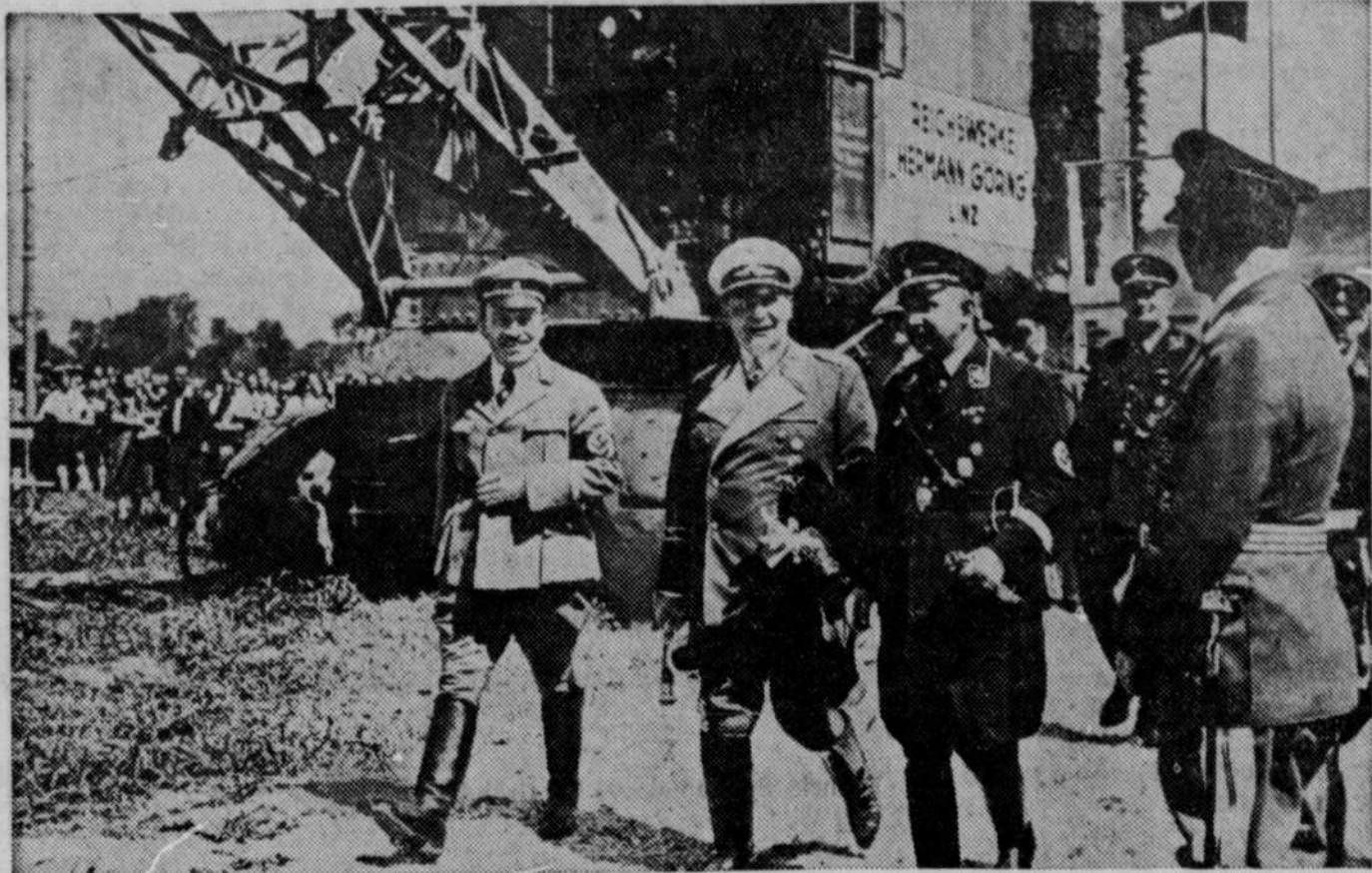
