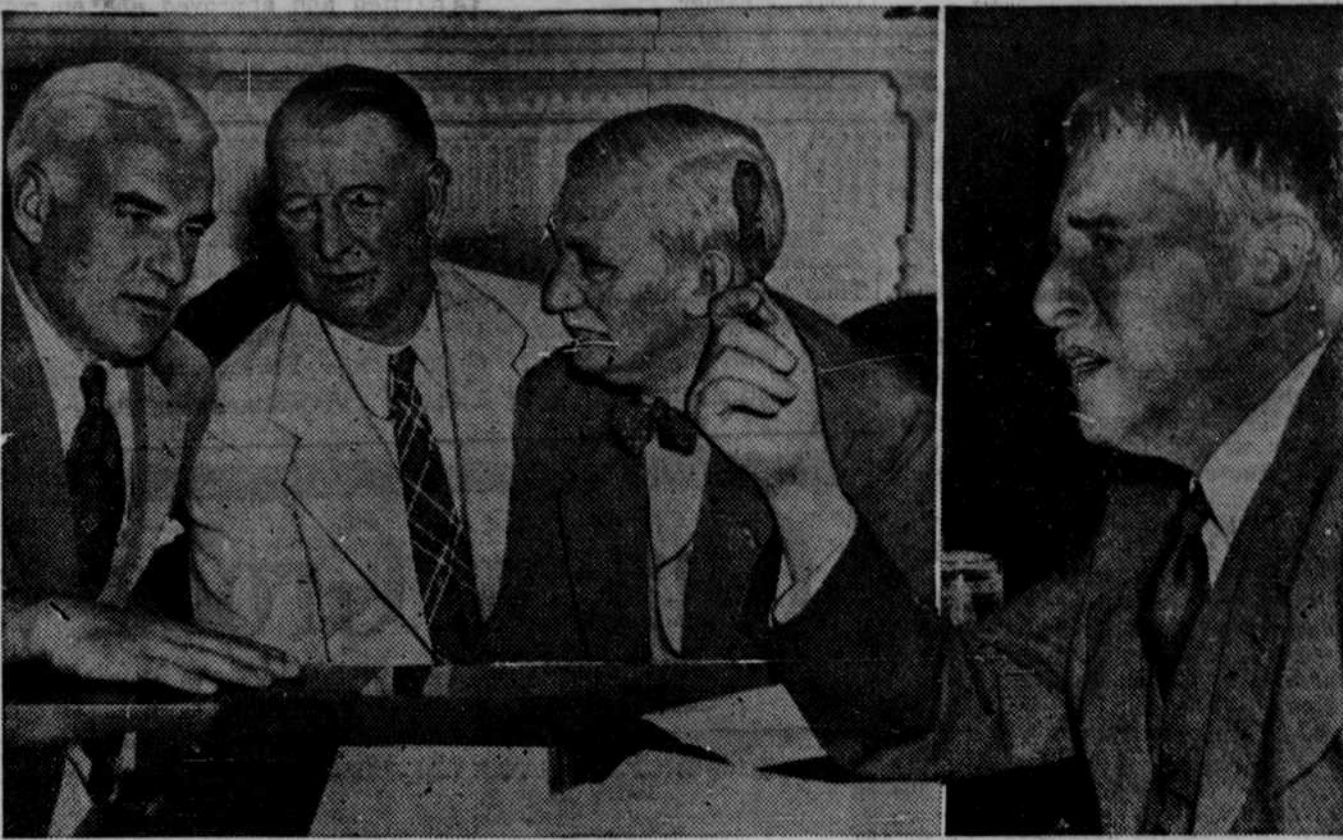


New Cabinet Members Speed Defense Program



Following their recent confirmation by the U. S. senate, the new secretary of navy and secretary of war are hard at work on their task of national defense. Secretary of Navy Frank Knox confers with Edward E. Stettinius (left) and William S. Knudsen (right), members of the national defense board. At extreme right is Col. Henry L. Stimson, the new secretary of war. Colonel Knox was vice presidential candidate on the Republican ticket in 1936. Colonel Stimson has served in two previous Republican cabinets.

