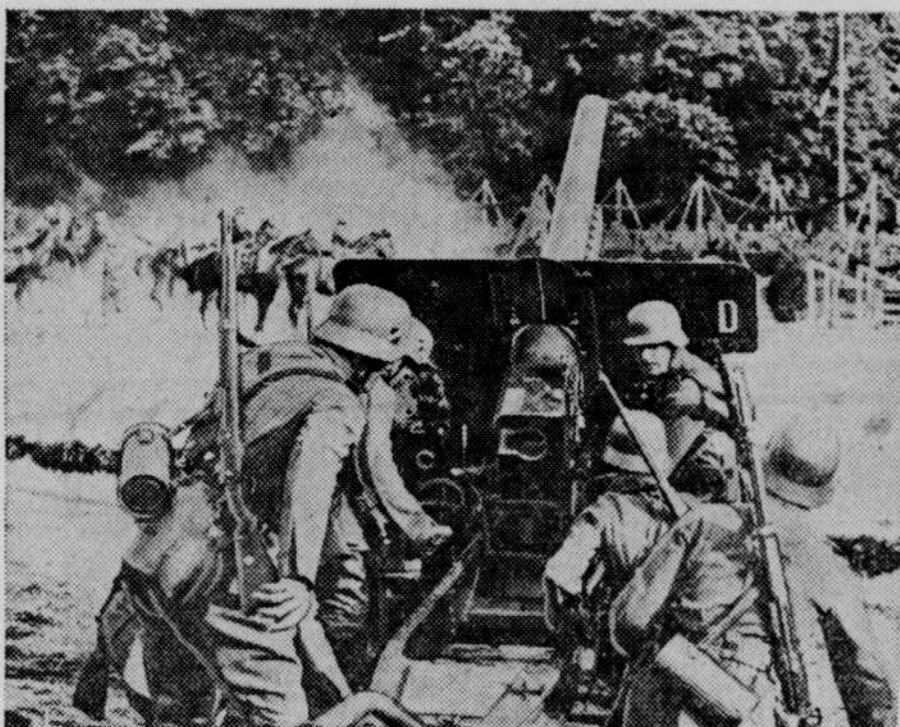


A brand new grill with cooking surface of an amazing new aluminum alloy so sensitive to heat that a single folded newspaper provides sufficient fuel for cooking an egg enables hard-working stenographers to eat in the office during rush hours. Photo shows Laurette O'Neill testing the device at the International Homefurnishing show in the Merchandise Mart in Chicago.

Quick Lunch for the Stenographer



German Field Battery Roars Into Action



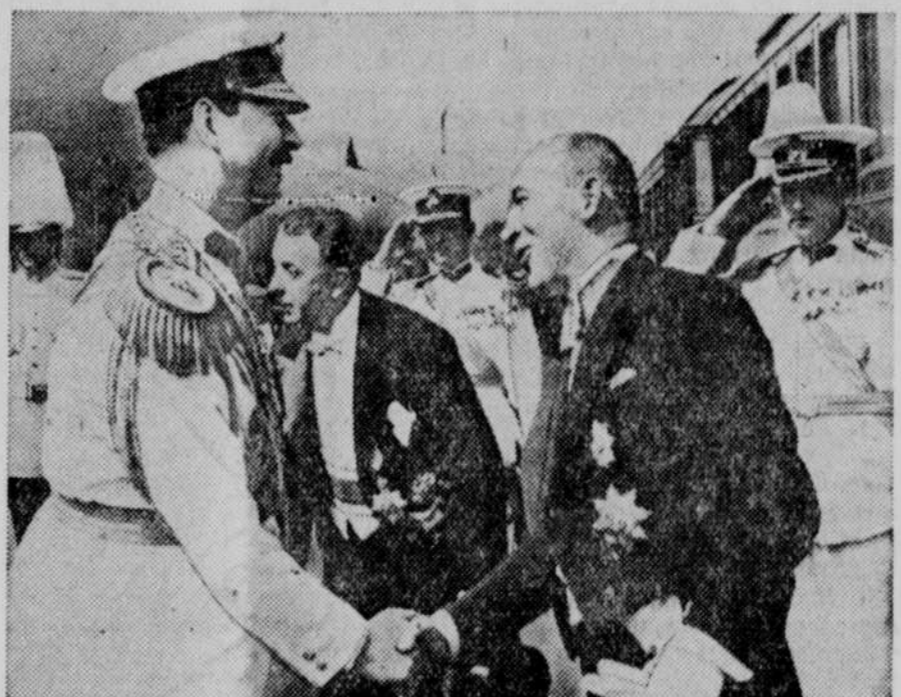
In recent military maneuvers near Potsdam, Germany, new field artillery units of the Reich's army were tested out. The remilitarization of the Rhine and recent German diplomatic coups have re-established the prestige of the Reich throughout the world. Chief among the recent diplomatic moves was an agreement between Germany and Austria, pledging friendship.

IL DUCE'S NEW ENVOY



Fulvio Suvich, whose name had been sent to the United States for approval, for the portfolio of next Italian ambassador. The United States indicated that he is fully acceptable and now only the formality of an appointment by Premier Benito Mussolini stands in the way of the official announcement.

King Carol Greets Czechoslovak President



President Eduard Benes of Czechoslovakia was warmly greeted by King Carol of Rumania when he arrived in Bucharest for a conference of the Little Entente powers.

REPRESENTS LEAGUE



Removal of Sean Lester, League of Nations High Commissioner in the free city of Danzig has been demanded by Dr. Arthur Karl Greiser, president of the Nazi-controlled Danzig senate.

Chicago Tests Motor Cars for Safety



Under Chicago's new compulsory auto inspection law, all motor cars in the city are being rigidly inspected as to brakes, lights, horn, tires, etc. The law provides that all cars must be inspected every six months. Photo shows general view of the auto test lanes in Grant park on Chicago's lake front.

Golden Gate Bridge Approaching Completion



Automobiles will be passing over the San Francisco-Oakland Bay bridge by next November, engineers predict. This view shows the center lane with the floor steel entirely erected on the West Bay Crossing. The bridge, largest structure of its kind in the world, will cost \$77,200,000 on completion.