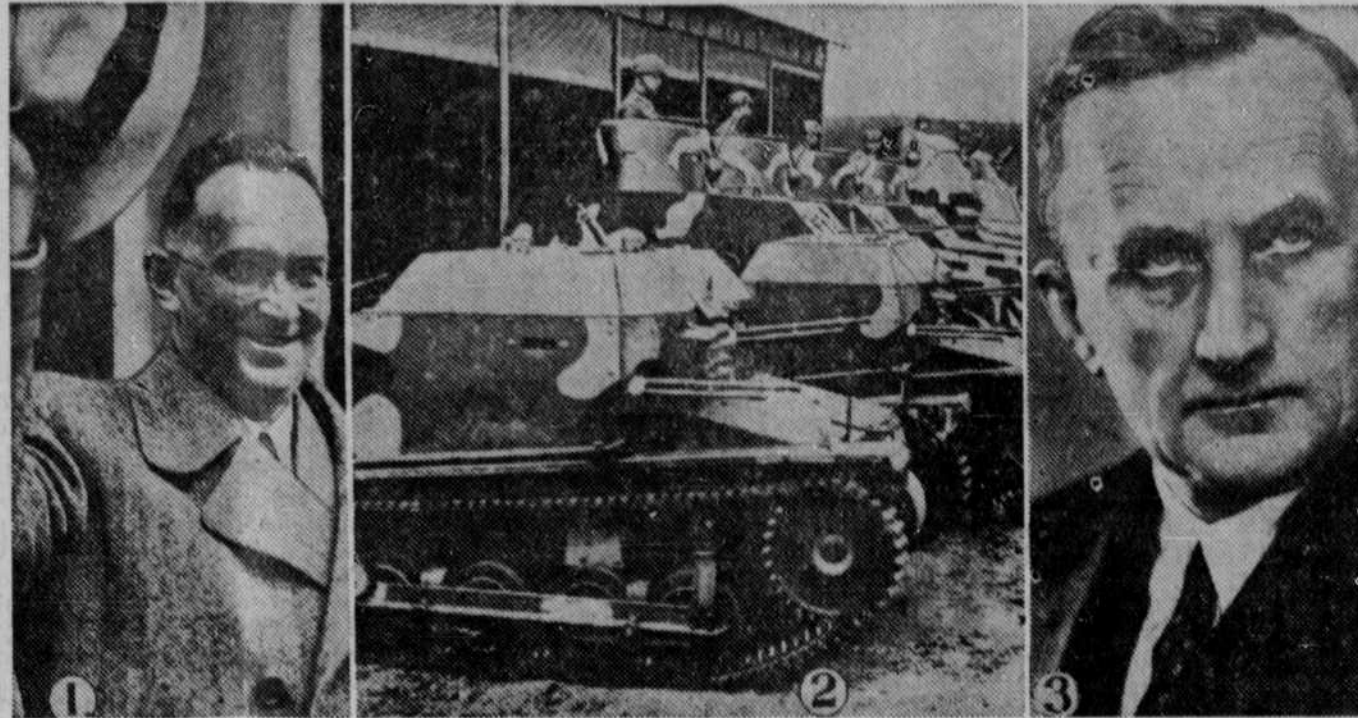


