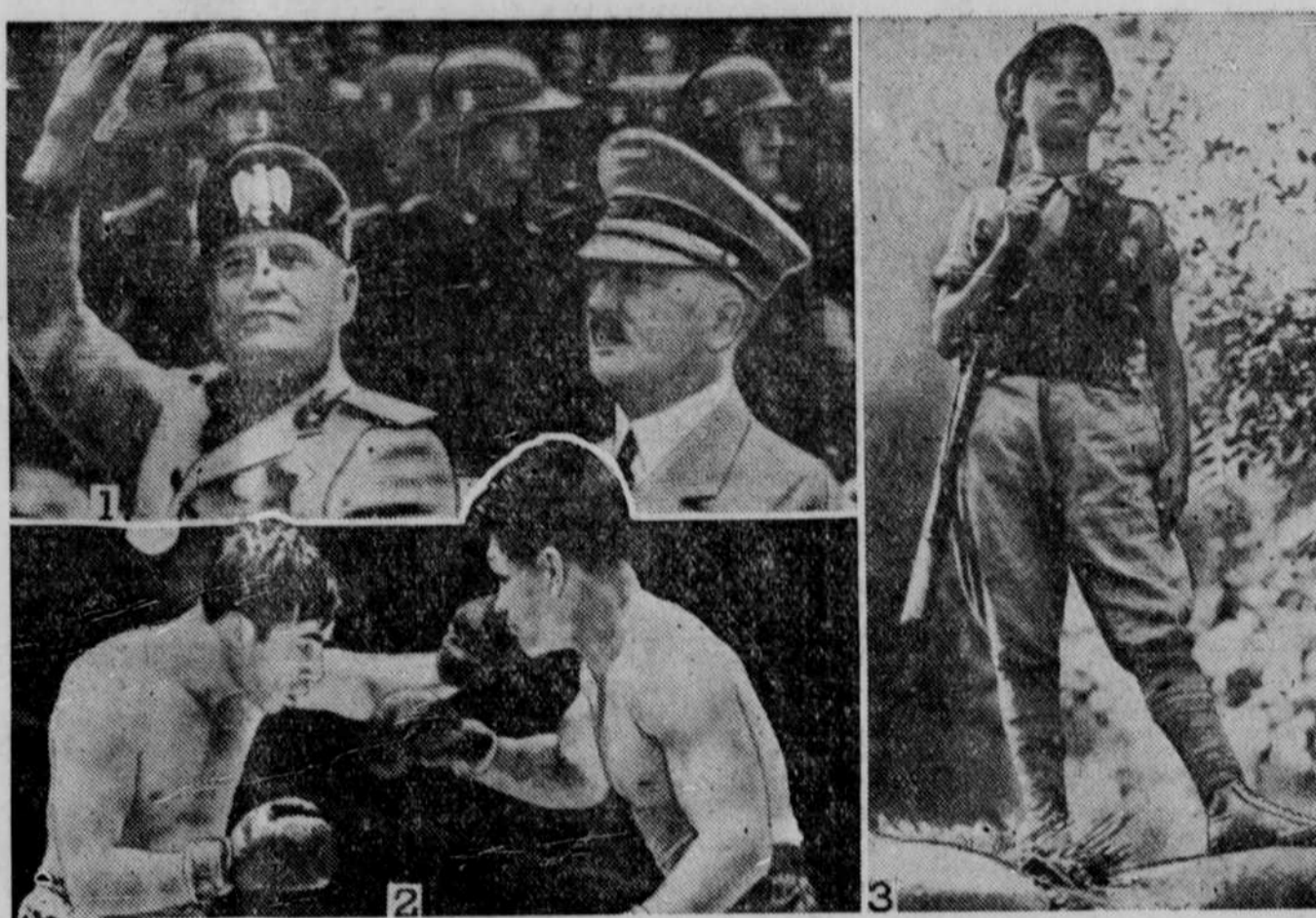


U. S. Nazi Parade at New Jersey Camp



Fritz Kuhn, national leader of the German-American Bund, gives the Nazi salute to uniformed Ordnungsdienst (camp police) marching by him during a Harvest day celebration at Camp Nordland, near Andover, N. J., recently.

Scenes and Persons in the Current News



1—Dictator Adolf Hitler (right) of Germany and Dictator Benito Mussolini of Italy riding together in Munich, during the Italian leader's visit to Germany recently. 2—Welterweight Champion Barney Ross shoots a hard left to Cerefino Garcia's jaw during their title bout in New York in which Ross retained his crown. 3—One of China's "women of valor" who have answered their nation's call to arms.

