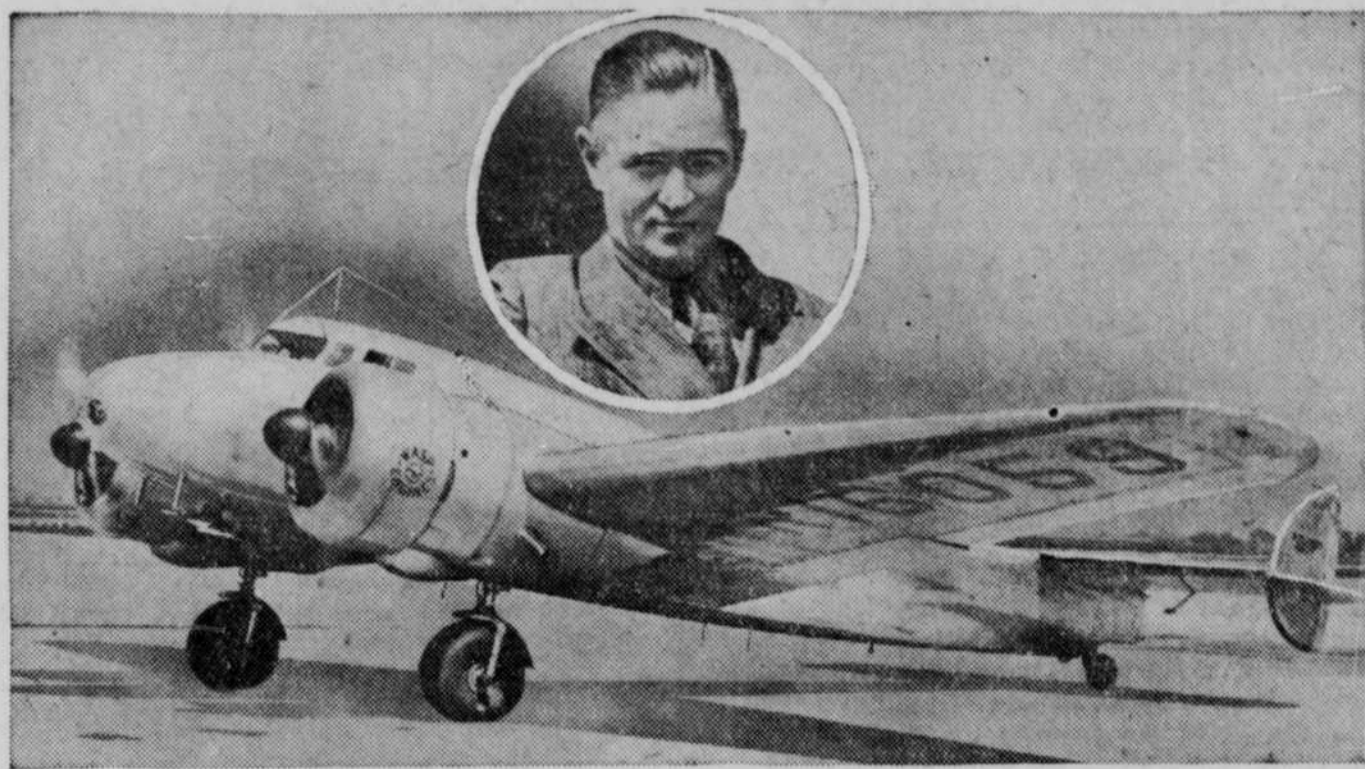


Two-Way Atlantic Flight Takes 45 Hours



Henry T. (Dick) Merrill, inset, and the Lockheed Electra plane in which the flyer and his co-pilot John S. (Jack) Lambie completed the first commercial round trip flight across the Atlantic and the fastest two-way journey ever completed over that ocean. The total flying time was 45 hours and 24 minutes from New York to London and return. The eastward passage took 21 hours and two minutes and the westward flight took 24 hours and 22 minutes. The flyers visited London for the coronation and brought back photographs and films of the coronation ceremonies. The flyers landed in New York 35 seconds less than five days after they took-off from Floyd Bennett field on the eastward flight.

Scenes and Persons in the Current News



1—President Vargas of Brazil, who has mobilized 40,000 troops to quell a rebellion in the state of Rio Grande. 2—War Admiral, son of Man-o-War, shown winning the recent Kentucky derby. 3—Members of the national chapter of the War Mothers of America, placing wreaths on the tomb of the Unknown Soldier in Arlington National cemetery.

