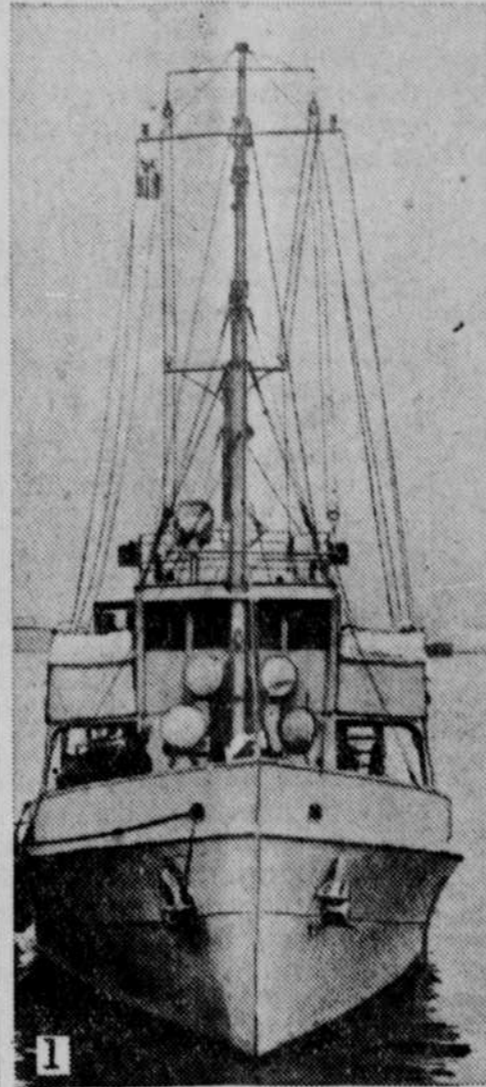


### Just One of the Displays at the Pomona Fair



It really doesn't grow this large in Southern California, but this oversized ear of corn has been prepared for one of the displays of the famous Los Angeles county fair which opens at Pomona in September.

### Scenes and Persons in the Current News



1—Coast guard cutter Cayuga to which Ambassador Bowers moved himself and his staff because of the Spanish rebellion. 2—Col. Frank Knox of Chicago accepting the Republican nomination for the vice presidency. 3—President Roosevelt and Premier Allison Dysart of New Brunswick province, enjoying hot dogs on the beach of Campobello Island. Following his outing there, the President proceeded to Quebec, where he visited Lord Tweedsmuir, governor-general of Canada, and the two on behalf of their respective countries extended the hand of amity and co-operation. The President then returned to his home at Hyde Park, N. Y., to plunge into the work of organizing his campaign for re-election.

### HOW ARE YOU TODAY

DR. JAMES W. BARTON  
Talks About

#### Value of Meat and Eggs

ONE of the points physicians stress in laying out a diet to reduce weight is warning the patient not to cut down on meat and eggs. Starches, fats, and liquids must all be reduced in amount, but the animal protein foods—meat and eggs—must not be reduced.

Why is it necessary that protein foods be eaten regularly and in the usual amounts?

Meat and eggs are needed for the building of new cells and rebuilding worn out cells of the body. They must be eaten regularly because for the most part they get used or burned by the various body processes whereas fats, starches, and liquids are stored in considerable amounts in various organs and tissues of the body. Thus a new supply daily of proteins is necessary to the health of the body.



Dr. Barton

Another valuable point about proteins in reducing weight is the "satisfied" feeling they give—patients feel less hungry after eating proteins than after eating the other types of food.

This satisfied feeling makes many patients able and willing to continue on the reduced diet who might feel so weak on less protein that they would give up entirely the idea of reducing weight.

Therefore the idea of giving a good quantity of meat and eggs daily in weight reducing diets has become popular as there is not that feeling of extreme weakness and hunger that alarms many patients.

#### Reduce Weight on Proteins

Dr. L. K. Campbell, Chicago, in the Journal of Laboratory and Clinical Medicine, Chicago, reports his experience with 27 patients placed on what is called the high protein diet. He observed an average loss of weight of from about one to six pounds per week in the 27 patients, over a period of from 4 to 52 weeks. None of this overweight was due to any gland disturbance in the body. That is, the patients had acquired their excess weight by eating more than they needed and not taking enough exercise.

