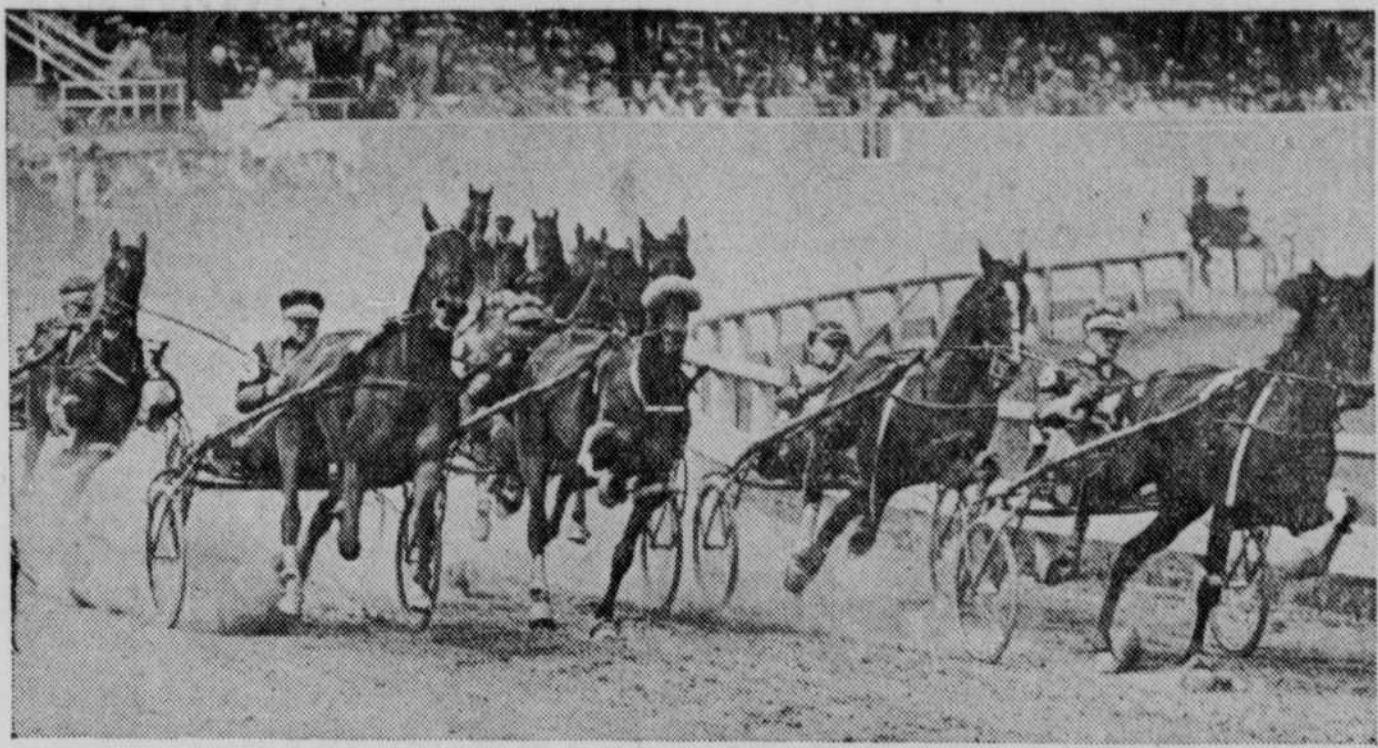


## 1936 Grand Circuit Season Opens in East



Trotters swing into the stretch with their smooth stride eating up the ground during the running of a team in the Rio Grande trophy race, one of the events at the opening of the Grand Circuit meeting at Goshen, N. Y.