"Iron Better Than Gold," Says Goering



Field Marshal Hermann Goering (center) inspecting the site of the new Hermann Goering Iron foundries at Linz, Austria, after laying the cornerstone recently. In his dedicatory speech he said, "Let others have gold, we are happy to have iron."

Czechs Hold Key to European War or Peace



1—War or peace in Europe largely hinges on the future actions of Konrad Henlein, leader of Czechoslovakia's Sudeten Germans whose demand for autonomy precipitated a grave international crisis. 2—Tank corps of the Czechoslovakian army called out to quell disorders during recent municipal elections and to resist possible German invasion. 3—Foreign Minister Kamil Krofta of Czechoslovakia who held peace conferences with Henlein and who has played an important part in shaping foreign policy in the recent crisis.

Reducing and Goiter

By
DR. JAMES W. BARTON
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ONE of the tragic results of reducing weight too rapidly either by reducing the amount of food eaten or by taking one or more of the "obesity cures" is to find that when the desired weight has been reached the loss of weight continues. With this continuous loss of weight other alarming symptoms appear—loss of appetite, nervousness, trembling of the limbs, sleeplessness and rapid heart beat, until finally the severe form of goiter—exophthalmic goiter or Grave's disease—develops.

Some years ago research in the Lahey clinic, Boston, reported a number of cases in which Grave's disease resulted from the use of thyroid extract to reduce weight. Dr. J. H. Means, president of the American College of Physicians, Boston, and his associates, Drs. S. Heitz and J. Lerman, in the *Annals of Internal Medicine*, record 35 cases of goiter following loss of weight. In 14 of these cases the loss of weight before the goiter symptoms occurred was due to the reducing cures.

Symptoms and Diet. Dr. Means and his associates warn physicians and patients against too vigorous reducing cures for overweight. And in cases where operation for goiter is found necessary that the patient be built up as much as possible before operation.

The general symptoms of this loss of weight are general weakness, loss of muscle tissue, thinning of the blood, weakening of the heart muscle and loss of morale or ambition. To correct the condition the following diet suggestions should be followed: (a) Plenty of starch foods—bread, potatoes, sugar; (b) plenty of foods rich in vitamins and minerals—milk, cream, butter, cheese, leafy vegetables, tomatoes, oranges; (c) plenty of fat foods—butter, cream, egg yolk.

Meat and white of eggs—animal proteins—are not considered advisable, as they "speed up" the body processes and may prevent gain in weight.

Need for Exercise.

Years ago when it was found that rest, fresh air, and rich nutritious food would halt the progress of tuberculosis, it was not unusual to see these patients return to their homes, plump, with a good color, and apparently perfectly well. In a few months or even weeks it was noticed that this weight was gradually being lost, that the appetite was poor, and the cough was returning. Another stay in the sanatorium then became necessary.

The loss of weight and strength in many of these cases was due to the fact that the individual did not follow the method of living taught him in the sanatorium; he became careless about his rest periods, food, and the outdoors. In the majority of cases the loss of weight and strength and the return of the symptoms of tuberculosis were due to the fact that the patient had rested almost entirely at the sanatorium and had taken no exercise whatever. Thus when he returned home and attempted to do some physical work, there was no strength in muscles, heart, and lungs, and the relapse followed.

"Serbia," Not "Servia"

"Serbia" is the accepted English form of the name of the Balkan kingdom which became part of Yugoslavia after the World War. Before the outbreak of the war "Servia" was the favored spelling of this name in America. In fact, on February 2, 1897, the United States geographic board adopted that spelling and it was followed by the Department of State. But "Servia" was objectionable to the inhabitants of that country because of its analogy with Latin "servus," meaning slave, and because the Slavic spelling of the name in Latin characters is "Srbia" or "Srbija." Accordingly, on March 3, 1915, the geographic board reversed its earlier decisions in favor of "Serbia."

Military Salutes

All of the various military salutes, including the fascist revival of the old Roman salute, may be traced back to the purpose of showing that the hand was empty and therefore harmless. The open hand shows there is nothing concealed and it therefore invites trust, confidence or respect of the other party. Even gun salutes in olden times left the saluting ship helpless until the gun could be reloaded, an appreciable time with the old muzzle loaders. The dipping of a ship's sails in salute left the ship helpless for a time.