The ideal weight for the individual's height and general build was first estimated and the amount of protein foods given was in proportion to this ideal weight.

The whole diet was about 20 per cent less than the individual's needed for the weight he was carrying which meant that some of his own body tissue—fat—was needed and so used by the body to keep its processes working properly.

"The patients maintained excellent health, continued all their normal activities, and had an increase of energy as their weight decreased. The large amount of lean meat and vegetables prevented the hunger of which most individuals complain during weight reduction on low protein diets. There were no changes in the action of the kidneys and no change in the blood pressure during any period of the observation."

I believe that the result obtained by Dr. Campbell on this high protein diet can be obtained by other physicians who will first examine the overweight patient, then outline a diet that will cut down fats, starches and liquids, by not less than 20 per cent of the estimated food requirements, keeping up, however, a full diet of meat and eggs.

#### Proteins Impart Strength.

One of the biggest factors in the success of this high protein diet is the feeling of strength and energy that comes to the patient. Weight reduction by cutting down fats, starches and liquids also gives a feeling of "lightness" and more willingness to exercise or move about, but the meat and eggs gives an even greater desire or willingness to exercise. And of course with this willingness or desire to exercise, more exercise will be taken with the result that the excess weight comes off at a faster rate than ever.

As you know the using up or burning up of proteins in the body increases the internal heat of the body by four to six times as much as does fat or starch.

Many will naturally question the effect of protein foods on the kidneys and blood vessels as they have understood that meat forms "clinkers" in the kidneys, and helps "harden" the arteries, thus increasing the blood pressure. However, Dr. Campbell definitely points out that with the protein foods given in proportion to the ideal body weight (not the weight of the individual with his excess fat, there were no changes in the ability of the kidneys to do their work and no change in the blood pressure.

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#### FOE OF CRIMINALS



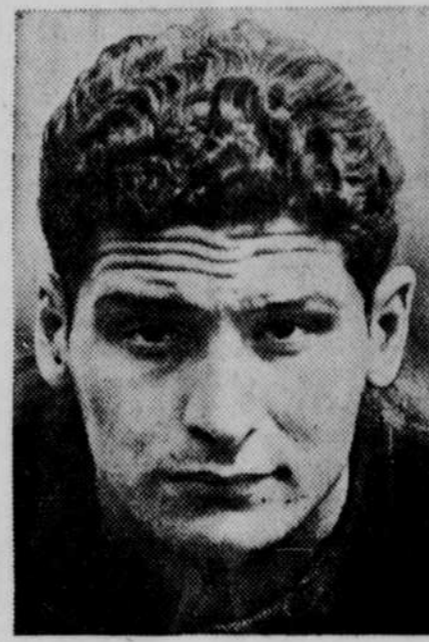
Rowland C. Sheldon, who was the moving spirit behind the formation of the Newly-organized National Crime Prevention Institute, with headquarters in New York. Mr. Sheldon, a native of Camden, N. J., attended Harvard and West Point and was commandant of Montclair academy, 1900-1911. He served 12 years as general secretary of the Big Brothers movement in New York and also became general secretary of the big brother and sister movement, which position he still holds.

#### Mrs. Stork Herself Has a Baby



Everyone knows that the stork brings babies, but here is a variation. Mrs. Florence Stork of Chicago is shown with her newly arrived baby boy. Father John Stork is the proudest bird in the city. Both mother and baby Stork are doing fine, the doctor says. The parent Storks have not yet announced what they will call their new nestling, but it is expected the name will soon be chosen.