### "I Christen Thee McDougal"



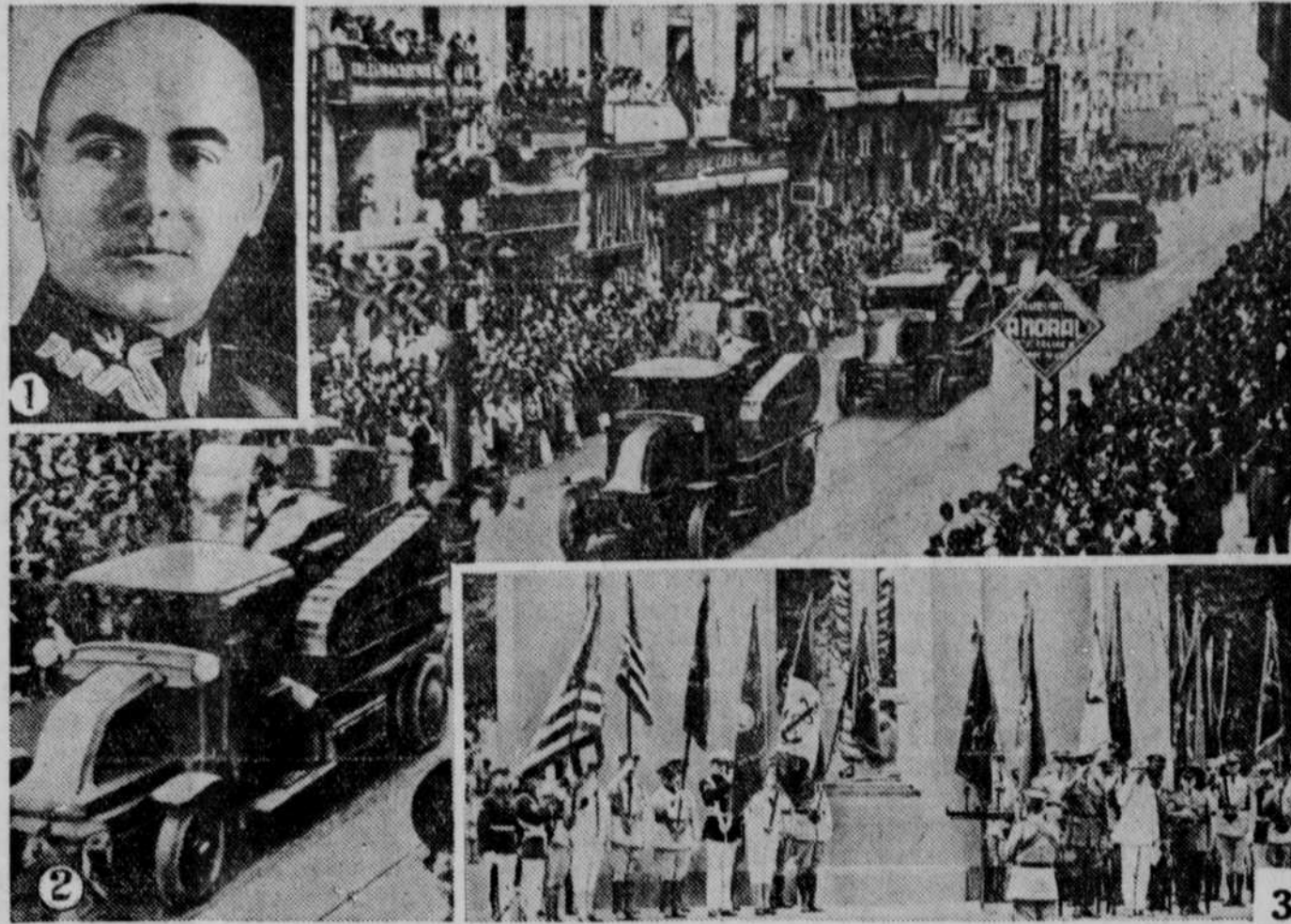
Miss Caroline McDougal Neilson of Springfield, Mass., shown about to smash a bottle across the bows of the U. S. S. McDougal, 1,850-ton destroyer, launched in a shipyard at Camden, N. J. Miss Neilson is a great-granddaughter of the late Rear Admiral David Stockton McDougal, after whom the vessel is named.

