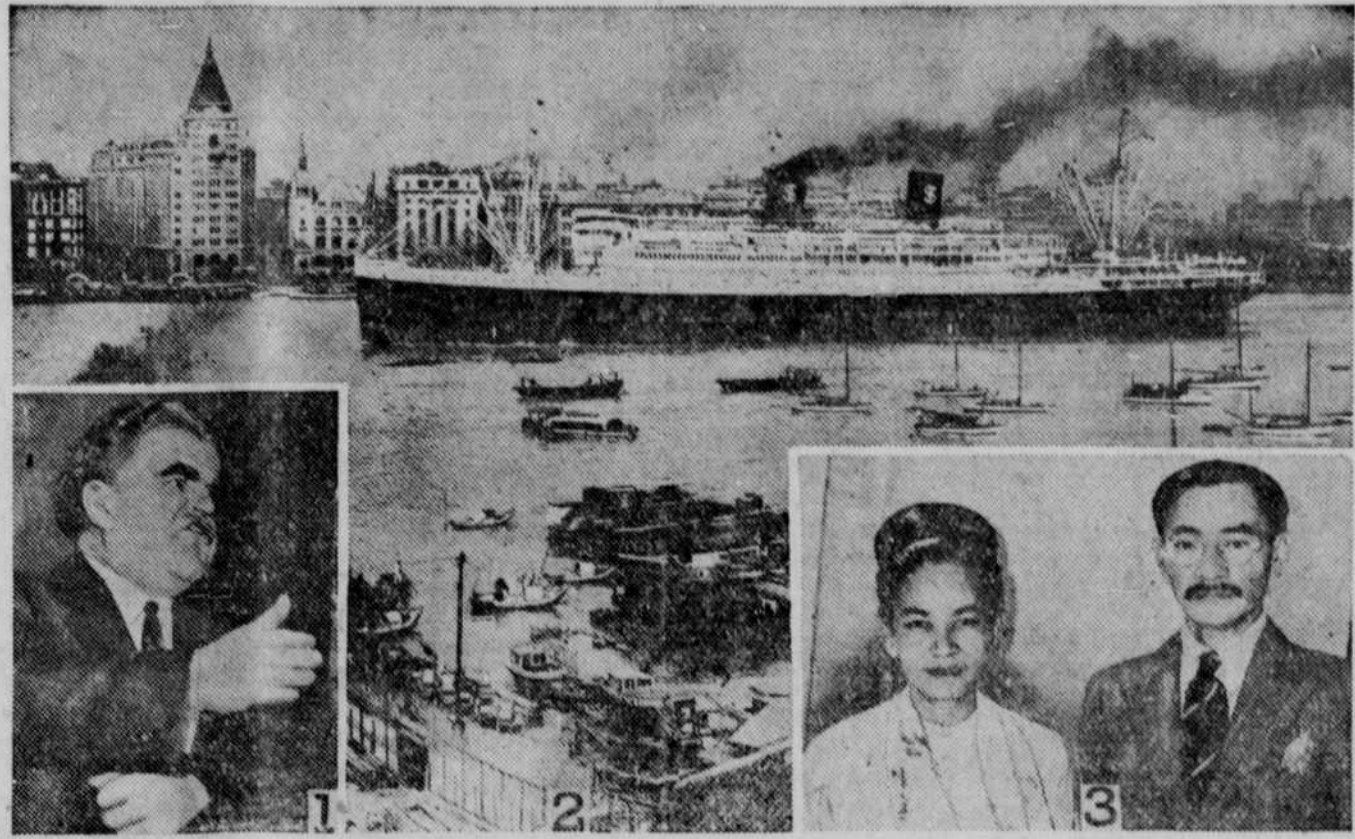


## Shanghai in Ruins as Bombs Rain From Planes



View of the international section of Shanghai after a bombing from the sky by Chinese planes. Ruins of the Cathay hotel are seen, as fires swept over the bombed area. With bombardments from Japanese warships in the Whangpoo river, untold damage was caused in the native sections of the city.

## Scenes and Persons in the Current News



1—John L. Lewis, chief of the C. I. O., who attacked William Green, president of the American Federation of Labor at the Milwaukee convention of the United Automobile Workers. 2—The American Dollar liner, S. S. President Hoover, bombed by Chinese planes in the Whangpoo river at Shanghai. 3—The "Sawbwa of Hsipaw" and his sister, Sao Kya Nyun, shown as they sailed from New York for their far eastern kingdom of Burma.