Secretary Ikes Wed in Dublin

Miss Jane Dahlman of Milwaukee who was married in Dublin, Ireland, to Secretary of the Interior Harold Ikes. Ikes is sixty-four and his bride is twenty-five. The new Mrs. Ikes had been abroad for some



weeks, staying at the home of her uncle, John Cudahy, United States minister to the Irish Free State. She is a sister of Mrs. Wilmarth Ikes, whose husband, son of Secretary Ikes, died in 1936.

Ready for the Front Line



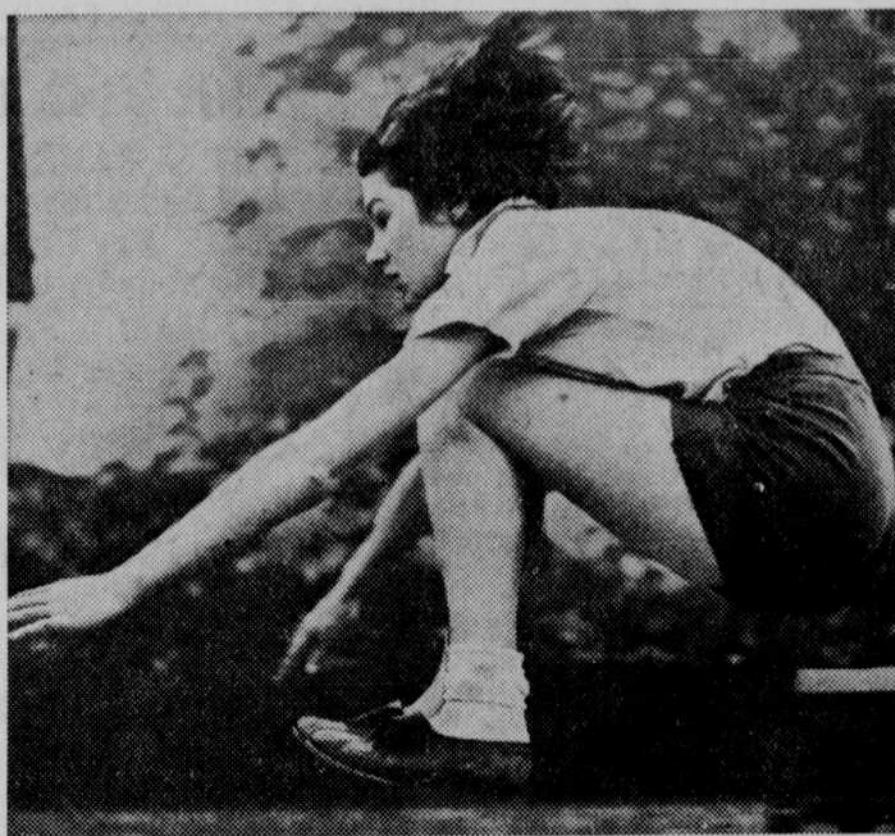
On the Lunghai line going to the front line battlefield, Chinese troops are shown at the railroad station about to entrain. The stubborn resistance of the Chinese troops to the Japanese invasion is regarded as one of the military miracles of modern times.