#### Fordham Grid Star Signed by Dodgers Pro Football Team



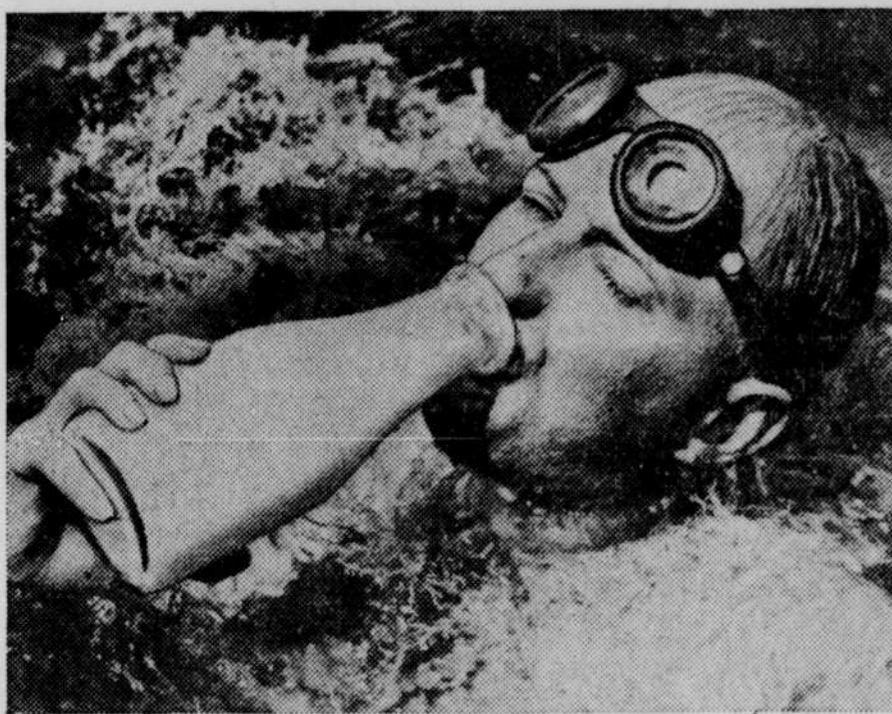
John Maniaci, captain and back-field star of Fordham last year, who has been signed by Jack Kelly to play for the Brooklyn Dodgers football team.

#### Invoking Aid of St. Christopher



The blessing and protection of St. Christopher, patron saint of travelers was invoked by autoists in annual picturesque ceremonies at St. Christopher's Roman Catholic church in Baldwin, L. I. Rev. Augustine Struth, Rev. Ulick O. S. Buckley, and Rev. M. P. Kelly are shown officiating at the ceremony.

#### Chotteau Conquers the Channel



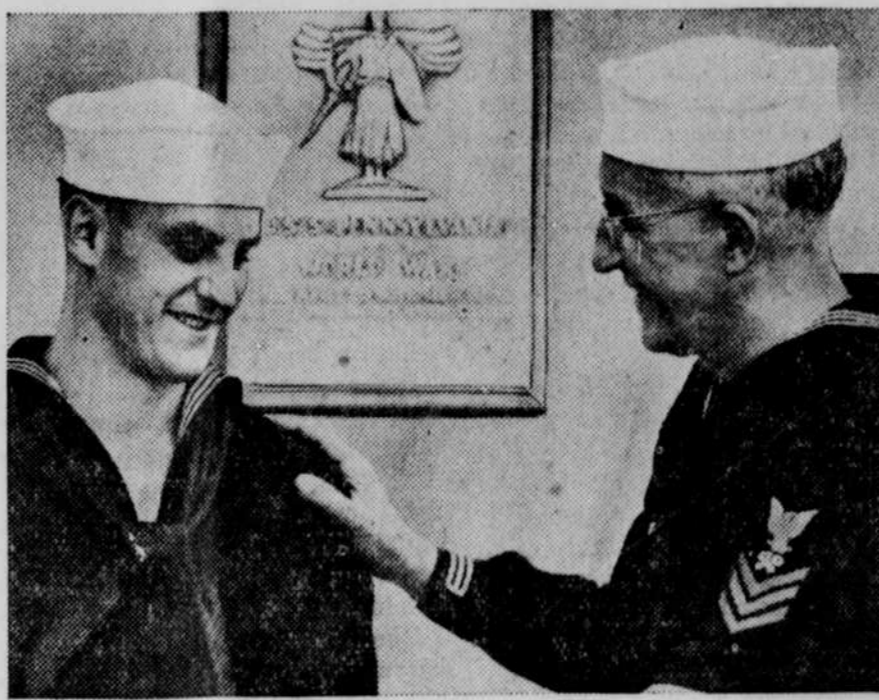
Courageous in the face of frigid waters and terrific tides, Paul Chotteau, French swimmer, is pictured pausing for liquid refreshment as he swam 41 miles across the treacherous Catalina channel to a point near Topanga canyon on the Southern California coast. He set a record of 33 hours, 44 minutes for the grueling test. This was his seventh attempt in two years.