Unobserved Exercise

By
DR. JAMES W. BARTON
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"THE accumulation of excess fat, in that it tends to reduce physical efficiency and not uncommonly to imperil life, should be regarded far more gravely than is the case. Now although there are a considerable number of different causes of overweight, yet in practice the majority of cases result from excessive food intake and deserve, therefore, our chief attention. Thus most people over the age of forty are too fat, although at first glance they might be passed as normal. Fat creeps secretly or unnoticed into the abdominal wall, and the abdominal organs, producing the middle-aged spread as its first sign. At this stage treatment is a simple matter and unassociated with danger. It may consist of either exercises or reduced food intake, or both."

I am quoting Dr. A. H. Douthwaite in a recent issue of the British Medical Journal.

Now in this early stage of overweight there is no question but that the use of simple, suitable exercises, properly and regularly performed, will not only prevent the protruding abdomen or middle-aged spread, but will give erectness to the carriage thus preventing further spreading.

For many years I have prescribed definite exercises for definite conditions; exercises to correct or prevent the protruding abdomen have been prescribed in at least three of every four cases treated. To have the individual place his hand on his abdomen as he lies on his back and raises his legs (knees straight) or sit up, or standing with knees straight and rocking from side to side, gives him the feeling that the exercise is catching the right spot—the muscles of the abdomen.

No One Notices This.

Now although taking these exercises at home and also at the gymnasium is practically always possible, it must be admitted that many fat individuals are not at home or there is no gymnasium; others may not have time or opportunity. For these a rather unique system of exercising the abdominal muscles is that of contracting and relaxing these muscles at will, even during working hours, and entirely unnoticed by others. It is just the same idea as tightening the thigh or calf muscles without really straightening the leg or extending the toe.

First the patient should be taught to pull his abdominal wall in and out while standing or sitting. This exercises the straight or up and down muscles in the front of the abdomen. These form the "wash-board" seen on those who are well developed. Secondly, he should learn to exercise the "oblique" muscles that run obliquely across abdomen instead of straight up and down. This is done by standing and drawing the hips and lower ribs together, first on one side and then on the other.

Thirdly, the back must not be forgotten. All fat people eventually develop a bad stance (posture), and a healthy abdominal wall cannot be achieved if its main point of attachment is weak and warped. Insistence should thus be placed on the importance of carrying the head and body erect.

Thyroid and Angina Pectoris.

A number of surgeons have lately been removing the thyroid gland in severe cases of angina pectoris where the blood vessels supplying the muscular walls of the heart have become partly blocked. The walls of the heart have not been getting enough blood to maintain their strength and attacks of angina and heart failure occur.

Dr. T. C. Davison, Atlanta, Ga., in Southern Surgeon, states that the removal of the whole thyroid gland gives immediate and prolonged relief in the majority of cases of angina pectoris, apparently because the lower or slower rate at which the body processes work (with no thyroid juice to speed them up) has decreased the amount of work the heart has to do.

Sometimes when the thyroid gland is removed and the processes work at a slower rate, the fat tissue in the food or in the body doesn't get completely burned and the individual puts on fat. In these cases small doses of thyroid extract may be given which will remove the fat and yet not stimulate the heart too much.

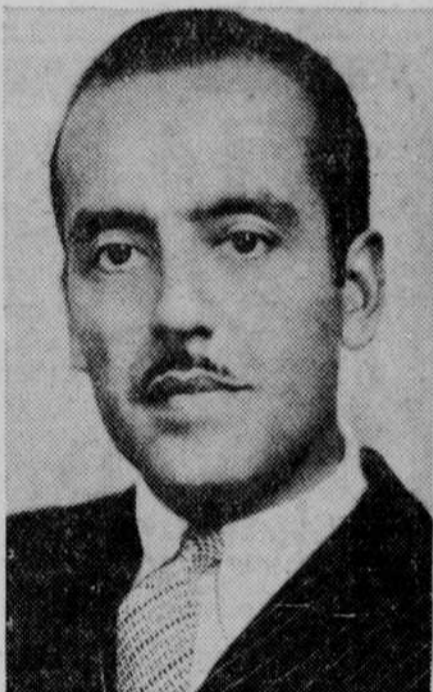
Of 54 cases reported there were only 2 deaths, the majority of the patients were relieved entirely of angina attacks and the others reported only mild attacks.

