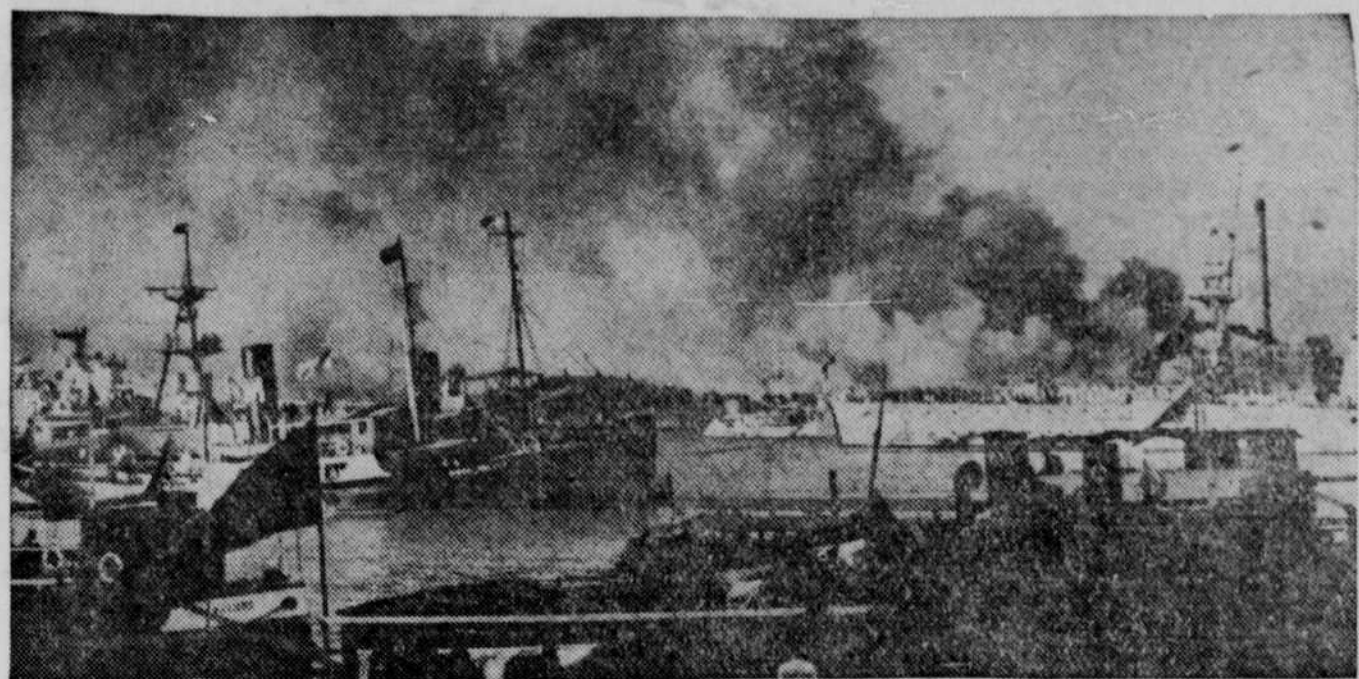


## Japanese Bombard the Shanghai Waterfront



A scene of confusion on the Whangpoo river off the Bund at Shanghai as Japanese airplanes bombed Pootung. Ships and boats of all kinds scurry to safety. At the right is the United States cruiser Augusta, which, in acting as a protective barricade between the fighters and the settlement, was hit by a shell of undetermined origin that killed one of the seamen and wounded 18 others.

## Scenes and Persons in the Current News



1—Senorita Anita Lizana, temperamental Chilean, becomes second foreigner to win United States women's national tennis championship in Forest Hills (N. Y.) meet. 2—Desperate to save Shanghai, the Chinese Central government hastily ordered military training for women, who are fighting the Japanese shoulder to shoulder with the men; some have already been killed in action. 3—Tiny Nancy Felio, youngest American refugee from the war in the Far East, as she landed in Seattle, safe and sound.

## Germ Causes Tuberculosis

By  
DR. JAMES W. BARTON  
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IT IS hard to convince the average man or woman that tuberculosis is not inherited. They look about them on every side and know that a parent, an uncle, a brother, or a sister of a patient with tuberculosis has died of tuberculosis.

