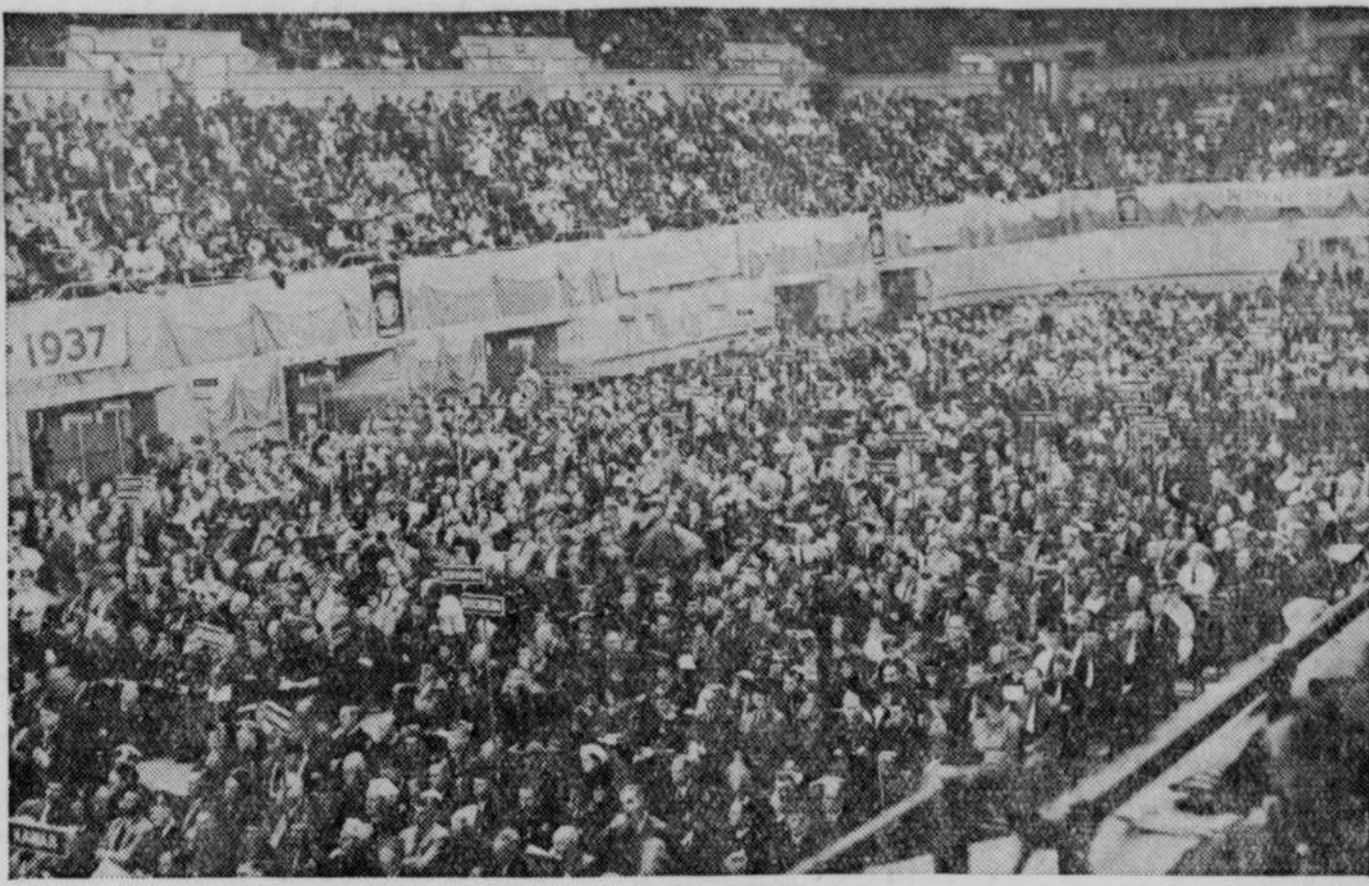


American Legion Convention in Session



General view of the Cleveland auditorium with the American Legion annual convention in session. More than ten thousand veterans were present.

Scenes and Persons in the Current News



1—Ex-Queen Victoria of Spain in New York looking after her son, Count Covadonga, who is afflicted with haemophilia. 2—Members of the Coldstream Guards, who volunteered for service in Palestine, on their way to take ship to that country. 3—Pickets in the lettuce workers' strike at Salinas, Calif., routed by tear gas used by the state highway police.