Speed Mt. Rushmore Memorial



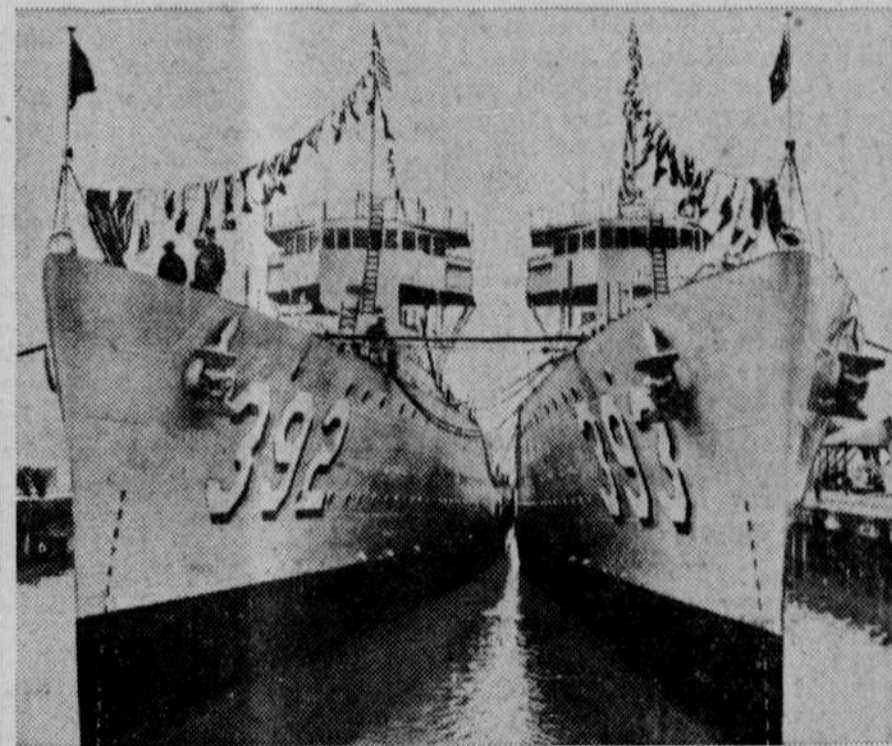
The heads and shoulders of President Washington and President Jefferson, sculptured in the solid granite of South Dakota's Black Hills, receive the finishing touches as workmen begin work on the last figure, that of President Lincoln. Gutzon Borglum, the sculptor, recently announced that he expected to have the major work on Mount Rushmore, near Rapid City, completed by next year, leaving the finishing touches for 1939.

CALLED SPANISH SPY



Jose de Gregorio, former secretary at the Spanish embassy in Washington, whose name was mentioned by Senator Gerald P. Nye of North Dakota when he said that Spanish spies in this country are seeking to "violate American neutrality."

New Twins Ready to Join Navy Family



Uncle Sam's two newest twin destroyers, the Patterson and Jarvis, are shown floating serenely in the drydock at Bremerton, Wash., before they joined their big family of sisters on the bounding main. The launching of the twins was sponsored by Miss Elizabeth Patterson.

GRANDMA GETS M. A.



Mrs. Rose A. Cahan, known to her fellow students at Teachers college of Columbia university as the "college grandmother," who has received a master of arts degree. She says she will continue her studies.

GETS WHITE HOUSE JOB



Miss Katherine Gilligan, twenty-six, of Lawrence, Mass., who has been named as new secretary for James Roosevelt, eldest son of the President, now serving as secretary to his father.

Pole Vault Aces Set New Record



The pole vault twins of the University of Southern California at Palo Alto who recently set a new world mark of 14 feet 8½ inches in the vault event in a dual meet with Stanford. Left: Earl Meadows; right: Bill Sefton, captain of the U. S. C. team.

Expert on Weather to Study Arctic

Clifford J. McGregor, meteorologist of the weather bureau at Newark, N. J., airport, who will head an expedition of scientists into the Arctic in the three-masted schooner



"General A. W. Greeley," named for the famous Arctic explorer. Leaving the end of June, the expedition will remain in the Far North for 16 months, studying and recording weather data.