PARTIES FOR CHINA



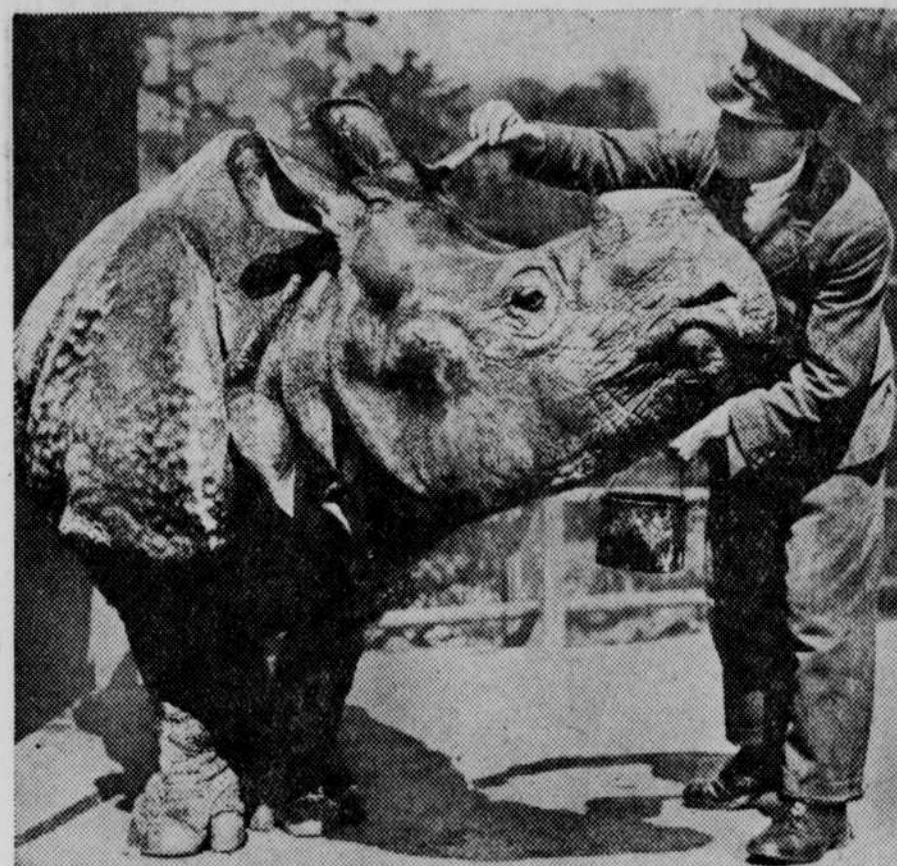
Col. Theodore Roosevelt, Jr., who has invited Americans to attend symbolic "Bowl of Rice" parties in 2,000 cities to raise funds for 30,000,000 Chinese civilians left destitute by the Japanese invasion. Highlight of the parties will be a contest to select the most perfect fashion model in America.

Soars to New Broad Jump Record



Miss W. H. Mayer, whose leap of 16 feet 9 inches set a new meet record in the women's broad-jumping event in London, England, recently, photographed during her successful attempt which took place at the University of London Athletic Union annual athletic championships at Hopton park.

Rhinoceros Put in "Dry Dock"



In "dry dock" for its annual overhauling is this pachyderm, one of the star attractions at the London zoo. Here, a keeper is shown with his brush and oil can as he spreads the fluid over the thick hide of the rhinoceros to prevent its cracking during the hot summer season.

Rookie Slugger Aid to Pirates

One of the standout players among the first-year men in the big leagues is Johnny Rizzo, hard-hitting Pittsburgh Pirate outfielder. Rizzo has



contributed a home run punch to the Pirates' attack this year and is compared by some baseball men to Joe Medwick of the St. Louis Cardinals.

Fresh Flounders in Trees



Belmar, N. J.—It's big business that Lester McDaniels, left, and Bill Martin are carrying on as Mrs. Mildred Winward patronizes these enterprising Monmouth county, N. J., youths who display their fresh flounders on a tree. And it is 100 per cent profit for at this season a fellow can catch this species here about as fast as he can lift them from the bottom of the nearby bay and river.

