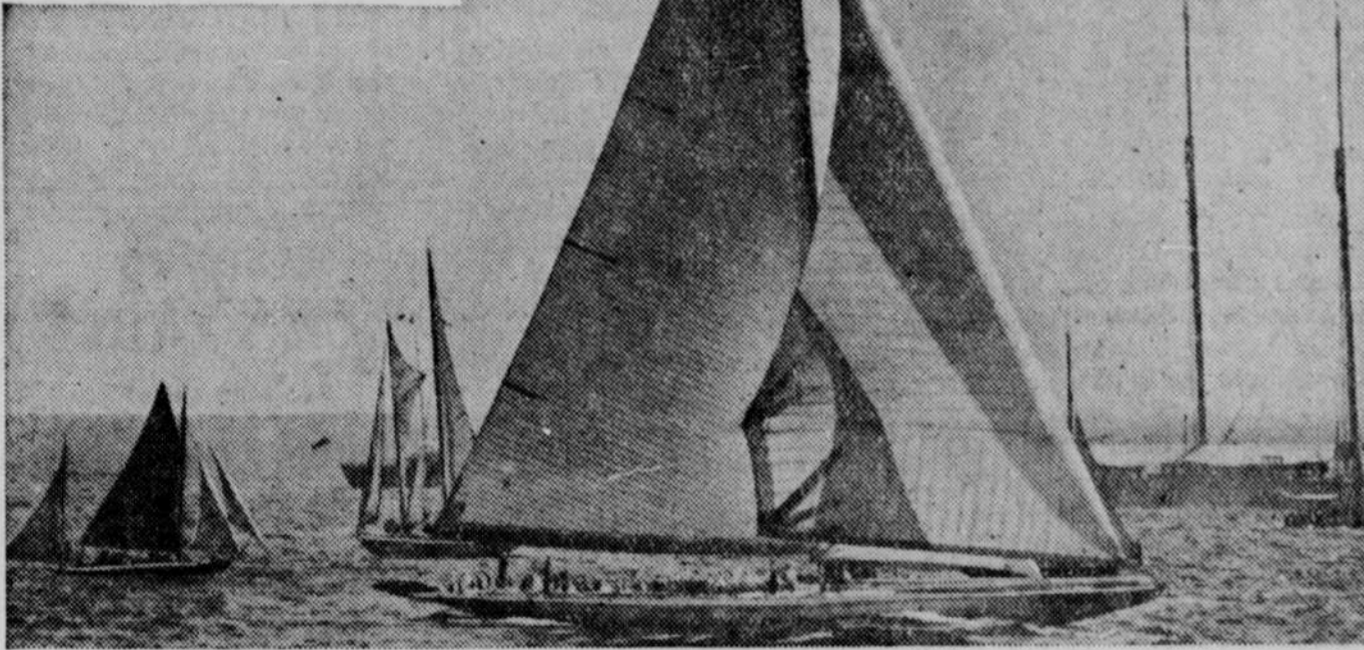
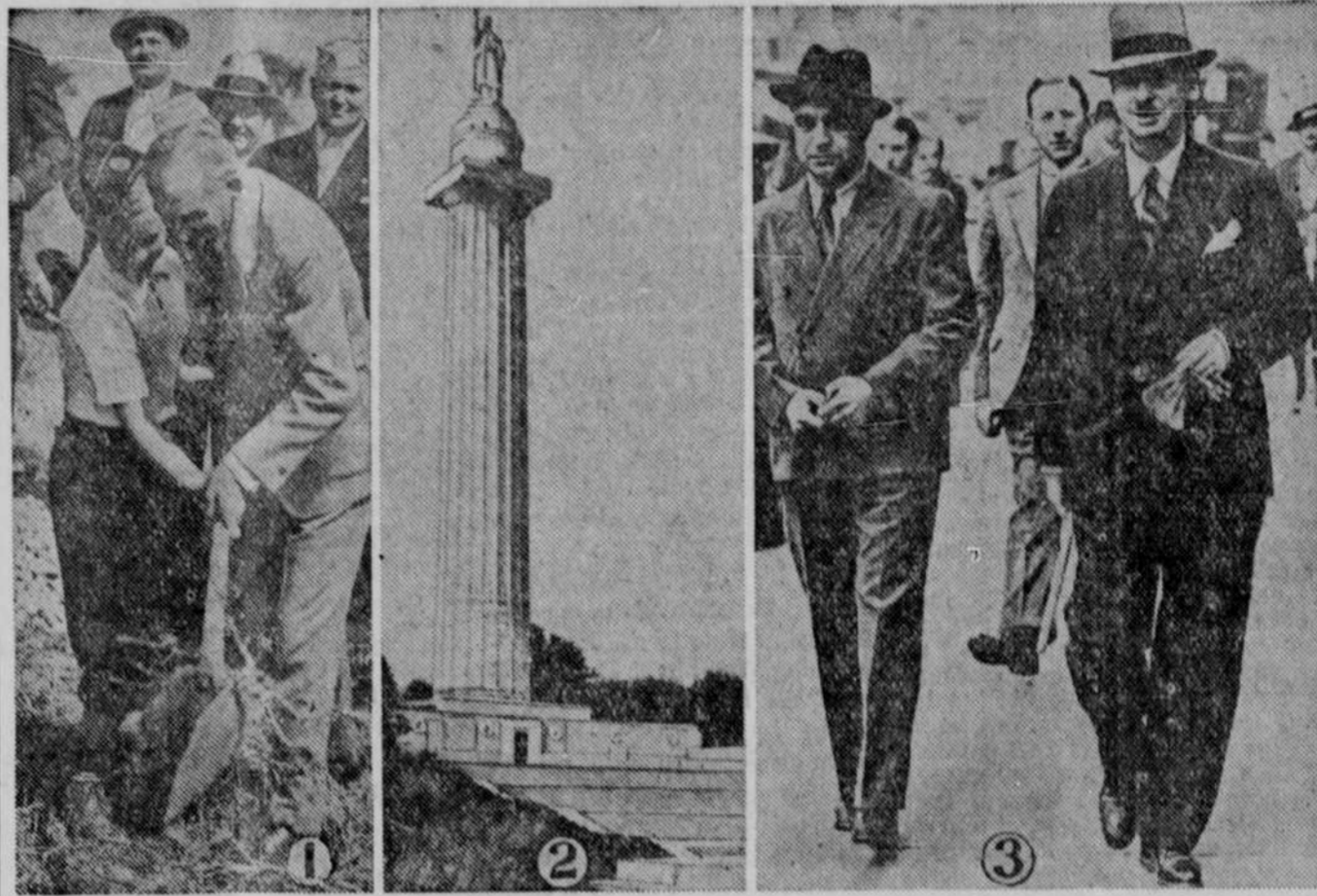


