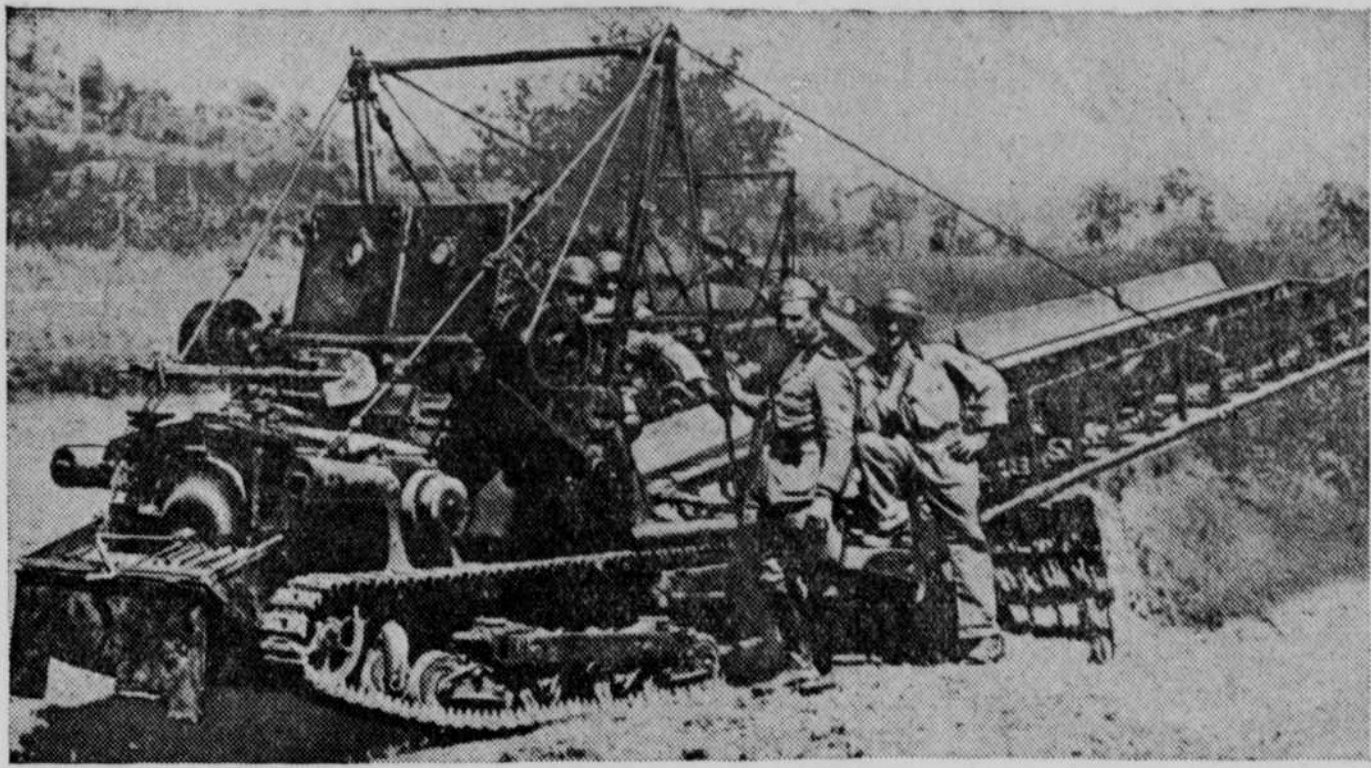


Italian Army Tank Carries a Bridge



This is a new Italian tank which carries a bridge for transporting soldiers over small rivers. It was demonstrated for the first time at the huge Italian war maneuvers held near Avellino recently.

Scenes and Persons in the Current News



1—Lewis O. Barrows, Republican, who was elected governor of Maine. 2—German flying boat Eolus in New York harbor after its flight across the Atlantic. 3—Spanish loyalists from Irun and San Sebastian taking refuge on French soil.

How ARE YOU TODAY

Dr. James W. Barton TALKS ABOUT

Problem of Excess Weight
AS OVERWEIGHT does not cause much disturbance in young people, except that it spoils their appearance and interferes with their activity, not much is thought about it from the health standpoint.

But just as soon as the individual passes the age of thirty and is acquiring weight the records show that he is not as good a risk for insurance companies not only from the likelihood of diabetes but because of the burden placed on the heart by the excess of weight.

Now why does approaching middle-age make such a difference to the heart in those who are overweight? The answer to this takes us away back to the birth and early infancy of all of us. The records show that not many years ago, the death rate at birth and during the first year of life was about six in every twenty youngsters, and today, thanks to more knowledge and care, that death rate is not quite two in twenty.

Obesity Vs. Heart Trouble.
This means that four or five more youngsters in every twenty now get safely past the first year, a certain proportion attain manhood and to middle-age. However it is only too true that even those who have reached middle age are not likely, generally speaking to be as strong as the average, and have not withstood infections or other ailments as well. If then the results of these infections or ailments are present, and to these results overweight is added, you can understand that the heart may have so much work placed on it that its reserve strength is lessened.