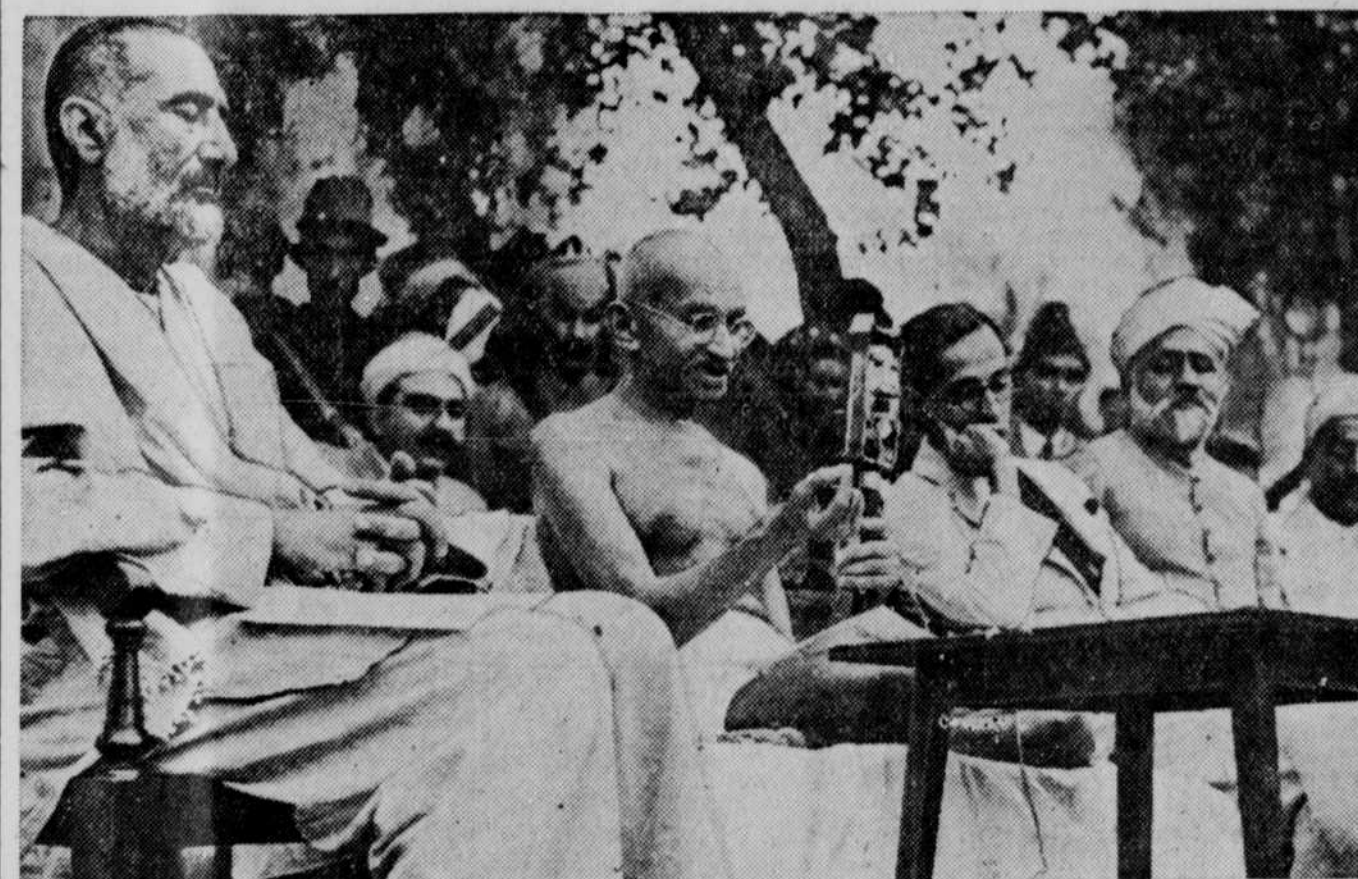
Hizzoner Enjoys Press Barbecue

Mayor Fiorello H. LaGuardia of New York sure enjoys his barbecue at the National Press club's annual