#### SON OF CANNIBAL



Ragoso, whose father was a Solomon Island cannibal chieftain, shown shortly after his arrival in New York as a guest of the Greater New York Conference of Seventh Day Adventists, to which religion he is a convert. Ragoso, whose father was converted by a Seventh Day Adventist missionary, spoke at a series of meetings.

#### Father and Son Are on Same Ship



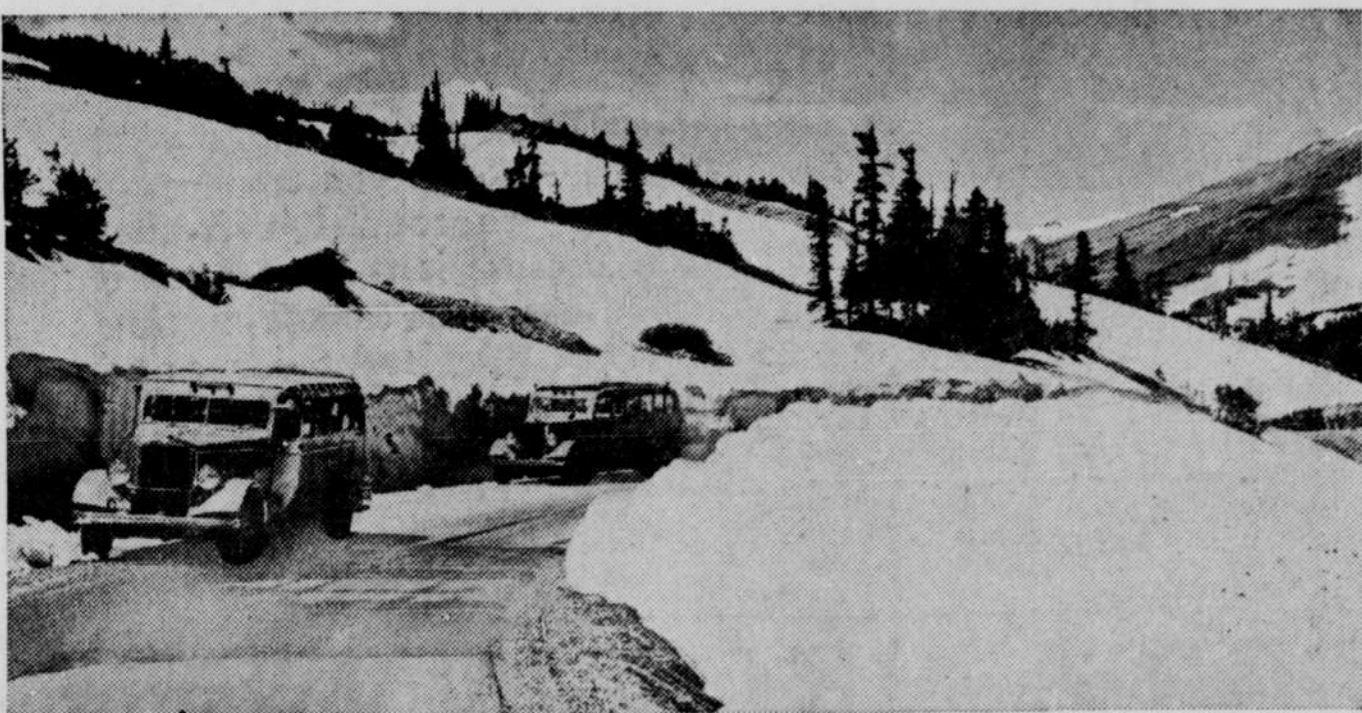
Not often do father and son serve concurrent terms in the naval service. Here are Joseph W. Dowd, storekeeper first class, and his son Francis, seaman, both of whom are attached to the U. S. S. Pennsylvania, flagship of the United States fleet. They were with their ship on recent maneuvers in the Pacific.