How ARE YOU TODAY

Dr. James W. Barton
TALKS ABOUT

Nervous Ailments.

SOME of the names used in describing mental ailments are naturally confusing and everywhere research workers are trying to get names that will describe certain symptoms and these names could then be used throughout the world.

And even names of very common ailments or groups of symptoms are not as well understood by most of us as they should be. Thus imbecile means that the individual did not have enough brain power when he was born and never will have enough to enable him to earn a living. In other words, he was born that way.



Dr. Barton. Dementia, on the other hand, means that the brain power has "gone downward." The individual was born with sufficient brain power and was able to think, do mental work, earn a living, but his mental power has become less due to various causes. We have all seen this in many friends or acquaintances who have lost their memory, their power to think as they grew older.

Types of Dementia.

Now this dementia may not be one of decay but of change in the attitude of the mind towards the surroundings, family, or work. The individual may get very excited about things, very depressed, or pay no attention to the most important or vital matters. This latter is called the apathy — not interested—type.

The excited dementia patient talks a great deal, is greatly interested in a matter, drops it and gets greatly interested in something different; his attention being attracted by the most trifling object or subject. He is generally pleased with himself, but may have outbursts of furious anger.

Depression is exactly the opposite to excitement. "The patient is slow in all his actions, thinks with difficulty and is miserable and unhappy."

Mental Indifference.

In the third type of dementia patient — apathy or indifference — the patient is neither excited or depressed, but absolutely indifferent and without apparent interests, desires or ambitions.

The patient sits down, doesn't do anything because he isn't interested in anything. As a matter of fact the patient can and does observe and understand everything but nothing seems important enough to stir him to thought or action.

Thus in a general way then imbecility or being an imbecile is not having enough brains. Dementia means having brains but not balance.

A Sane Reducing Program.

In following a reducing diet every overweight individual tries to remember that starch food—potatoes, bread, sugar and pastry — is definitely known to store fat. It is of course known that these foods are all good necessary foods as they create heat and energy in the body. But as the average fat individual does not use up as much energy in work or play as one of normal weight, the excess starch food gets stored away as fat. It is only natural then that potatoes, bread and sugar are the first foods reduced.

Similarly with fat foods. Fat foods give twice as much energy as starch foods or the proteins — meats, eggs, fish. In every reducing diet it is advisable that butter, cream, and fat meats be also reduced.

Now this reduction in starch and fat foods—the energy producers—often means that the individual feels weak, lacks energy, is afraid he or she will collapse, with the result that both starch and fat foods are immediately resumed in full amounts and these individuals feel that reducing weight by reducing food just cannot be done in their particular cases.