## Save Enamel of Teeth

By DR. JAMES W. BARTON  
© Bell Syndicate.—WNU Service.

AN ADVERTISEMENT of a paint manufacturer is "Save the Surface and You Save All." And this is true regarding the surface of wood, iron and other materials.

Similarly there was a tendency a few years ago to apply this slogan to the care of the teeth—save the surface (enamel) and you save the whole tooth.

However, when dental research workers found that it was possible for teeth to decay notwithstanding that the enamel covering was apparently not broken, other causes were sought, with the result that now dentists and physicians recommend the use of more leafy vegetables and fruits and less of starch foods and meats.

So popular has this idea of preventing decay of teeth by the use of leafy vegetables and fruits become that many adults—teachers and parents—are not so insistent upon having the children brush their teeth as they formerly were.

Brushing Still Important. What about brushing the teeth and saving the enamel? Is brushing the teeth still an important point in preventing decay? Dr. N. Kobrin in a radio address under the auspices of the Oral Hygiene Committee of Greater New York, said:

"The toothbrush must be classed as one of the valuable aids in the prevention of tooth decay. At the Dental college of the University of Pennsylvania Professor Appleton has done some fine research on the question of the number of bacteria (organisms) in the mouth following the brushing of the teeth. His study included several hundred cases. The greatest number of bacteria were found in the mouth in the morning immediately on arising. After the teeth had been cleaned the number of bacteria dropped 50 per cent; by the noon meal, bacteria had increased 20 per cent and dropped that much after brushing, increasing again before dinner to 75 per cent, after which the count fell 25 per cent when the teeth were cleaned."

This doesn't mean that brushing the teeth will prevent all decay but it does mean that the chances of decay through the surface of the tooth will be just half as many if the teeth are brushed regularly.

Diet for Middle Age. Many men and women as they approach middle age begin to put on considerable weight. They have reached a stage in their lives when they do not have to do any hard physical work and can choose just about what they like to eat. It is only natural that with no exercise and eating plenty of the foods they like, fat will accumulate.

Now, at middle age, excess fat is always a liability and if, as it often happens, the individual has any weakness, hereditary or acquired, in the heart, blood vessels or kidneys then the excess weight can be a menace to health and to life itself. The unfortunate point about this is that while the foods that increase weight can be cut down with safety in these cases, the foods that must be eaten to preserve strength and maintain body tissue, the proteins—meat, eggs, fish—cannot be eaten as freely as when there is no heart, kidney or blood vessel condition to consider.

Some of the suggestions offered to these overweight middle-aged individuals with the tendency to heart, blood vessel and kidney complications are:

1. Eat the "lean" meats such as steaks, roast beef, white meat of turkey or chicken, lamb chops without any fat.
2. Avoid the fat meats such as pork, bacon, sausage, goose, duck, spiced and canned meats.
3. Avoid salmon, herring, sardines, mackerel, all shell-fish except raw oysters. Avoid fried fish or fish with rich sauces.
4. Eat eggs—soft boiled, omelette, poached, or scrambled.
5. Avoid pastries, pies, candies, ice cream.
6. Avoid cheese, except cottage cheese.
7. Avoid mustard, catsup, horseradish.
8. Salads should be eaten without oil.
9. Drink water, buttermilk, weak tea or coffee.
10. Avoid chocolate, sweet drinks, alcoholic and malt drinks.
11. Avoid turnips, corn, beets, onions, garlic, cabbage, cucumbers, raw vegetables, and some of the raw fruits that cause gas.
12. Eat fresh and stewed fruits not sweetened.
13. Eat all light cooked vegetables—peas, string beans, spinach, carrots, asparagus, tomatoes and celery.
14. Drink a half glass of water an hour before meals.

### MARINE COMMANDER



Brigadier General John C. Beaumont, commander of the second brigade fleet marine force, who embarked from San Diego, Calif., for the Sino-Japanese war area in Shanghai to take command of all United States marines in China. He will be responsible for disposing his troops most effectively to protect America's nationals in the war zone.