Refugee British Kids Find Safe Haven in America



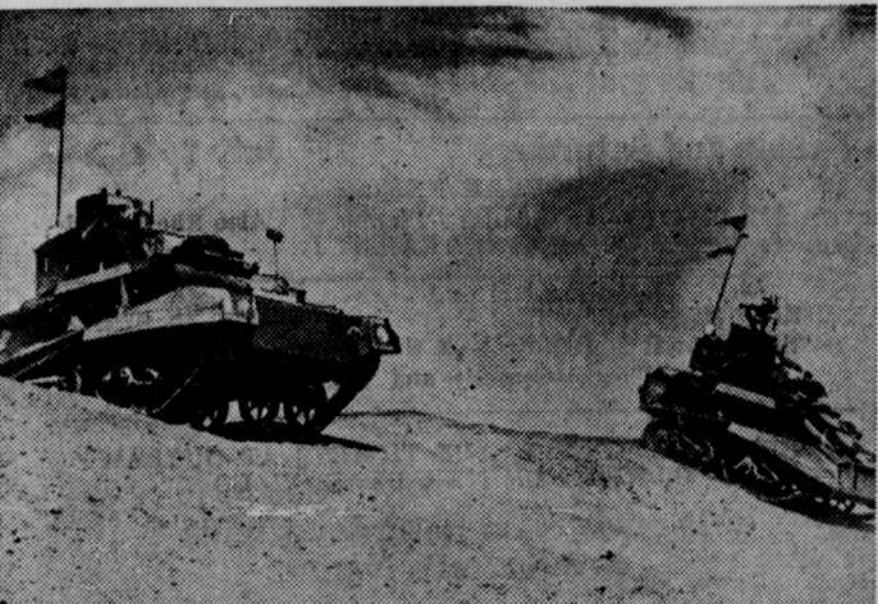
A group of refugee British children are shown after their arrival in New York city. These youngsters are more fortunate than thousands more in England who, because of a shortage of shipping facilities cannot be brought over immediately. The refugee children will be cared for by friends and relatives in America. The United States Committee for the Care of European Children is in charge of arrangements for placing the youngsters in American homes.

Ready for Another Bout With Nazis



Captain Moscicki, (right) son of the former president of Poland, is seen in London where he was recuperating from the effects of a head wound received during the last days of fighting in France. Moscicki is chatting with a French officer on the staff of General de Gaulle, who has organized French resistance to the Nazis in co-operation with the British government, following the armistice.

Desert 'Warships' Fight in Africa



Warfare in the deserts of Africa is part of the conflict being waged between Great Britain and Italy for the possession of colonial territory. British tanks especially designed for desert operations are shown dashing across the sandy wastes of Egypt during recent military movements. The tanks are designed to travel at high speed over sand.

Stratosphere Ace



Cementing Pan-American friendship, Capt. C. Haller Goodwyn takes off from Miami, Fla., to inaugurate a non-stop, stratosphere air service for passenger, mail and express between North and South America. This plane made its first flight to Barranquilla, Colombia.