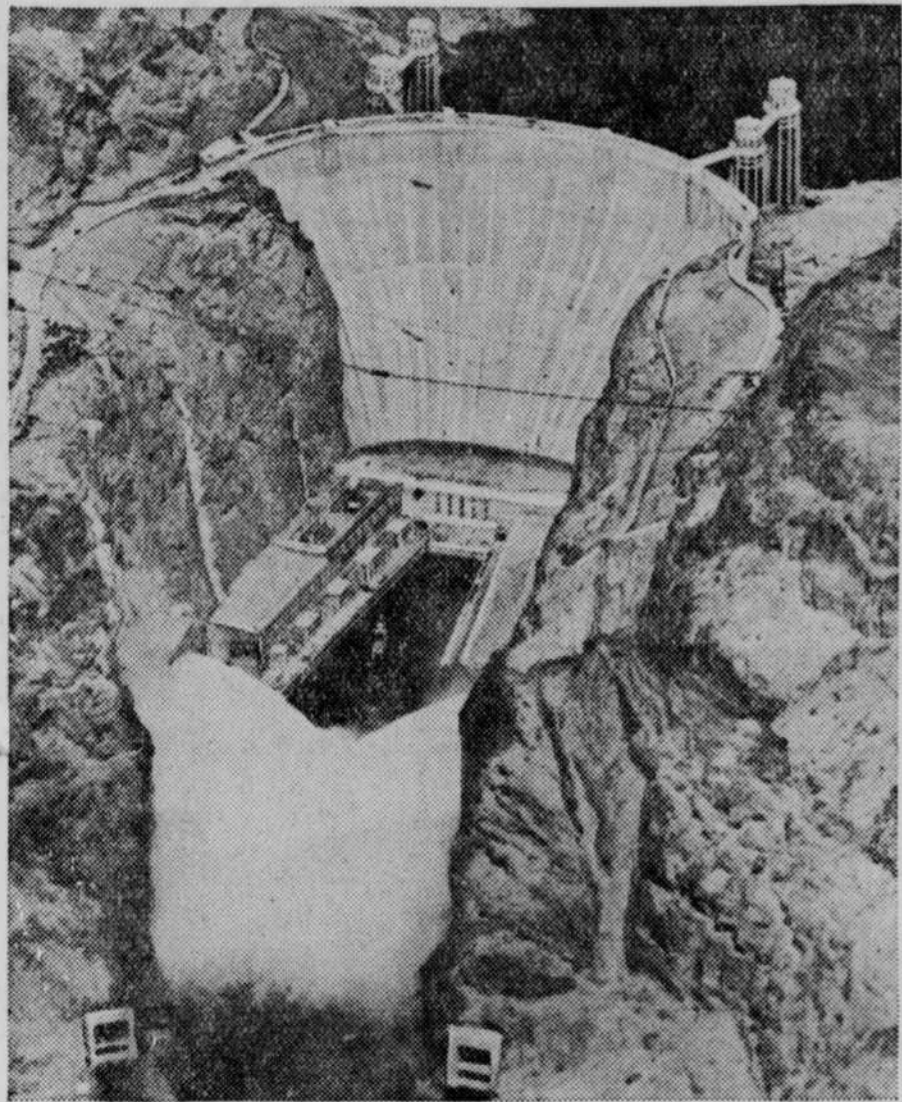
It might be well therefore for some who are reducing to start reducing the fat foods first, leaving the reduction of starch foods for a few weeks later.

Another point to remember is that food must not be cut down in large amounts at first. While the excess fat on the overweight individual can serve to a certain extent as fuel for the needs of the body, only a small amount of it should be used as fuel daily or there may be shock, and sagging of face and abdomen.

However one of the main points in reducing weight is to remember not to cut down on protein foods; in fact it might be well to actually increase the amount of meat eaten. Whereas fat foods and starch foods burn slowly, meat foods burn fast.

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Testing Boulder Dam's Great Valves



Twelve needle valves at Boulder dam, six on each side of the dam, pictured pouring their tremendous flood water out of the downstream side of the mighty structure. This was the first time all twelve valves have been opened since completion of the dam.

Wins Title of Empire State's Best Cook

Mrs. F. E. Dona of Canton N. Y., is hailed as the best cook in the Empire State, for she won first prize in the menu contest sponsored by the state bureau of milk publicity. The prize dinner cooked by



Mrs. Dona consisted of onion soup, fish baked in milk, rice potatoes with carrot sauce, diced baked beets and buttered peas, whole wheat scones, apple salad, and lemon pudding, with milk for children and cafe au lait for adults.

Keeps Eagle Eye on Penn Gridsters



Something new in football fans is this falcon, "Blue Beauty," shown with its owner, Alva Nye, of Chevy Chase, D. C., at a workout of the University of Pennsylvania grid squad. Nye, who is a regular of the varsity squad, raises the falcons for a hobby. This one will be seen on the bench throughout the coming season.

"INFANT IN POLITICS"



Dean John R. Murdock of the Arizona State Teachers college at Tempe, Ariz., a self-styled "infant in politics," who defeated eleven Democratic candidates for the state's long congressional seat. His nomination is considered tantamount to election.

PERSIAN HALFBACK



Omar Fared, University of Chicago halfback, is a Persian. He displayed clever running and passing for Chicago last season. He weighs only 167 pounds.

New Auditorium Built for San Jose



Here, beautifully situated amid palms, is the new municipal auditorium in San Jose, Calif. It was erected with the aid of a PWA grant of \$500,000, and is the first unit of the city's proposed civic center. Other imposing buildings are expected to form a part of this new development, which will make San Jose one of the most imposing cities of California.

JULIANA'S FIANCE



Prince Bernard Zur Lippe-Biesterfeld of Germany, whose engagement to Princess Juliana of Holland was announced recently.