Ranger Sets Record in Retaining America's Cup

Striking across the finish line ahead of its British rival in a series of four races off Newport, R. I., the Ranger, piloted by Harold S. Vanderbilt, retained possession of the America's cup. The defender broke two racing records in its victories over the Endeavor II, piloted by T. O. M. Sopwith. The races were held over a 30-mile triangular course on the Atlantic ocean.



Scenes and Persons in the Current News



1—Henry Ford who celebrated his seventy-fourth birthday by breaking ground for the new Dearborn Veterans hospital at Detroit for which he donated a 33-acre site. 2—War memorial designed by John Russell Pope and built by the United States government in memory of America's dead in the World war which was dedicated recently by Gen. John J. Pershing at Montfaucon, France. 3—King Carol of Rumania, who was a recent visitor in London, shown walking along Regent street.

Is Overweight Important?

By
DR. JAMES W. BARTON
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THOSE of normal weight and many also who are overweight may have the opinion that too much importance is being attached to overweight—its dangers to health and life. If they were to talk for just five minutes to the actuary of any life or sickness insurance company they would learn some startling facts because insurance companies make or lose money on the types or kinds of risks they accept.

One of the first facts the insurance company actuary will point out is the great amount of diabetes among the overweights. He will back this up by showing the figures of Dr. E. P. Joslin, Boston, the outstanding authority on diabetes, who tells us that diabetes is the result or penalty of overweight.

The figures for the death rate of diabetic men over forty-five years is as follows: The per cent of overweight to death rate is as follows: five to fourteen, twice the normal rate; fifteen to twenty-four, four times the normal rate; twenty-five and over, ten times the normal rate. These figures tell in most dramatic fashion the penalty for overweight.

As you know, the commonest cause of death after middle age is disease of the heart, bloodvessels and kidneys, because the heart and bloodvessels have the hard work of carrying a large quantity of nourishment to the kidneys to have wastes or poisons filtered out and useful substances retained. Now high blood pressure, hardening of the arteries, and defective work by the kidneys all accompany overweight, and the simplest method of relieving unnecessary strain is to reduce the weight and size of the patient. Thus when an individual gets down to, or nearly to, normal weight his chances of developing heart, bloodvessel and kidney disease becomes very much less.