Art Museum Starts "Rental Library"



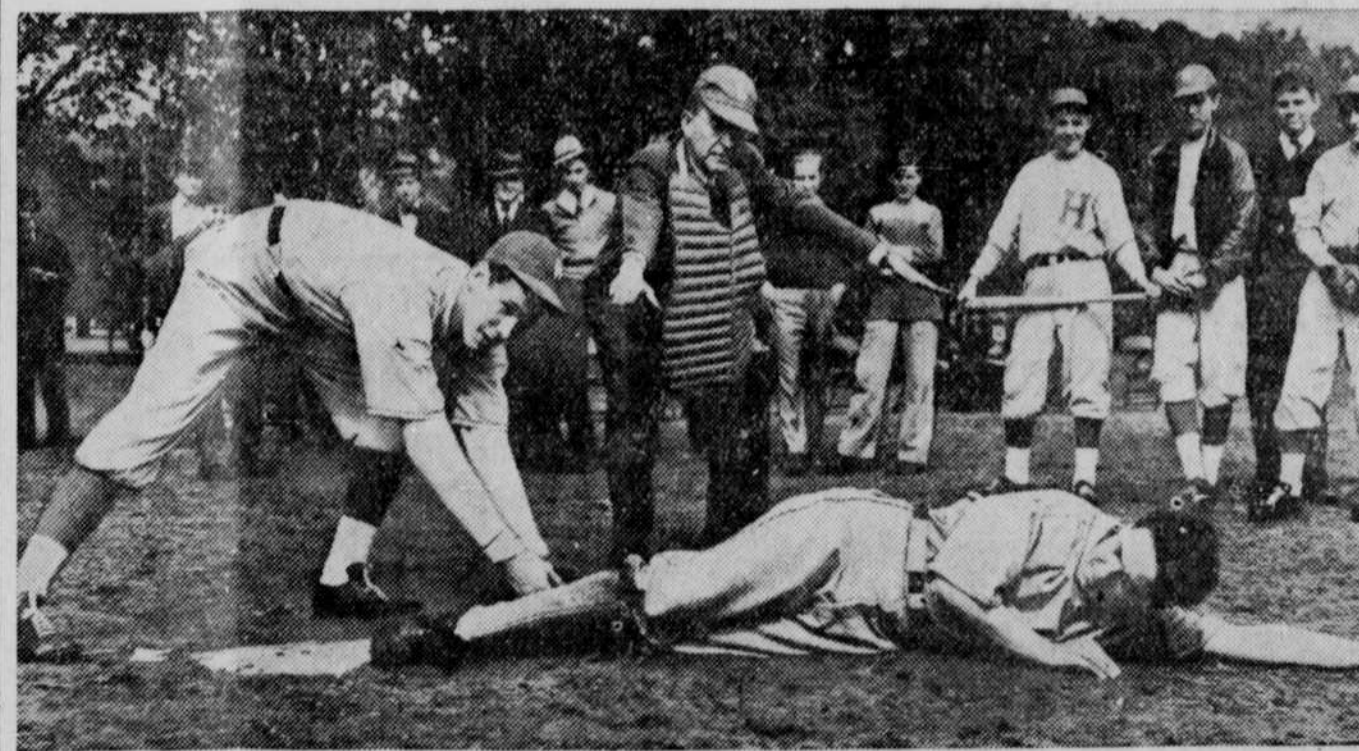
A unique rental plan of old master reproductions has been inaugurated by the Chicago Art Institute to encourage art appreciation. Fourteen reproductions of famous paintings are available for rent to members of the institute at seven and one-half cents a month. Miss Adele Lawson, left, institute employee, offers Miss Betty Humphreys, a member, her choice of two masterpieces.

Mt. Holyoke Honors Women College Heads



Dr. Katherine Blunt of Connecticut College for Women; Dr. Mildred McAfee of Wellesley; Dr. Virginia C. Gildersleeve of Barnard college; Dr. Margaret S. Morriss of Pembroke college and Dr. Aurelia H. Reinhardt of Mills college (left to right) who received honorary LL. D. degrees at the centennial celebration of Mount Holyoke college at South Hadley, Mass., recently. The college was founded by Mary Lyon as Mount Holyoke Female Seminary in 1837, rechartered as Mount Holyoke Seminary and College in 1888 and under its present title in 1893. Leading alumnae from all parts of the United States returned for the centennial celebration. The college is non-sectarian.

Speaker Bankhead Umpires Baseball Game



Legislative business was called off when Speaker of the House William B. Bankhead acted as master of ceremonies and umpire during the annual baseball game between the pages of the senate and the house of representatives in Washington recently. The speaker is shown calling a close one at the plate as Duane Dedricks of Utah, outfielder of the senate, slides home safely. Dan Ellis of Alabama is the catcher.