Drs. Harry L. Smith and Frederick A. Willius, Mayo clinic, tell us in the Journal of the Iowa Medical society, that they believe that the part played by overweight in producing heart failure in most instances consists in adding a burden to that which the heart is at present bearing due to some other disease already present. The diseases likely to be present are high blood pressure, hardening of the arteries, and any heart disease already present is distinctly more serious if overweight or excess fat is present throughout the entire body.

In the opinion of Drs. Smith and Willius it is only in rare instances that the overweight or excess fat alone is the cause of the heart failure.

While most physicians may be inclined to agree with the above statement there are a number of cases of early failure, where, as far as the usual tests and examinations show, no real heart disease was present but by reducing the weight the failing heart was restored.

Drs. Smith and Willius studied the records of 136 obese (overweight) patients during life, and the results of the examination after death (post mortem).

Cases Are Grouped.

These cases were divided into four groups.

Group 1, 52 cases revealed no heart disease other than abnormal amounts of fat about the heart. Group 2, consisted of nine cases, four of which died of congestive heart failure. All nine showed signs of heart failure and were considered direct results of overweight.

Group 3 comprised 50 patients, all cases of overweight with high blood pressure. Group 4, cases of obesity—hardening of arteries supplying heart muscle, the severe form of goitre, partial closure of heart valve—comprised 15 cases. Gall stones were present in 37 per cent of the 136 cases.

The above statements and figures show that while overweight or fat may not be the first cause of heart failure, nevertheless the overweight so weakens the power of the heart that it is unable to do the work necessary to keep the individual alive and in fair health. It is the added burden, the last straw as it were, to bring about the complete failure of a heart that would be able to carry on if excess fat were not present.

Excess deposit of fat lessens the ability of the heart to do its work by its interference not only with heart action, but by cutting down the blood supply of the muscular walls of the heart. The thought, then, is for persons of excess weight to lessen the work of the heart by cutting down their weight. And no matter what the cause of the overweight, unless the individual is ill, cutting down the food intake will reduce weight in every case.

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Musk Ox on Its Way to Chicago



Dr. W. Provence of Franklin, Ind., feeds Amelia, one of the two-months-old musk ox calves who arrived at New York on the schooner Effie M. Morrissey. Captain Bob Bartlett, veteran explorer of the far north, brought back these denizens of the frozen regions for the Chicago Zoological society.

Leahy May Be Operation Chief

Admiral William Daniel Leahy, now commanding the battle force of the United States fleet, is expected to be named as the new chief of



naval operations, succeeding Admiral William H. Standley, scheduled to retire in December. Leahy, who has a distinguished naval service record, will have almost two and a half years of service remaining, if appointed, before compulsory retirement at the age of sixty-four.

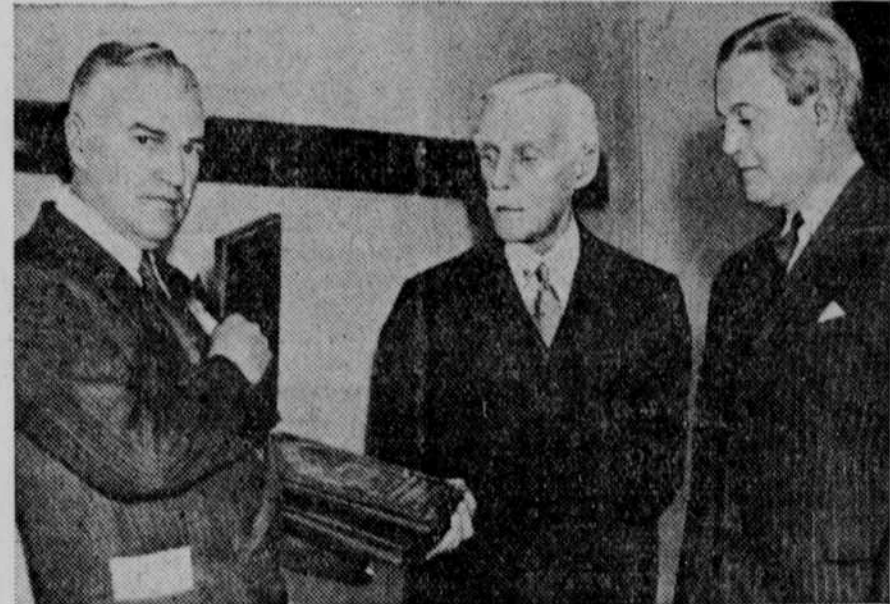
Spain Appoints New Minister of War

In the reorganization of the Spanish cabinet the post of premier was



given to Francisco Largo Caballero, left Socialist leader.

Mellons Receive Chemical Award



Chester G. Fisher, chairman of the Pittsburgh section of the American Chemical society, presenting to Andrew W. Mellon, center, and his nephew Richard K. Mellon, right, the society's bronze plaque "for outstanding service to chemistry." Young Mr. Mellon accepted in the name of his father, the late R. B. Mellon.