Yet physicians, particularly those working close to tuberculosis, tell us that while tuberculosis may appear to "run in families," it is only "because children catch the disease from an older member of the household who has it."

Shortly after I graduated in medicine the superintendent of a large sanatorium told me that he believed that

in at least half the adult population evidences of past or healed tuberculosis could be found. Today it is believed that if every part of the body could be examined some evidence of tuberculosis would be found in everybody, which, for the time being at least, was in a "quiet" state.

### Caused by an Organism.

Why then, if tuberculosis can be found in practically everybody, do we not all suffer with the symptoms or at least show some signs of it?

"The specific or definite cause of tuberculosis is a germ or organism. If a few tuberculosis germs get into a healthy body no harm is done because the body fights back. But if one lives daily with a careless person who has the disease the danger is great. Kissing, coughing and spitting may be the means of spreading tuberculosis germs. Anything which has touched the sick person's lips may have germs on it."

It would be well for all of us to remember also the first signs—the danger signals—pointing to tuberculosis. These signals may not mean tuberculosis in every case but should cause one to suspect tuberculosis. These signals are: (1) too easily tired; (2) loss of weight; (3) indigestion; (4) cough that hangs on.

### Overweight and the Failing Heart.

One of the hard tasks for physician and patient is when there is a great amount of fat in and on the body and the patient has a weak or damaged heart.

The most effective method of reducing weight is cutting down on the food intake and increasing the exercise. Unfortunately the overweight patient with a heart condition needs food to maintain his strength and can take little or no exercise owing to the strain exercise puts upon the heart.

In addition to getting out of breath easily many of these patients begin to get a little swelling in the feet which means they must get off the feet more, and keep the feet on another chair when sitting. While this may mean less work for the heart it of course means less work or exercise for the body and more fat accumulates.

Therefore when the physician undertakes the treatment of the overweight heart patient he does so, not with fear and trembling as to what must be done, but with fear and trembling that his patient will not follow his suggestions faithfully; that he will continue to eat more than his body needs.

One of the laws that applies to all the organs or functioning processes of the body is briefly: "An organ performing its work with difficulty undergoes a gradual deterioration, if increased activity is persisted in." This doesn't mean that the organs or tissues will not or are not able to do many times the necessary work, but it does mean that if an overload is placed on it, and it has to work with this overload for a long time, the fibers or tissues of the organ lose their strength and elasticity, just as a piece of elastic kept greatly stretched too long will lose some of its power to contract.

It is therefore getting these overweights to lessen the amount of their food intake and thus take the overload off the heart (due to its having to nourish this extra fat and weight of the body) that the physician so persistently aims at.

The converse or opposite of this rule is: "If the work demanded of a diseased or failing organ be a little less than it is really able to do, a certain degree of power will be restored." In the case of the heart this is known as "heart reserve."

You can see then how important it is to the overweight heart patient that he get rid of his fat and lessen the work on the heart. "When the heart muscle is suffering from any abnormal mechanical handicap (such, for instance, as having to pump blood to a large quantity of inactive fat tissue) and shows signs of failing, it should be given as nearly as possible absolute rest to regain some of its lost power."

## "Dickie" Brings Help in Nick of Time



Mrs. Christine Toth, seventy, of Lucaston, N. J., fondling her pet poodle, Dickie, after the dog had been instrumental in saving its mistress' life recently. Ill from toadstool poisoning, Mrs. Toth wrote a note, "Help, I'm dying. Mrs. Toth," tied it to the dog's collar and sent him out of her house. The dog's shrill barking awakened Rev. Harry R. Stockton, pastor of the local Methodist Episcopal church, early in the morning. Noticing the note, he telephoned for a doctor who sped to Mrs. Toth's side, reaching her just in time to save her life.

## Hitler Dolled Up as He Attends Nazi Congress

Dressed in a faultless uniform, Chancellor Adolph Hitler is greeted



on his arrival at Nuremberg, Germany, to attend the National Socialist congress.

## NOT I, SAYS JOHN



New York.—John, youngest child of President and Mrs. Franklin D. Roosevelt, arriving home from Europe, took advantage of the opportunity to deny again that he had squinted champagne in the face of the mayor of Cannes, France, and hit him over the head with a bouquet, during the annual "battle of flowers." "It must have been two other fellows. I've never met the mayor," he reiterated. His engagement was announced to Miss Anne Lindsay Clark, of Boston.