Keep Normal Amount of Fat

By DR. JAMES W. BARTON
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AN OVERWEIGHT woman in her early thirties said nothing to her friends but quietly "dieted"; she practically starved herself for about six weeks. She refused invitations out on the plea that she had a "cold that was hanging on."

After her weight had decreased from 170 pounds to 130 pounds she purchased a couple of new "outfits" and accepted the next invitation for an afternoon bridge party.

Naturally she created the sensation she expected to create. The conversation at each table at which she played was about the "return" of her youthful figure and numerous were the inquiries as to how she did it.

"I just didn't eat," was her reply. "I drank a little water, ate an egg once in a while, and remained in bed most of the time because I felt weak after the first few days. But I was bound I'd lose that 40 pounds if it killed me."

And, as a matter of fact, it nearly did kill her. Everything seemed to go wrong; the stomach, intestines, uterus and kidneys dropped downwards and forwards. She spent the next three months in bed and in undergoing two operations. Her fat all came back and she is now "unwieldy" in appearance.

It was just one brief moment of triumph—showing her friends her youthful figure—but she will pay for it always.

Now why did all this occur? Wasn't she better physically to be rid of all this fat which would raise her blood pressure and be a tax on her heart?

Normal Fat Is Needed.

Every overweight would be better physically if they were to rid themselves of their excess or "surplus" fat, but every individual—fat, thin or average—needs a certain amount, or a "normal" amount of fat in and on the body.

The normal amount of fatty tissue is very useful in the body not only as a "reserve" food or fuel but as padding about the nerve endings and to buoy up the abdominal organs and keep them in place. Accordingly the very thin person is almost sure to be high strung and nervous, and unless special care is taken to prevent it, the organs are apt to sag out of normal position.

In addition the poorly nourished muscle tissues become flabby and relaxed, including the muscles of the walls of the abdomen and the muscle coats of the intestine.

There is no disease in any particular organ, but the organs are not in their right positions and there is a lack of tone or elasticity in the muscle tissues of the organs; they just do not do their work properly and cause these symptoms of indigestion, constipation and general weakness.

Daily Range of Temperature.

One of the mistakes often made by intelligent individuals is to take their temperature from time to time during the day, and count the rate at which the heart is beating. In fact, instruments are now seen showing the blood pressure of any one who wants to spend a dime or twenty-five cents in this manner.

Your temperature, the rate at which your heart beats, and your blood pressure all vary throughout the day, all three being at their lowest or slowest on awaking in the morning. Any little excitement, eating food, taking exercise, will all increase the temperature, pulse rate, and blood pressure. Even the hour of the day and night has its effect upon these measurements, the temperature particularly being at its highest point at 4 o'clock in the afternoon and at 8 o'clock at night.

We should all remember also that the daily range of temperature in the average individual is about two degrees; thus the temperature may be 97 degrees in the early morning and 99 at 4 p. m. or 8 p. m. and be considered normal. Changes in the pulse rate and blood pressure also are found according to the time of day or the habits of the individual.

Thus variations in temperature during the day are a normal condition and each individual seems to have a temperature range of his own. Dr. H. A. Reimann, Minneapolis, Minn., in Clinical Medicine and Surgery, says:

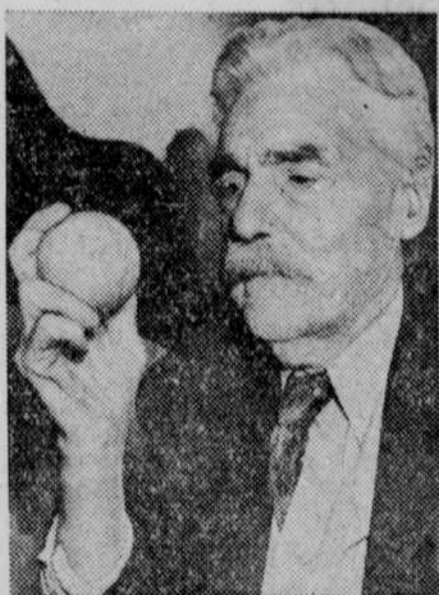
"Every normal person has a temperature range of his own which, for him, is 'normal,' even though it may be higher than the average or usual range. When a patient like this consults a physician, he should be given a thorough and searching examination and, if no underlying organic disease is found, this 'normal' variation in temperature should be explained to him, thus relieving his mind."

Fire Menaces Chicago Stock Yards



Flames which swept over a block-square building of one of the major meat-packing plants in the Union Stock yards at Chicago caused damage in excess of \$200,000. Nearly a third of the fire-fighting apparatus of the city was called to the yards to prevent a spread of the conflagration. Picture shows firemen fighting the blaze.