Now Britishers Join the Army on Trial



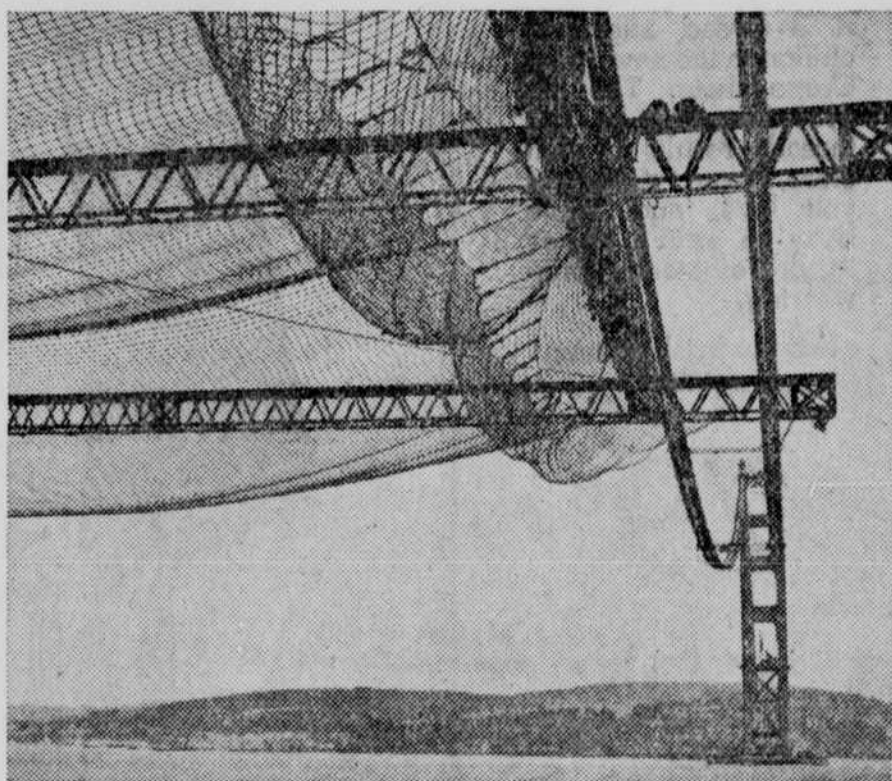
An army recruiting officer in London explains to some young recruits "The New Idea" of his majesty's army. The new idea is the army's supplementary reserve trial scheme. A recruit may join the supplementary reserves for six months. If he likes military life, he may join the regular army. If he does not, he may return to civilian life, but is required to come up for 14 days of training for the next five years. He is given a bounty of six pounds a year and pay while in training.

SETS WORLD RECORD



A typical leatherneck in appearance is Marine Gunner Henry P. Crowe of Lincoln, Ill., who is pictured after he had set a new world's marksmanship record at Camp Perry, Ohio, outshooting 1,570 riflemen.

Makes Golden Gate Bridge Job Safe



Pictured here is a section of the great net which has been swung beneath the Golden Gate bridge at San Francisco to insure its being "the safest job in the world." The net, first of its kind to be used in construction history, has been swung thirty feet below the bridge and is designed to prevent workmen plummeting to their death from the dizzy heights of the bridge in the event of a fall.

Temple in Iraq Four Thousand Years Old



This unusually well preserved temple of sun-dried bricks, of the age of Abraham, 2100-1900 B. C., was discovered by the Iraq expedition of the Oriental Institute, University of Chicago, at Ischali, site of an ancient Babylonian city northeast of Bagdad. The recessed niches on either side of the doorway leading into the sanctuary are ornamented. The brick seat in the sanctuary, rear, was for the cult statue.



Il Duce Greets Mothers and Their Children

Fecundity being the most desirable feminine virtue, in the eyes of Premier Mussolini, these Italian mothers at Potenza brought their offspring with them when they gathered to meet Il Duce. Premier Mussolini is here shown chatting with a group of mothers, during his visit to Potenza.

For several years, Mussolini and

his Fascist government have urged the rearing of large families. Various government funds have been appropriated to give financial aid to families with several children, and the result has been a gradual increase in Italy's birthrate.

Germany under the Hitler government has also used similar schemes to check the declining birth rate and to increase the population. The war and the recent financial distress in European countries has caused a falling off in the population figures, and looking to the future, the militaristic governments have used every means to increase the population.

Is Chosen for Palestine Post

Lieut.-Gen. J. C. Dill, director general of military operations and intelligence at the British war office, who was appointed as the new



supreme commander of military operations in Palestine to break the Arab general strike by force. At the same time a division of 10,000 troops was ordered to Palestine.

Afraid to Mention Tiger
Jungle-living Malays dare not mention the name of a tiger lest the beast, hearing himself called upon, come to the speaker.