## "Miss America" Shuns Her Crown



Atlantic City, N. J.—Blonde, blue-eyed Bette Cooper (above), seventeen, of Hackettstown, N. J., chosen the most beautiful girl in the United States at the annual contest here, walked out on the promoters shortly afterward, forsaking sash and crown and other rewards for school and home. Bette is 5 feet 6½ inches tall and weighs 120 pounds.

## Stylish but Weird Is New Costume for Ski Addicts

Paris.—Weird, but fashionable, is this ski addict, clad in Schiaparelli's latest outfit made of black wool and previewed at a Parisian salon. The



boyish knee pants are held at the back with buckle and strap. The "shocking pink" helmet is hand-knitted. A short jacket and long, loose coat complete the ensemble.

## A Stitch in the Britches Just in Time



But what if the needle should slip? This snapshot was taken at a holiday camp on the Kent coast in England, where the fair needlewoman obliged her unlucky companion.

## Civilization Marches On in Europe



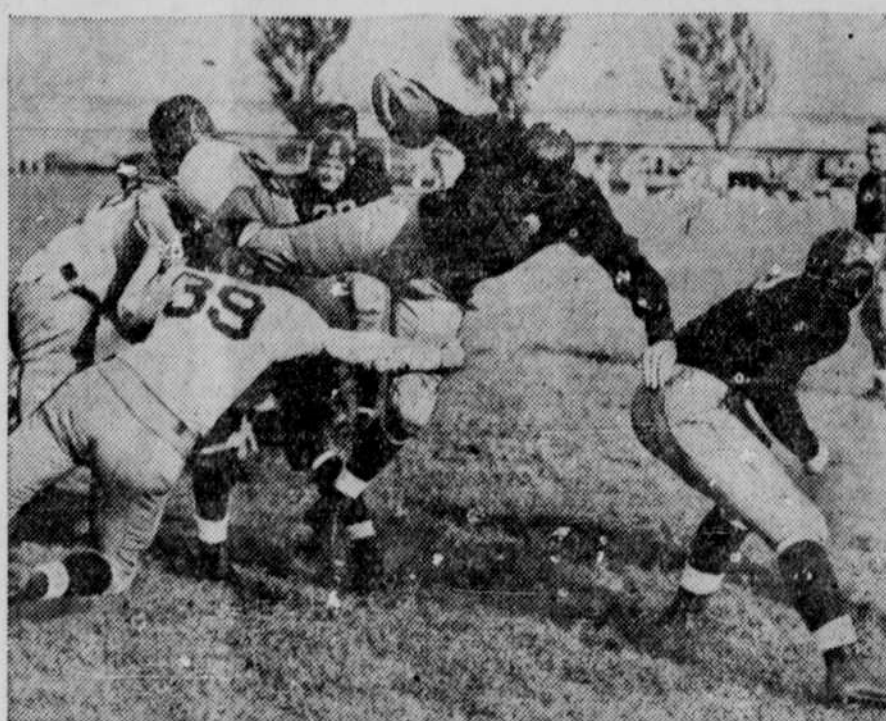
Berlin.—With war becoming more and more imminent in Europe, Germany hastens to protect her youth from the most horrible of modern weapons—gas. As pictured here, officials oversee the distribution of gas masks, making sure they fit properly before the youngsters are allowed to take them home at 2½ marks (about \$1) the copy.

## As 31 Young Men Entered the Priesthood



An impressive view of the ceremonies at Latrobe, Pa., as Bishop Hugh C. Doyle of the Pittsburgh diocese ordained 31 young deacons to the priesthood. Also shown are some of the 21 men who were ordained as sub-deacons.

## Sudden Stop for Navy Cruiser



Annapolis, Md.—Football's in the air again, and watch out, Army mule! There's plenty of dynamite in the 1937 Navy squad, pictured in workout here. Whitehead, speedy back, is shown being stopped in his tracks as he breaks loose with the pigskin from scrimmage.

## SIGNS FOR F. D. R.



Washington, D. C.—Jeanne Kavanagh, twenty, pretty, blue-eyed Iowa girl, pictured here, has been appointed by President Roosevelt as secretary, with the power to sign his name to all land grants and patents. She is the youngest person ever to hold this position.