### They Don't Want to Wait 72 Hours



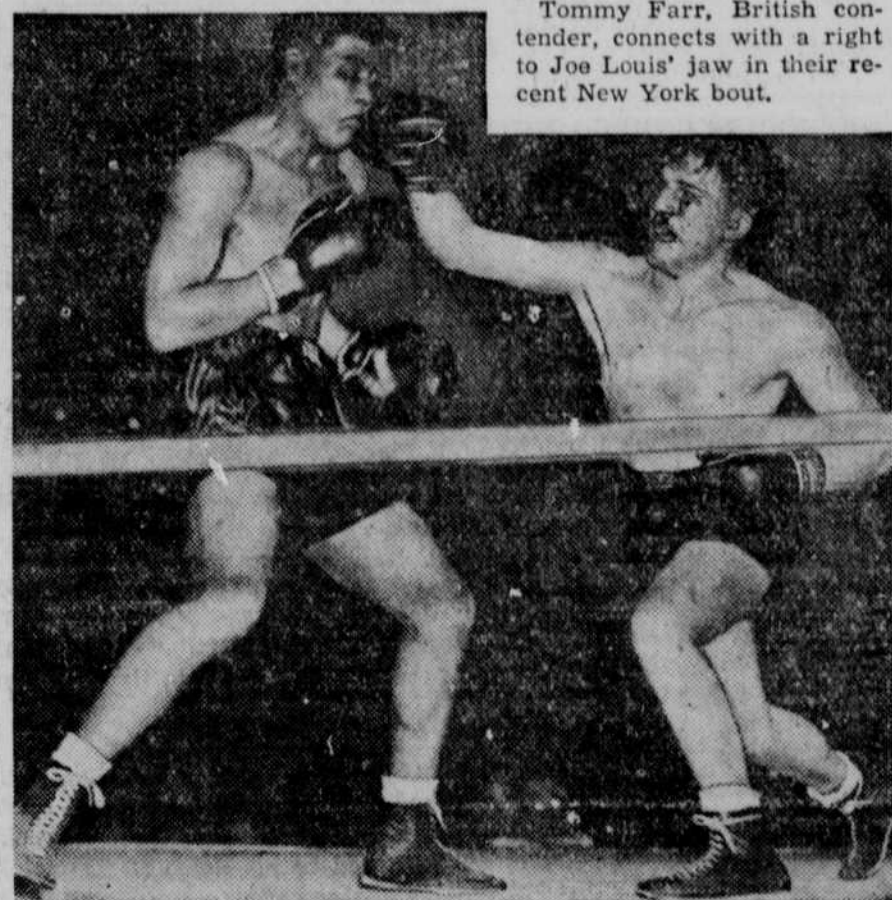
City Clerk Michael Cruise of New York shown putting up the sign announcing that in the future marriage licenses are not valid for 72 hours after their issuance. Prospective brides and grooms who sought to beat the law are shown in line as they await their certificates and quick ceremonies.

### HANDY WITH BIKE



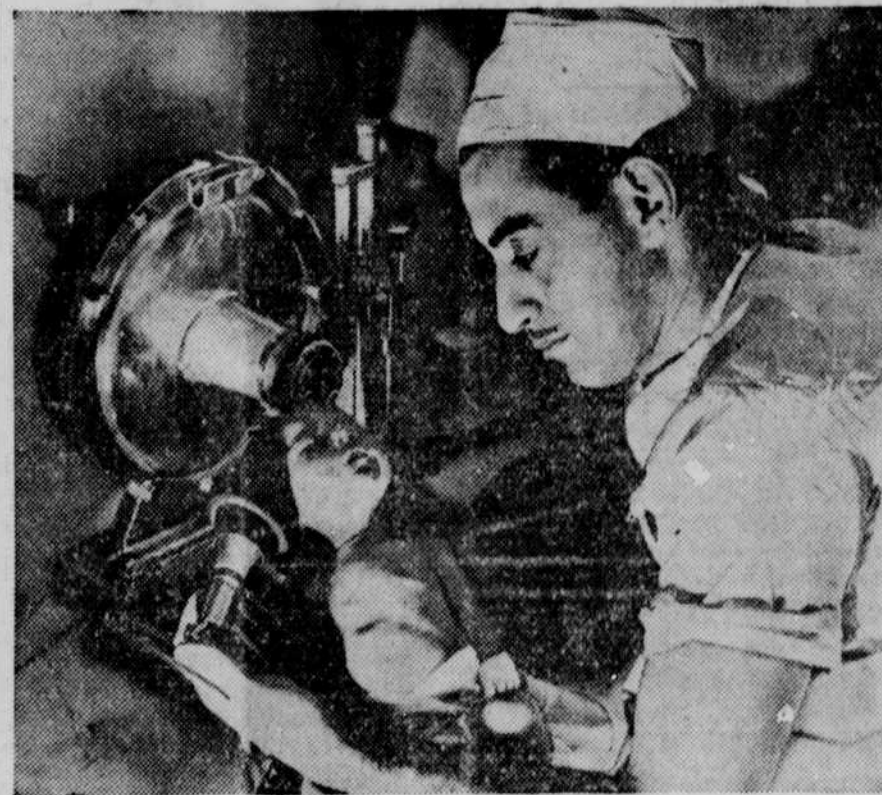
William C. Bailey, eighty-four, who took up bicycling at seventy-nine, shown as he pedaled out of Chicago on a return trip to his farm in Vermont. The octogenarian made the 1,028-mile trip by cycle to Chicago to visit relatives in 18 days. He planned to make some stops en route home but declared he would pedal the entire distance to the Green Mountain state himself.