THREW FIRST CURVE



Fred Goldsmith, a real veteran of the diamond, is shown as he demonstrated how he threw the first curve ball, originated by him. This "roundhouse" surprised the batter by coming in wide and breaking right across the plate. Goldsmith, as a member of the Chicago White Stockings, pitched the first world series game held between his team and the Cincinnati Red Stockings in 1882. This was six years after the founding of the National League in 1876.

TO COUNT JOBLESS



John D. Biggers of Toledo, Ohio, administrator of the unemployment census, who announced that registration blanks will be distributed to the nation's 31,000,000 families on November 16 and 17. The blanks will be passed out by postmen. Persons out of work or on part-time jobs will be asked to fill them out and mail them to Washington by November 20.

They're Telling Tall Fish Stories



When Jack Dempsey, former world's heavyweight champion, and Fin Petrie, winner of the Country Home Magazine's annual award for the best rural newspaper correspondence, met recently, they discovered a mutual interest in fishing. Fin, who comes from Opal, Wyo., has just asked Jack to join him on an expedition through the Jackson Hole country. The ex-champ is saying, "Okay."

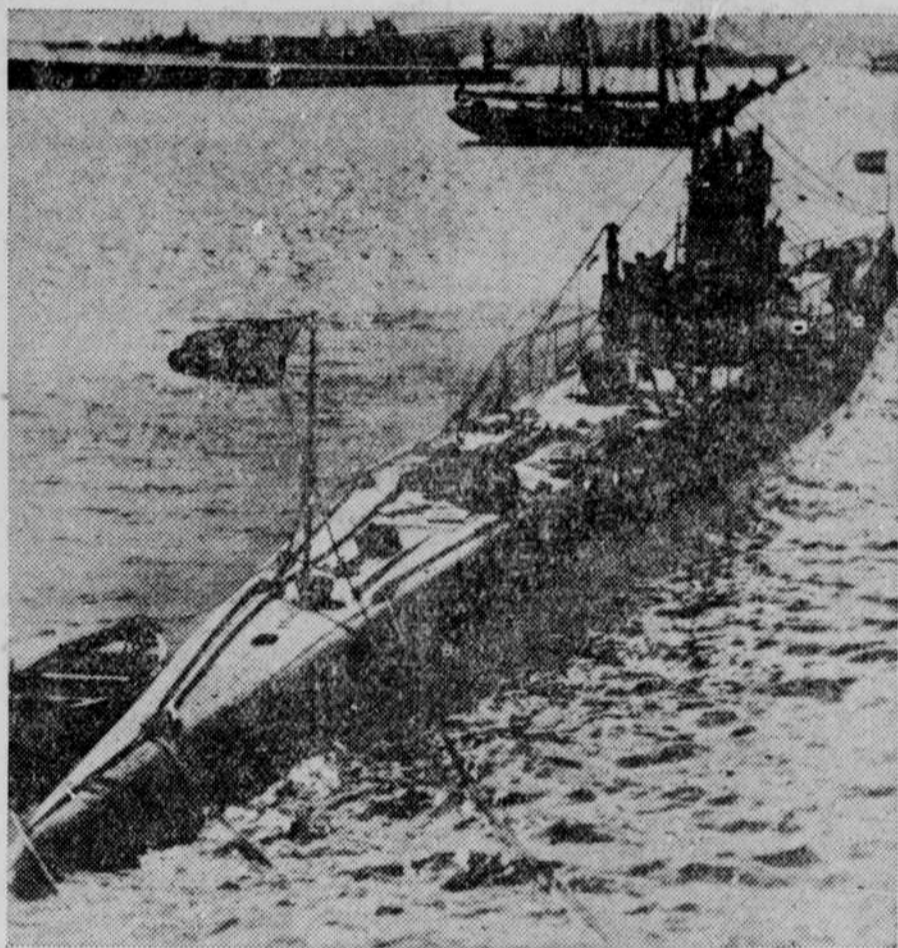
Windsor's Cousin to Marry Heir to Greek Throne

Princess Frederica Louise Christa, twenty-year-old daughter of the duke of Brunswick, whose engagement to Prince Paul of Greece was announced recently. Prince Paul,



brother of King George II of Greece, is heir presumptive to that throne. The princess is a second cousin of former King Edward VIII of England.

Loyalist Sub Stranded at Brest



Pictured above in the harbor of Brest, France, is the Spanish loyalist submarine C-2, left stranded by its crew which divided into Red and anti-Red groups. A rebel plot to seize the submersible failed and the boat is now awaiting a new crew to take it back to Valencia, Spain.