### SHRINE POTENTATE



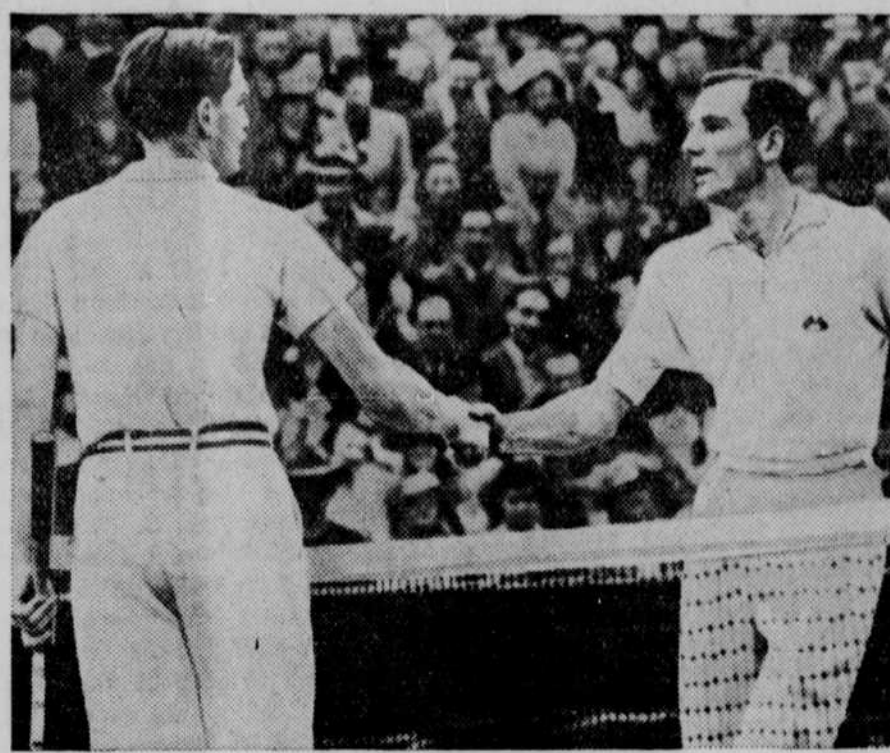
Judge Clyde I. Webster of Moslem temple, Detroit, newly elected imperial potentate of the Shrine. The Masonic body held its annual convention in Seattle, Wash., and voted to continue its program of care and treatment of crippled children in Shrine hospitals.

## Scenes and Persons in the Current News



1—Gen. Edward Rydz-Smigly, who has been proclaimed Poland's first citizen, a post which virtually drops him into the boots of the late Marshal Pilsudski. 2—Tanks rumble through Spain's cities, as the leftist government tries to crush the military revolt. 3—Veterans of the Second division dedicate a memorial to their fallen comrades in Washington, D. C.

### Perry Is Tennis Champ for Third Time



Wimbledon, England.—Baron Gottfried von Cramm of Germany (left) congratulates Fred Perry of England, who defeated him in straight sets to win the men's singles at Wimbledon for the third successive year. The German, however, injured a thigh muscle in the first set.

### FILLS FARLEY'S POST



William W. Howes, who is acting postmaster general during the leave of absence of Postmaster General James A. Farley, who is directing the Democratic party's campaign to re-elect President Roosevelt. Mr. Howes' regular post is first assistant postmaster general.

## HOW ARE YOU TODAY

DR. JAMES W. BARTON  
Talks About

### Moderation for Middle Aged

FOR those who aspire to make the period known as middle age comfortable, fruitful, and happy, the keynote of conduct must be "moderation." In matters of food and exercise, work or play, the middle-aged must conserve their powers. Even in such common matters as sunshine and fresh air one can go to extremes, like the nudists and sun bathers; and in the matter of food, it is notorious that we cannot be trusted. Faddists often eat too little or a one-sided diet; but most commonly we overeat.

The foregoing is from an editorial in the British Journal of Physiology and Medicine.

Middle-age is the cross roads in life. We can determine that we are not going to grow old and so go about our work or play as if we were still youthful. This is of course the idea that it is better to wear out than to rust out and most of us will agree that it is better to live until we die (really live) than it is to decide that we are old, already dying in fact, and so rust out.

But the cross roads can be met in the spirit of the editorial quoted above; that is, moderation in all things.

### What does moderation mean?

#### Extra Hour in Bed

Moderation means that in the matter of sleep or rest we take an extra hour in bed each night whether we sleep or not, or that during the day we snatch a few minutes' rest by lying down, completely relaxed. Gladstone knew how to rest for a few minutes at different times during the day, and Edison, although he got along on four to six hours rest at night, always had a couch in his workroom on which he could relax at times during the day.