Two Big Ones Escaped, Says Hoover



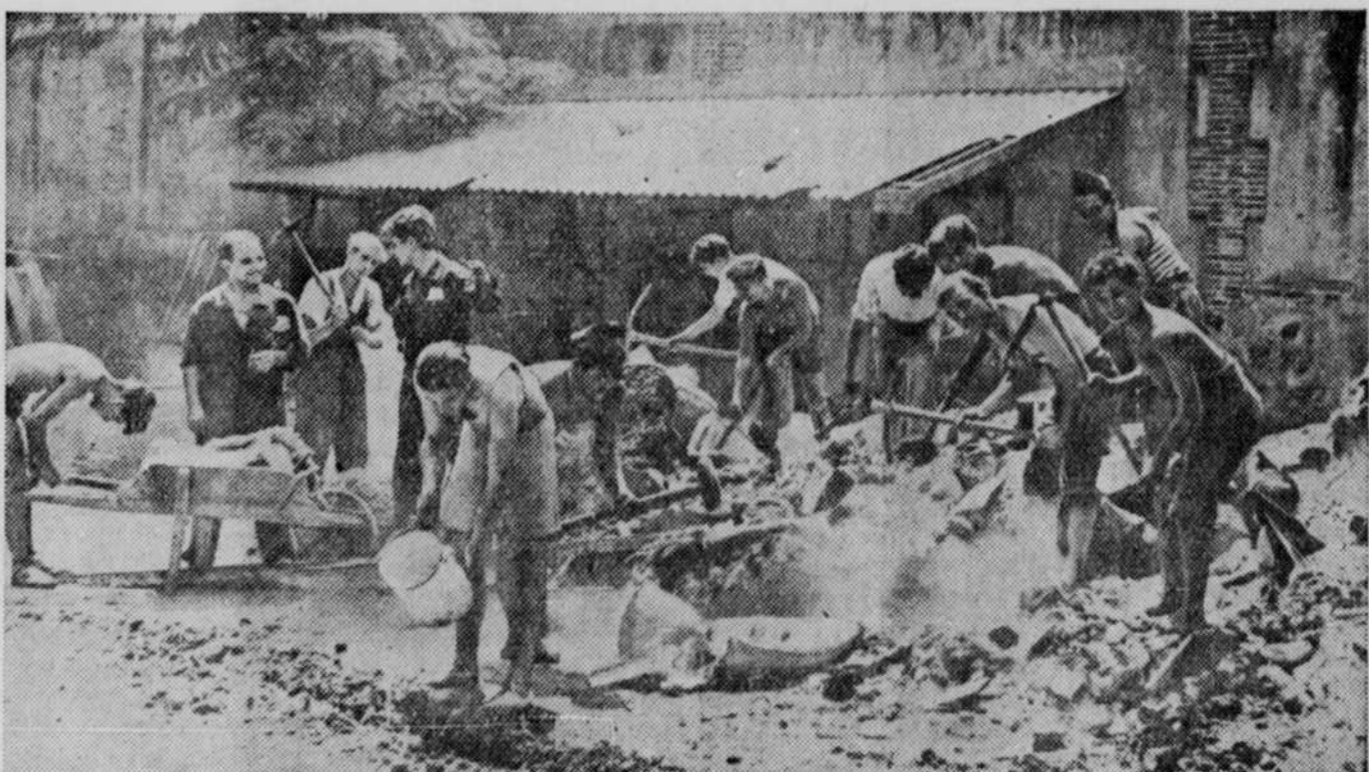
Still smiling over his angling success, former President Herbert Hoover talks over his fish and things with Lawrence Richey (left), his former secretary, and Arnold E. Rattray after their cruise in Block Island sound. In the four-hour fishing expedition Mr. Hoover and his party hooked five good-sized bluefish—with two of the largest escaping capture.

In Memory of the Sailing of the Mayflower



Representatives of American and British societies celebrated the anniversary of the sailing of the Mayflower in 1620 at the actual spot on the Barbican at Plymouth, Devonshire, England.

Barcelona Seminary to Be Popular University



Members of the Iberian Anarchist federation dismantling the ancient Seminary of Barcelona preparatory to converting the establishment into a university of the Popular party.