G. O. P. Chairman



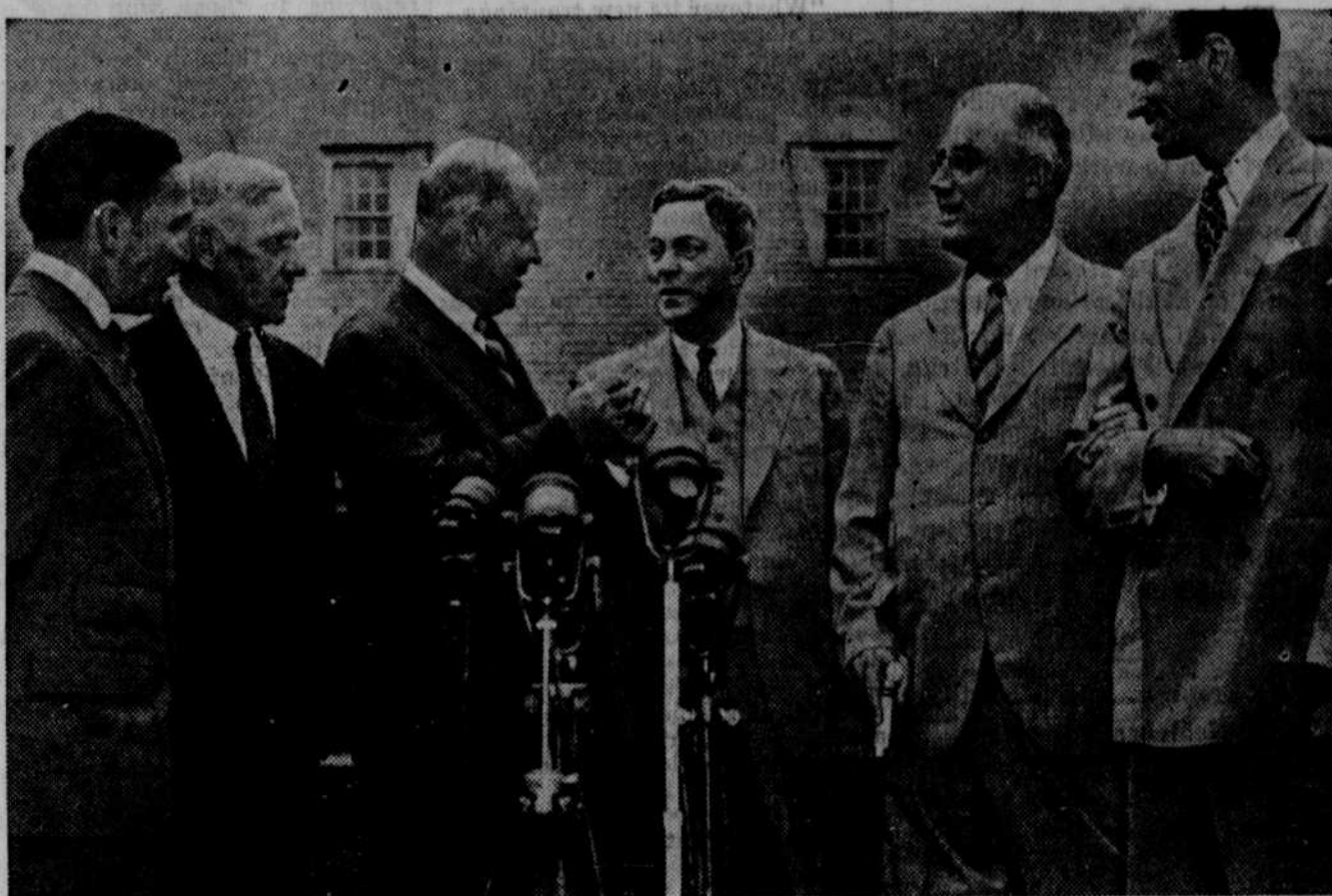
Thick into the fight to elect Wendell L. Willkie as President goes Congressman Joe Martin of Massachusetts who was selected as chairman of the Republican National committee to direct the campaign. He succeeded John D. M. Hamilton.

Bahamas to Be New Home for Windsor and 'Wally'



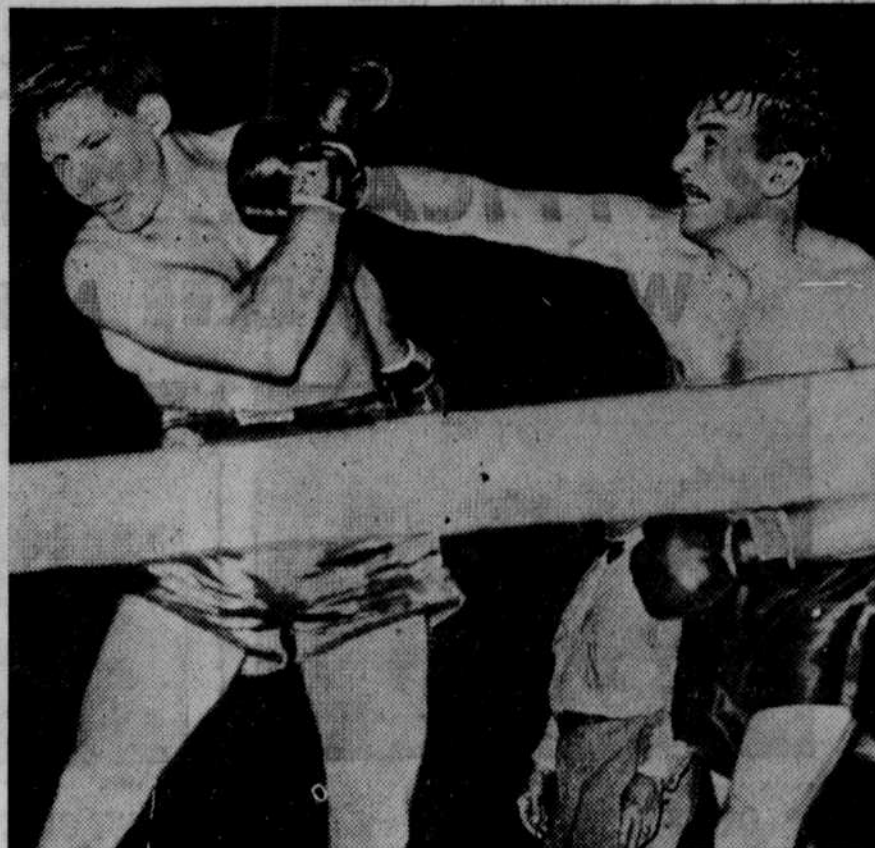
In Nassau, capital of the Bahama Islands, is shown the government house where the duke and duchess of Windsor will take up residence when the former Edward VIII of England assumes his duties as governor and commander-in-chief. The appointment of Windsor to this post was one of the most sensational moves in recent diplomatic history. The duke and "Wally" are shown above. They will arrive in the Bahamas for their new duties some time next month.