America's Youngest Freshman



Joanna Xenos, thirteen, daughter of a Chicago cook, is America's youngest college freshman this fall. She matriculated at Mundelein college. Miss Xenos, shown above, is working in the chemistry laboratory. She has been famous as a prodigy ever since she was seven years old.

LEGION AID



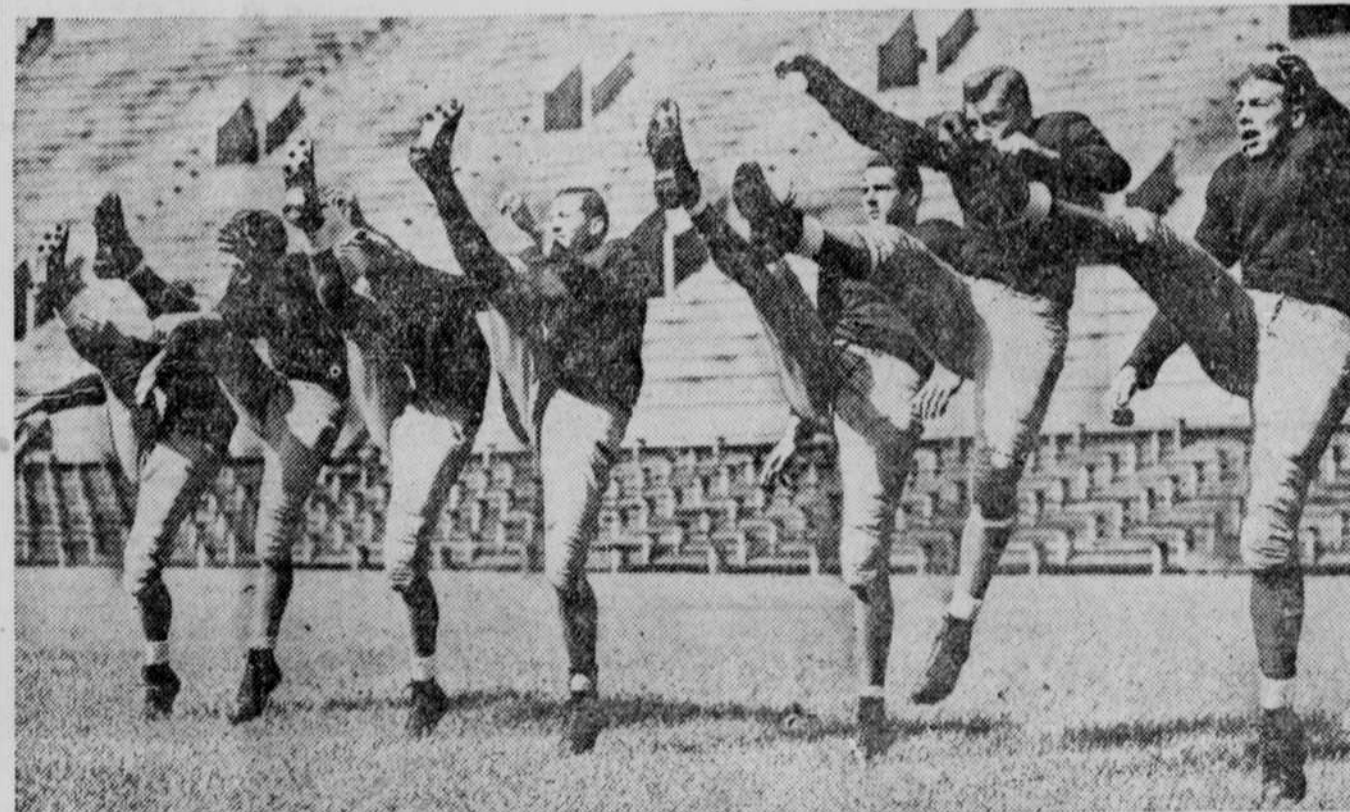
Mrs. Malcolm Douglas of Seattle, Wash., who was elected president of the Women's Auxiliary of the American Legion at its recent convention in New York. She succeeded Mrs. Oscar W. Hahn of Lincoln, Neb., as head of the organization.

Shanghai in a Daze as Flames Sweep City



While on all sides their city burns before their eyes, these residents of Shanghai walk listlessly about the foreign settlements apparently apathetic to their fate. The dense columns of smoke rise from buildings set afire by exploding aerial bombs and shells.

Gridders Register a Big Kick for Harvard



A few of the members of Harvard's 1937 football squad pictured during a recent workout at Cambridge, Mass., as they registered a mighty kick in unison for their alma mater. Left to right are: Francis F. Foley, Francis A. Harding, Robert M. Burnett, Torbert H. MacDonald, William J. Clothier, Vernon Struck and Charles Houghton.