In the matter of food moderation means cutting down on all food by 25 per cent, and perhaps as much as half on meat and eggs if our work is indoors and sitting down. If we do real physical work food need not be reduced in amount.

In the matter of exercise moderation means simply regular walking daily or golfing two or three times a week. Badminton or tennis should be played only by tennis players who have kept up their game; it is dangerous for others. That body of yours will enable you to really "live until you die" if you use moderation at the period of middle-age.

#### Seasonal Weight Changes

There are some individuals whose weight never changes. I have met a number—at least a dozen—who remained at the same weight for as long as twenty years or more.

However, most of us put on three to five pounds during the cool weather and lose it again when the warm weather comes. This very fact teaches a very simple lesson—our weight depends upon the food we eat and the amount of work done or exercise taken.

It is naturally a difficult matter for the overweight to cut down his food intake during the cool weather. About three-fourths of the food we eat is needed to supply heat and energy to the body even if we did absolutely no work—in fact if we were actually lying in bed. The other fourth of the food we eat is used or should be used by work or exercise.

Unfortunately our overweight friends, because the air is cool, find that their appetite is a little sharper and they eat more of the foods which create heat and store fat on the body, that is the starch foods—potatoes, bread, sugar, pastry and the fat foods—cream, butter, and fat meats.

Now this extra starch and fat would be all right if they would use it up by outdoor exercise, but because they are overweight, are eating more food, are really a little heavier, they feel less like exercise despite the cool weather.

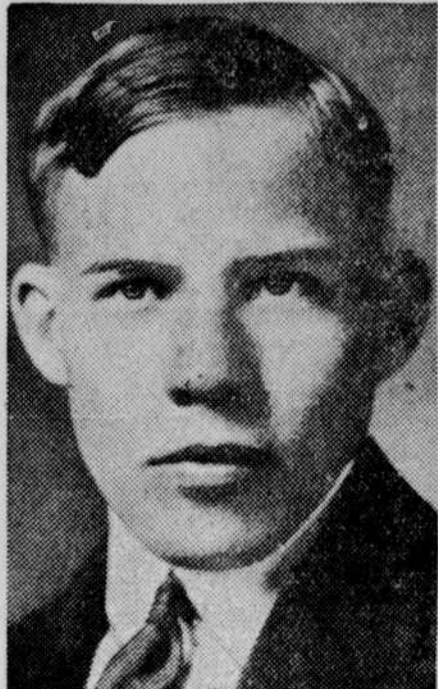
What about the warm weather for reducing weight?

In the first place there is not the same "need" for food as the body doesn't need quite as much food for heating purposes; secondly any exercise or work, however little, helps to take fat off the body and of course with every pound of fat, over three pounds of water comes off also—that is about four pounds of weight.

It is only natural, of course, that during the warm weather more liquids will be taken to replace the water lost by perspiration, and in fat people anyway, water makes or increases weight. Fat opens up its tissues and holds a great amount of water, whereas muscle, although made up of three-fourths water—will not hold water within its tissues. You see muscle tissue is too "active" to have any spare room for water.