#### Gen. Emilio Mola in Command of Spanish Fascists



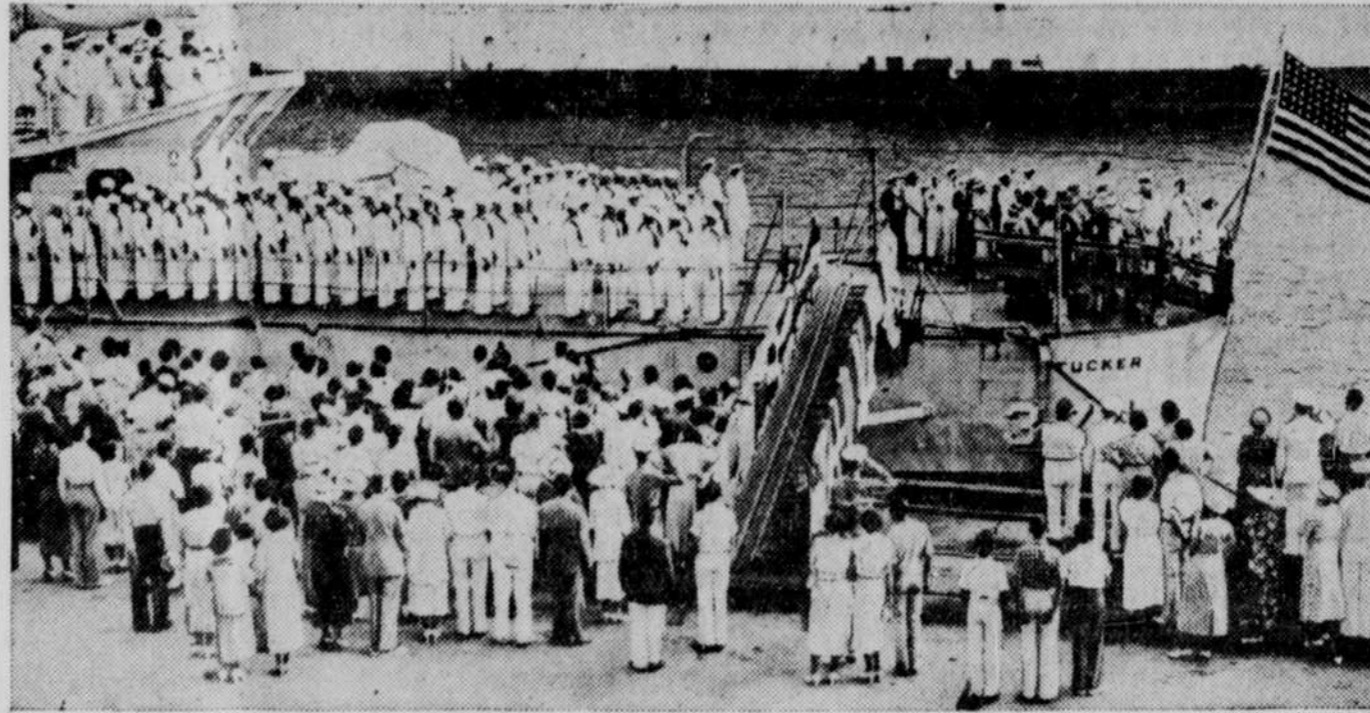
Recent photograph of Gen. Emilio Mola, in command of the northern army of Spanish Fascist rebels.

#### If It Is Hot Where You Are, Look at This



This picture, taken during the unprecedented hot spell that afflicted most of the country, shows a view along the Trail Ridge road in Colorado's Rocky Mountain national park. It comes from the Union Pacific railroad.

#### Another "Greyhound" for Uncle Sam's "Pack"



With her crew and guests at attention on the after deck, the U. S. S. Tucker, latest addition to the United States' destroyer fleet, is commissioned into service. Lieut. Commander George T. Howard accepted the ship for the United States navy and took command.