British Expert's Views.
Dr. Herbert I. Coombs in the British Medical Journal, in pointing out the importance of overweight in addition to diabetes, heart, bloodvessel and kidney disease, tells us that "arthritis—inflammation of joints—is one of the commonest diseases encountered by the general practitioner, and it is almost always associated with overweight."

Another point brought out by Dr. Coombs, and one that is likely to be overlooked, is the great change in mentality or outlook with the increase in weight. It is generally agreed that overweights are rather cheerful and good natured but after a period of time this good nature of the slightly overweight degenerates into lack of ambition and a "don't care" attitude toward anything and everything.

Still another point, and one familiar to every physician is the bad surgical results that often follow operations on very fat patients. "Mechanical difficulties of nursing heavy patients and the increased risk of infection when large masses of fat tissue are exposed when the knife is used, are often important factors in working against recovery of overweights who come to operation for gall stone, diabetic gangrene, and other conditions."

Causes of Diarrhoea.
Figures from private and public hospital clinics show that at least three of four give a history of being constipated. Although these people are on their feet and are not sick enough to be in bed, they can hardly be considered normal.

However, even among those who are normal or not sick, it would appear that at least half, or 50 per cent, are constipated.

It is interesting therefore to read of the other type of cases, that is those who do not appear to be sick, but instead of being constipated are afflicted with diarrhoea.

Of course at times when much fruit is eaten or when something "not fresh" has been eaten, diarrhoea often occurs, lasting for two or more days. But when diarrhoea is present all the time and no excess or over-ripe fruit or other food has been eaten, then the cause must be found to prevent the weakening effects of the diarrhoea.

Dr. A. Richieri, Buenos Aires, in the Argentine Medical Journal, states that diarrhoea occurs very often in all forms of hyperthyroidism (that is when the thyroid gland in the neck is manufacturing too much juice).

As there may be no other symptoms but the diarrhoea (no great increase in heart rate, no enlargement of the thyroid gland, no bulging of the eyes, no trembling or nervousness), it would be difficult to locate the cause as due to an over-active thyroid gland except for the metabolism test.

Monument to Amundsen Is Unveiled



A monument to Roald Amundsen, the great Arctic and Antarctic explorer who was the first to reach the South pole, as it appeared following its recent unveiling at Tromsøe, Norway. The memorial, costing \$4,250, was raised by popular subscription. Its sculptor was Carl E. Paulson. Lincoln Ellsworth, Amundsen's companion on a North pole expedition, contributed \$1,000 to the fund for its construction.

NOVEL SURF SLED



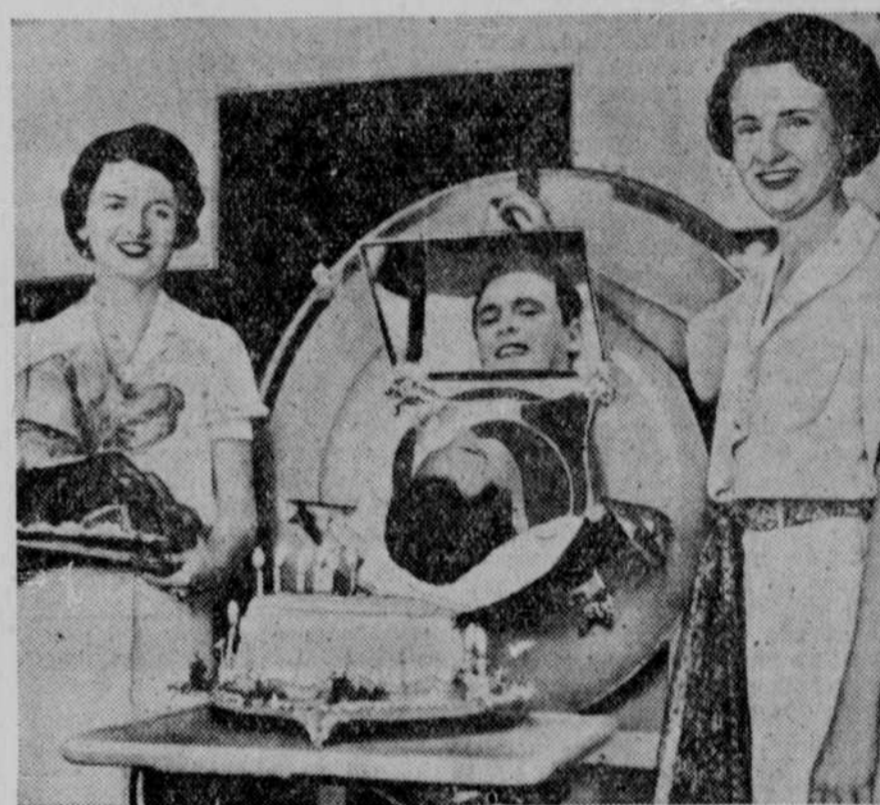
Miss Althea Martin shown with the new type of surf sled patented by a Los Angeles newspaper man, which will lessen the danger of the rider getting hurt in the surf. The streamlined pontoon below its nose allows it to float the rider in perfect safety, while the stabilizer shield along the tail holds it to a straight course.