### Challenger's Right Jolts the Champion



Tommy Farr, British contender, connects with a right to Joe Louis' jaw in their recent New York bout.

### Doctor's Invention Saves Infants



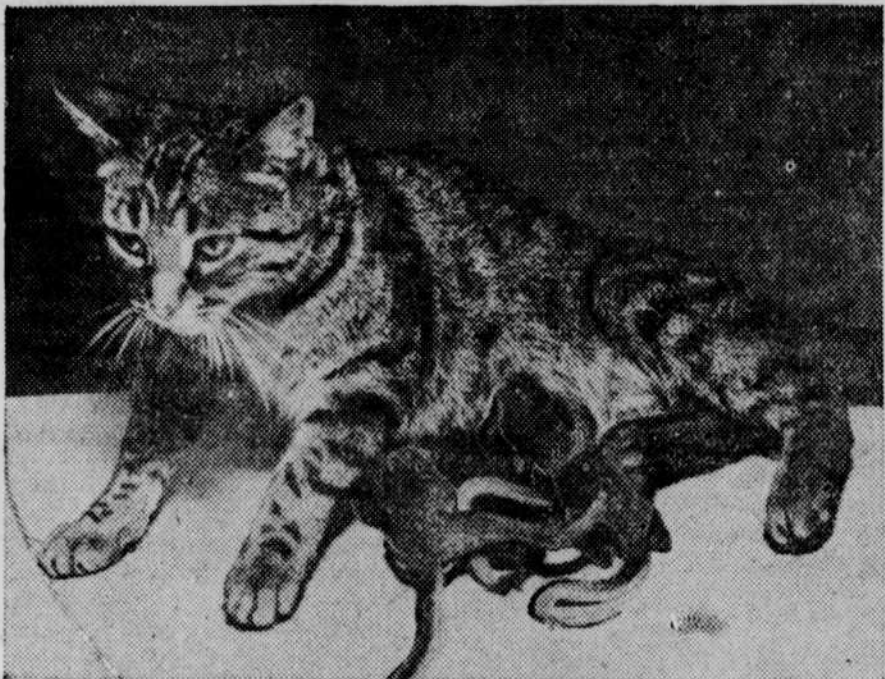
A new type respirator device invented by Dr. Joseph Kreiselman of Washington, D. C., has proved itself effective in saving the lives of children dying of pneumonia, and malnutrition. When a baby born to a Washington couple recently did not breathe at birth the respirator was applied in the same manner as Dr. Ted Mandy, a Gallinger hospital physician is demonstrating in the above picture and in a few seconds the youngster was crying lustily.

### LEGLESS SWIMMER



Charles Zimmy, famous legless swimmer, shown weighing himself at Harlem hospital in New York city following his six-day swim in which he covered 145 miles between Albany and New York city. Zimmy completed the swim in 147 hours and estimated he had lost 30 pounds during the grind.