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### HELD BY NAZI



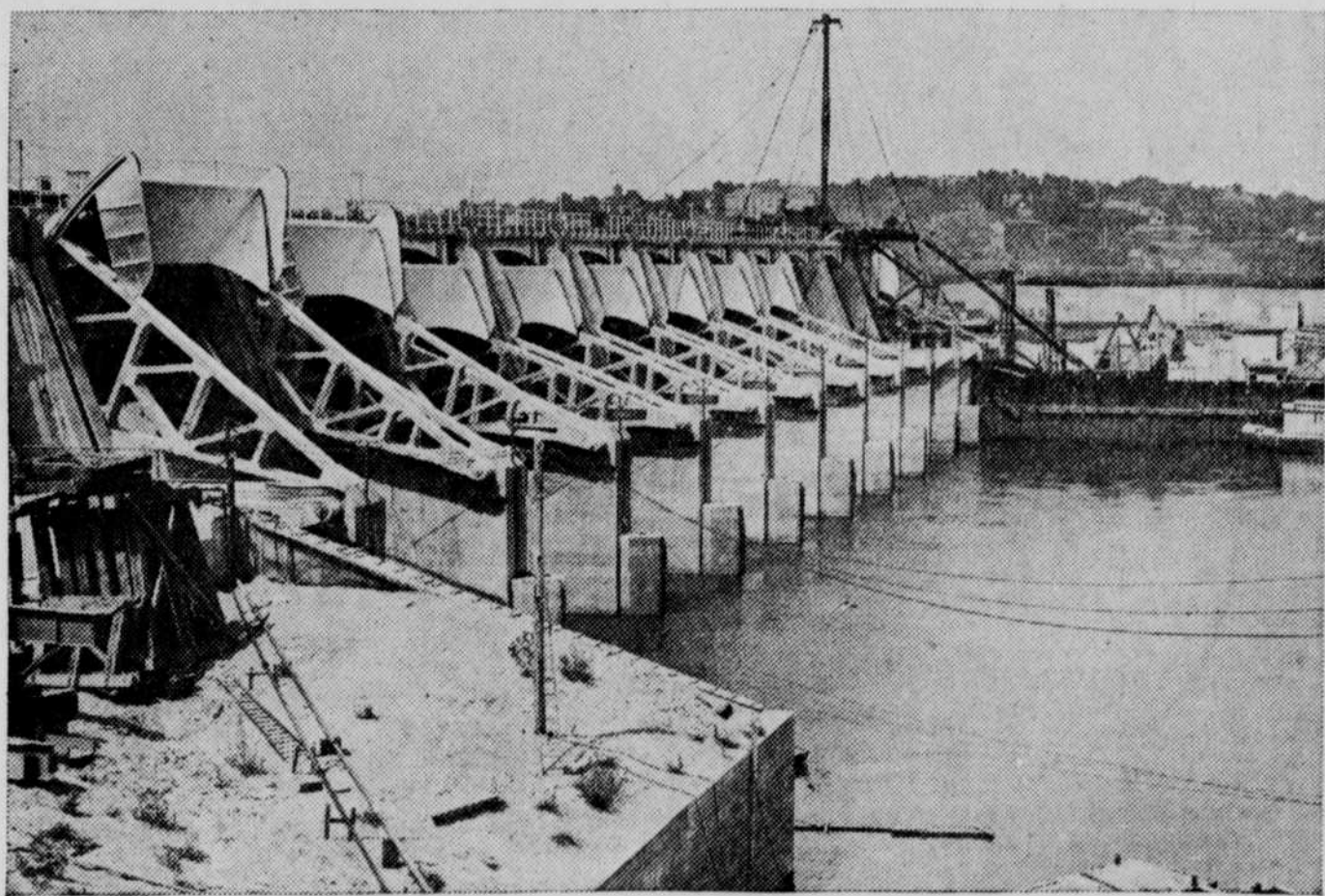
Arrested in Hamburg more than a year ago on a charge of possessing anti-Nazi documents, Lawrence Simpson, seaman on the U. S. S. Manhattan, has been placed on trial.

### Bursting Water Main Floods Station



Photo shows workmen trying to clear tracks at the Union station in Chicago of a flood estimated at three to ten feet deep. A 36-inch water main burst putting 14 railroad tracks out of commission. The water also flooded portions of the new post office. Passengers from suburban trains were forced to alight from inbound trains about five blocks from the station. Damage was estimated at \$200,000.

### Speed Work on Mississippi Navigation Dam



One-third of the great navigation dam across the Mississippi river at Alton, Ill., has been completed and work on the remaining section of this the longest and highest of the 26 dams projected to aid navigation on the Mississippi between here and St. Paul, Minn., is progressing swiftly. The dam's 30 gates will be the largest of their type in the world. The dam proper will be 1,724 feet long in addition to the width of an already completed lock on the Alton shore. View shows a general view of the dam project with the completed gates in the foreground and a coffer-dam in mid-stream, in which the second series of gates will be built.