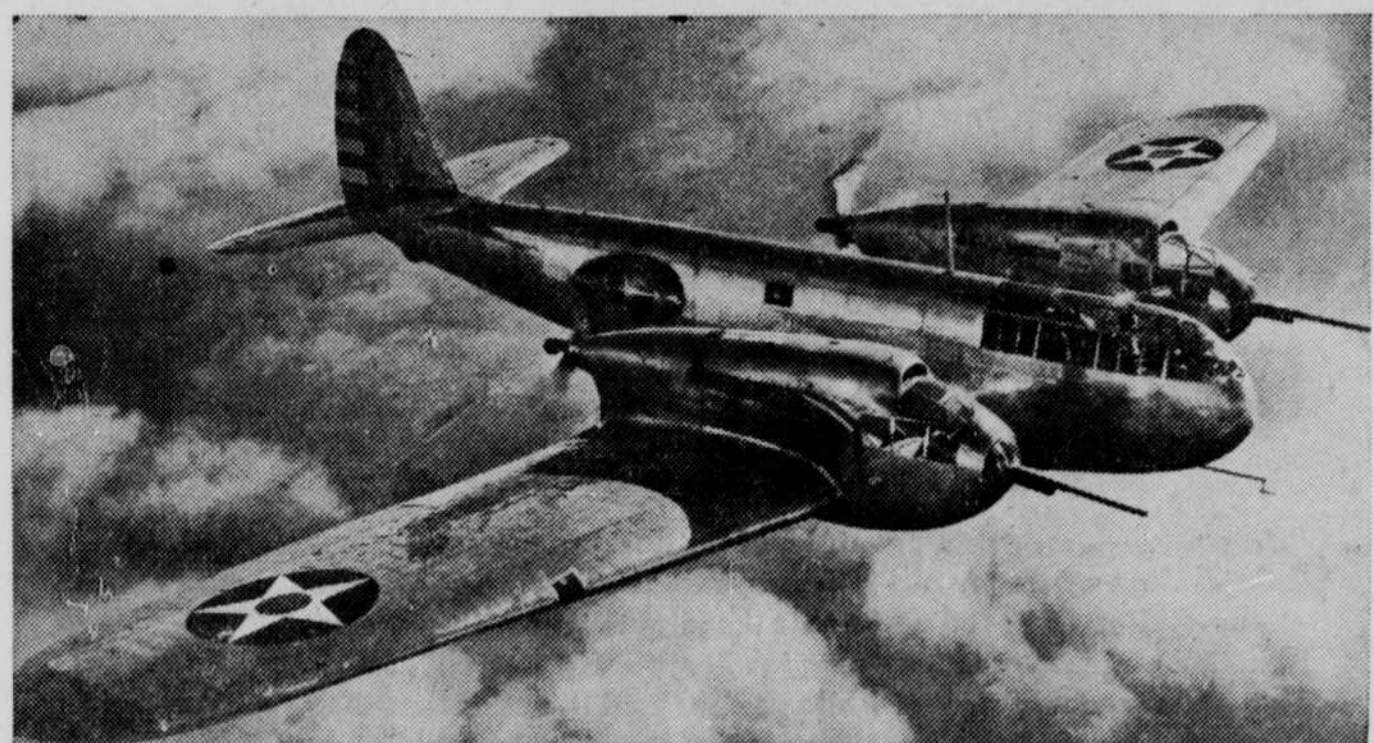
baseball game and picnic at Fort Hunt, Va., recently. Notice the big helping on the plate in front of him which he cleaned up with gusto.

Gandhi Visits Northwest Frontier



Mahatma Gandhi, who was given an enthusiastic reception by thousands of people during a recent visit to the Northwest Frontier Province of India, is shown addressing students of King Edward's college at Peshawar, India. On Gandhi's left is Rev. A. M. Dalaya, principal of the college, and on his right is Khan Abdul Gaffar Khan, who is known as the "Frontier Gandhi."

New "Airacuda" Fights 30,000 Feet Overhead



One of the new "Airacuda" fighting planes of which 13 have been ordered by the War department. The plane, of revolutionary new design, has a fighting ceiling above 30,000 feet, has its propellers located behind the wings instead of in front and is equipped with two specially designed engines. The War department states that the speed of the plane "is believed to be sufficient to overhaul any modern bomber now in production or building."