### Cat Mothers Orphan Squirrels



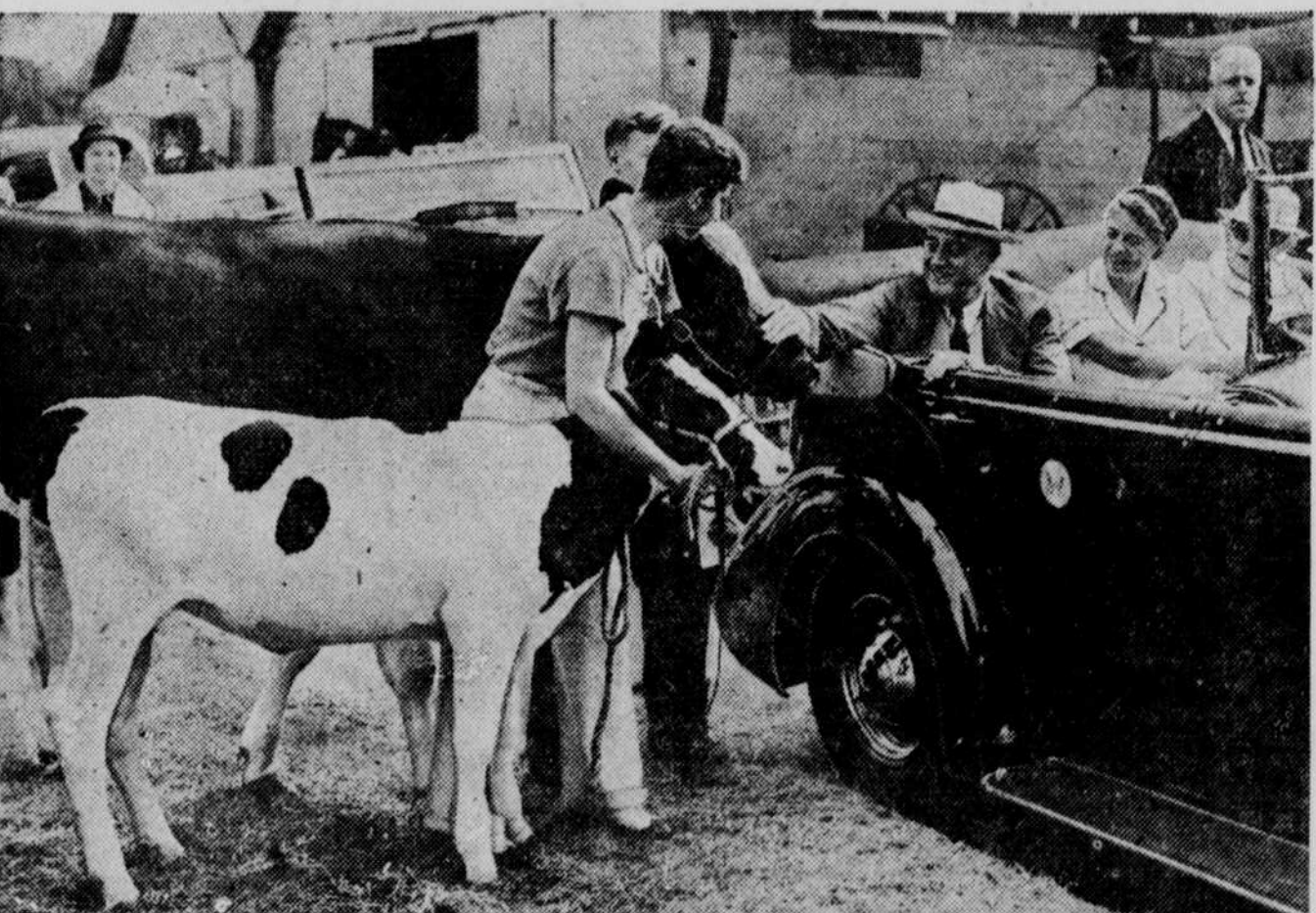
Linden, pet cat of the street-car shops at Wilmette, Ill., shown as she temporarily deserted her own offspring to mother three nine-day-old squirrels rescued from a tree nest by workers when they found the mother squirrel dead. The youngsters are thriving nicely.