### GIVES ALL TO CHARITY



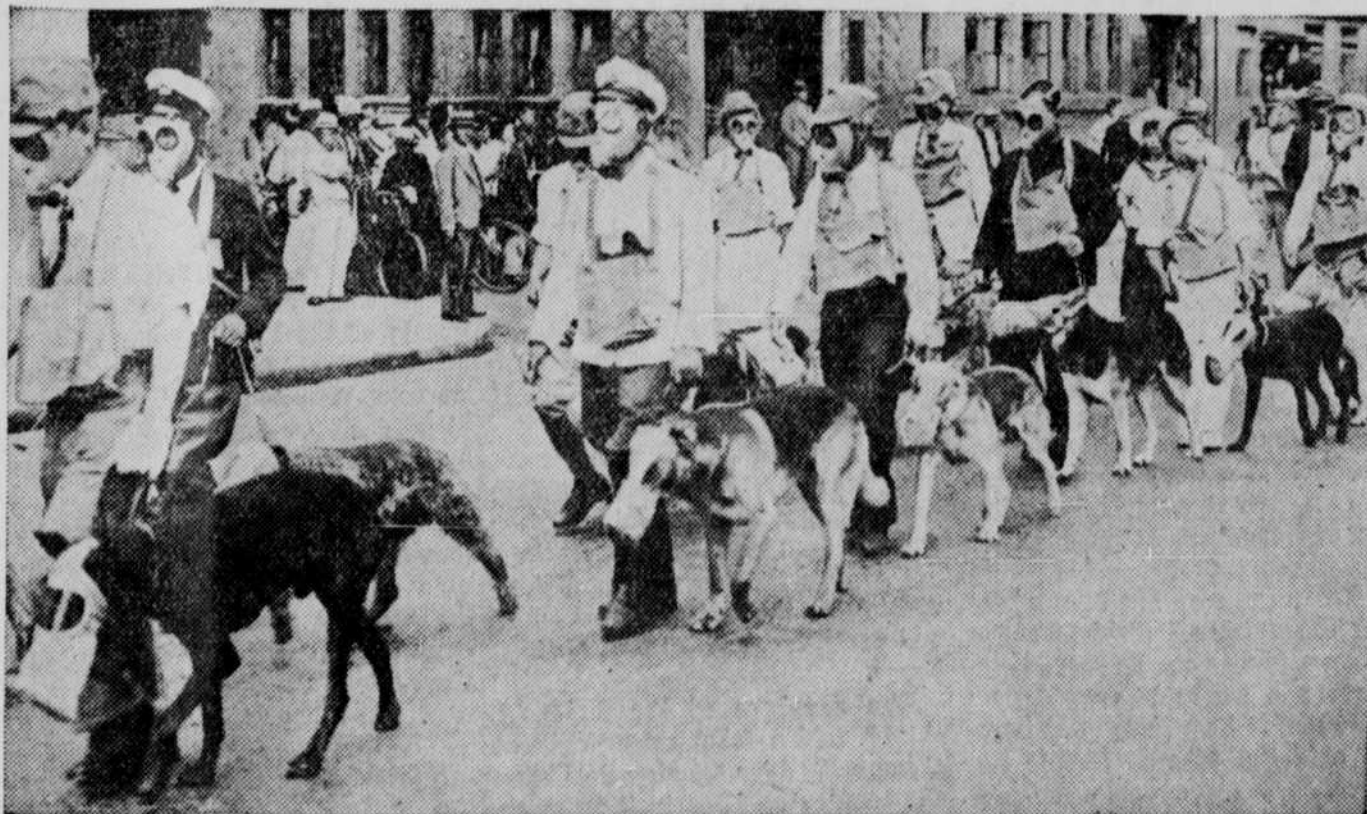
In a momentous decision based on "divine inspiration," Elsie Janis, one-time popular stage star and "sweetheart of the A. E. F." during the World war, has disclosed plans to dispose of her worldly possessions and to devote the proceeds and her life to local charities.

### 51-Foot Yawl Wins Honolulu Race



"You're first to finish!" James Wilder, judge, tells James Flood (left), owner of the 51-foot yawl Dorade, at the end of the longest yacht race in America—2,225 miles from California to Honolulu. The Dorade, of San Francisco, crossed the finish line with an elapsed time of 13 days 7 hours 46 minutes and 53 1/2 seconds. The Circe, of Seattle, was second.

### Civilians and Their Dogs Parade in Gas Masks



Tokyo.—Civilians and their dogs parade through the streets of the Japanese capital wearing gas masks in a demonstration of the preparedness of the civilian population for a gas attack when and if the next war comes.