CAPTURED BY REBELS



Harold Dahl, twenty-eight-year-old American flier now in a Spanish insurgent jail, whose wife, from Champaign, Ill., has enlisted the help of the United States embassy in Paris to secure his freedom. Dahl, flying a pursuit plane for the Spanish government, was forced to bail out when his ship was attacked by insurgent aircraft.

Celebrates 27th Birthday in Iron Lung



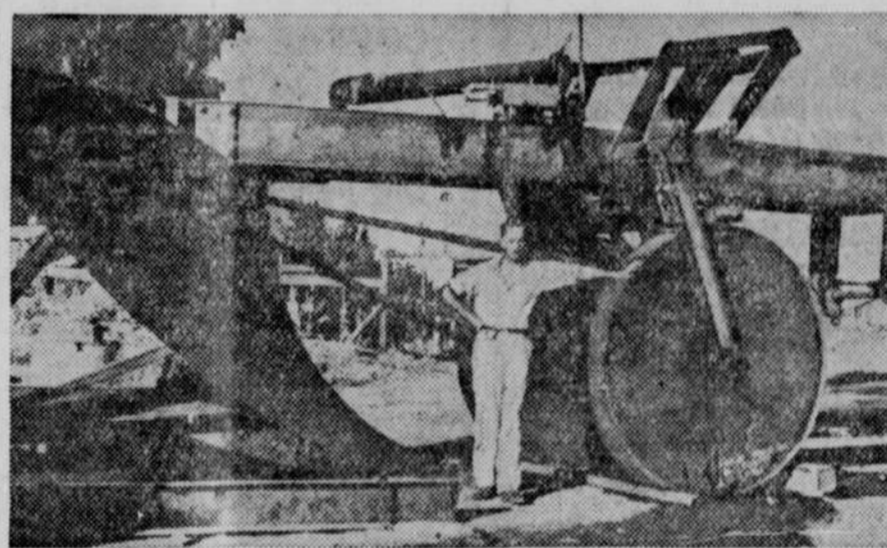
Frederick D. Snite, Jr., of Chicago who recently celebrated his twenty-seventh birthday lying in an iron lung—the machine that does his breathing for him. It is his second year in the machine since he was stricken with infantile paralysis in China and he expects to spend several more in it before he is able to do his own breathing and walking. His girl friend Rosemary O'Farrell, left, and his sister Mary, right, visit him.

Flaming Death Follows Collision on Highway



This happened when a truck carrying four new automobiles and another machine collided on a highway west of Akron, Ohio. The four cars and truck were consumed in the fire. At the right may be seen the auto, also burning. The driver of the truck escaped injury when he jumped from the cab, but the driver of the car was burned to death.

Huge Plow Will Cut Six-Foot Furrow



Huge plow constructed at a cost of \$3,400 which is designed to cut furrows six feet deep. It will be used in the Santa Ana river plains of California to recover rich loam soil buried under sand deposits by the 1916 flood. The machine will be pulled by two 95-horse-power Diesel-driven caterpillar tractors. The share will be nosed into and pulled from the earth by a powerful hydraulic hoist mounted on top of the frame.

JOFFRE IN BRONZE



An equestrian statue of the Victor of the Marne, designed by Maxime Real del Sarte, which will be placed in one of the squares of Paris as a memorial to the French World war general.

NEW TAMMANY CHIEF



Christopher D. Sullivan, new leader of Tammany Hall in New York who succeeded the late James J. Dooley as head of the famous Democratic organization. Following his election, Grover Whalen withdrew as a candidate for mayor of New York in favor of Senator Royal S. Copeland. Mr. Sullivan has been a member of the famous Democratic organization for many years.

Chiang Unites China Against Japs



Generalissimo Chiang Kai-shek, under whose personal control the financial and economic resources of all China were placed in the struggle against Japanese aggressions in the north. Chiang, who heads China's supreme war council, is shown as he left a conference at Nanking.

Aerial Nurses Fly on Their Errands of Mercy



In chic blue uniforms and overseas caps, the newly formed organization of flying trained nurses are seen holding inspection at Burbank, Calif. With specially equipped ambulance ships members of the Aerial Nurses Corps of America will be ready to fly on every type of aerial errand of mercy.