### COPIES \$60,000 STRAD



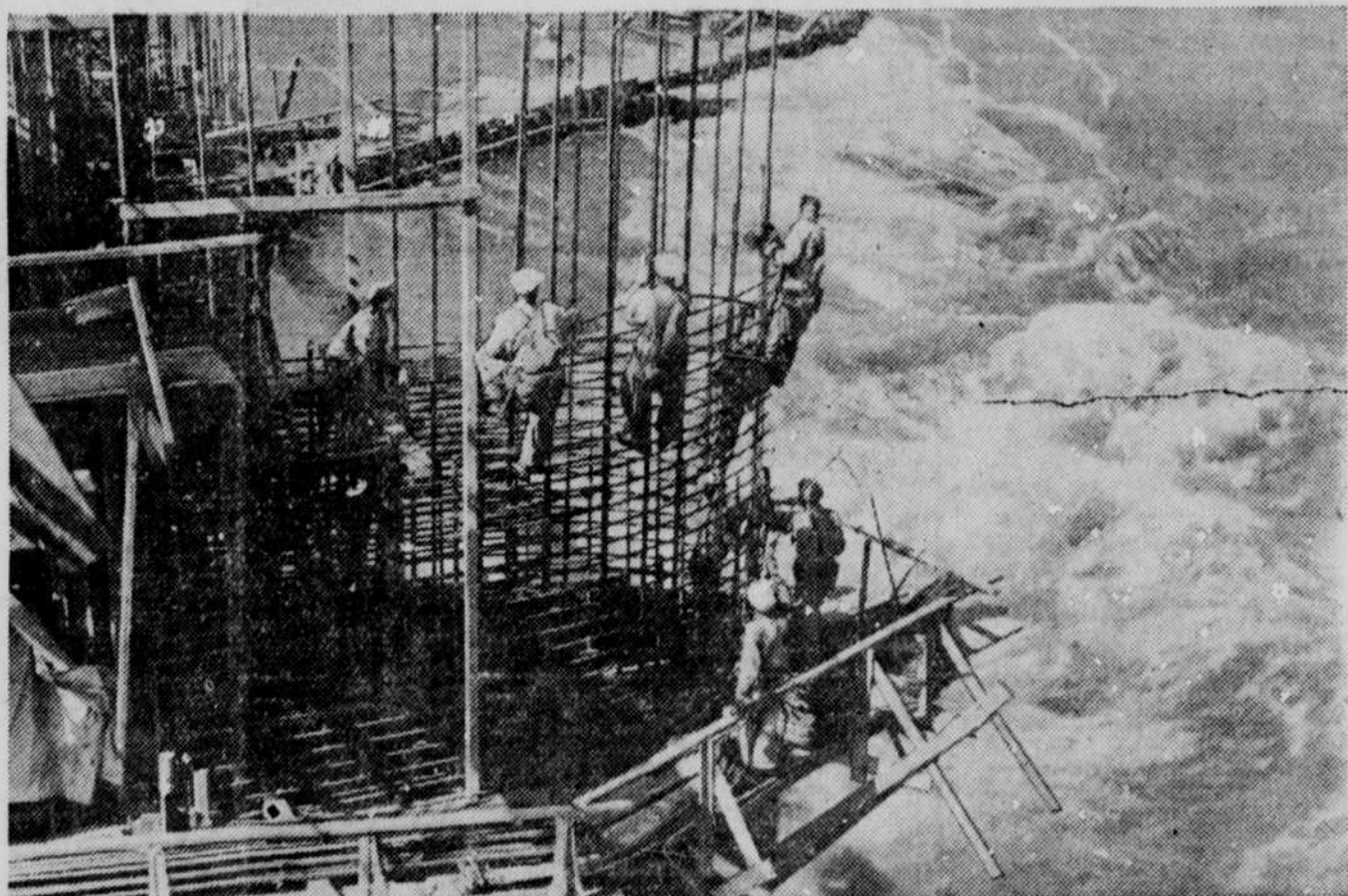
Yehudi Menuhin, famed violinist (above), in co-operation with Emil Francais, master French violin maker, succeeded in making an exact copy of his \$60,000 Stradivarius which had been presented to him on his twelfth birthday. Menuhin holds the original Strad on the right, the copy on the left.

### President Roosevelt Visits a County Fair



President and Mrs. Franklin D. Roosevelt pictured as they stopped on their drive through the grounds of the annual Rhinebeck-Duchess County fair at Rhinebeck, N. Y., to admire a prize-winning cow and her calf entered in the stock show.

### Work Speeded on \$32,400,000 Bonneville Dam



Army engineers are speeding the construction of the \$32,400,000 Bonneville dam in the state of Washington. This interesting picture in which sky, water and steel meet shows workers erecting piers that will span the Bonneville river. This PWA project is a huge power, navigation and flood-control undertaking.