'F. D. R.' Library Becomes Museum for U. S. People



Formal transfer of the newly completed "Franklin D. Roosevelt library" at Hyde Park, N. Y., which eventually will house the President's state, political and personal papers, will provide the nation with a unique museum. At the transfer ceremonies are shown (left to right): John Shain, builder; Louis Simon, architect of the treasury; Frank Walker, treasurer of the F. D. R. Library, Inc., who is turning over the key to R. D. W. Connor; President Roosevelt and son James.

This 'Haymaker' Explosive Was No Dud



No dud was this lethal missile which Ken Overlin, middleweight boxer, explodes against the chin of Harry Balsamo, his opponent, in a 10-round charity non-title bout in New York city. This fight action was caught by the 1/100,000th-of-a-second photographic speed of the camera. The bout ended in the ninth round with a knockout victory by Overlin.

Women Pray for Future of France



In France's most tragic period since its defeat by the Prussians in 1871, women gather in tearful prayer before the Memorial to the World War Dead at Bordeaux. With complete military collapse, the French cabinet, headed by Marshal Henri Petain, formed a government along Fascist principles like their conquerors, the totalitarian states, eliminating President Lebrun.

Flow of Bile Is Influenced By Exercise

By DR. JAMES W. BARTON

(Released by Western Newspaper Union.)

ONE of the things that formerly was difficult to understand was how some men ate enormous meals and had no trouble with liver or gall bladder while others who ate meals of ordinary size were troubled with indigestion, belching, desire to vomit, constipation, and other signs of a slow or sluggish liver and gall bladder. The explanation is that the heavy eater is one who is also active, takes plenty of exercise—riding, golfing, brisk walks and the other sits at his desk all day.

TODAY'S HEALTH COLUMN

Nature meant that man should move about, bend his body, reach up and down, all of which not only squeezes the liver and gall bladder but also makes him breathe deeply. Deep breathing, by pressing the diaphragm (floor of chest and roof of abdomen) against the liver, squeezes it and increases the flow of bile.

Will bile not flow unless exercise is taken? Bile is manufactured and will flow down into small intestine, into gall bladder, and from gall bladder also to small intestine, even if no exercise is taken. But the amount made and rapidly with which it flows can greatly be influenced by exercise.

Over a Quart of Bile. Just how much bile is manufactured in 24 hours and how fast it flows is recorded by Dr. I. C. Zuckerman and associates, in American Journal of Digestive Diseases. A patient with a fistula—opening in duct carrying the bile—was observed when starved and no bile taken by mouth. Over a quart of bile was manufactured in 24 hours.

In regard to the rate of flow, it was found that the hourly rate of flow during day and night was fairly regular. There was, however, a six-hour interval during night and early morning (when patient was sleeping) when there was a noticeable decrease in the bile flow.

What does this teach us? It teaches us that when the body is completely at rest, bile flow is slower than when body is active. If, several times a day we would bend the body with knees straight or take a few long breaths we could increase the bile flow and prevent constipation.

The Prevention of Stones in Kidneys

TODAY physicians are not content simply to treat kidney stone colic and remove large stones, but are studying the causes of these stones and how best to prevent these stones from forming. The Stone clinic was organized at the Massachusetts General hospital, Boston. Dr. Fuller Albright, in the New England Medical Journal, says:

"The Stone clinic represents an effort to learn more about the prevention of kidney stones by a combined study of the problem by the general physician, the chemist and the urologist (specialist in kidney and bladder diseases). There are undoubtedly many factors that influence the formation of stones—stasis (sluggish circulation), infection (from various parts of the body), lack of or insufficient amount of vitamins, lack of colloids (matter or substance in a glue-like condition), excess of crystalloids (matter or substance in a crystal form) in the urine, and so forth."

Method of Treatment. The thought then in investigating stones is that a urine of a certain composition precipitates or manufactures a stone composed largely of the substances thrown down by or precipitated by this certain type of urine—cystine stone, uric acid stone, calcium phosphate stone. This being the case then, medical treatment consists in trying to reduce the manufacture of the substances forming the stone by the urine, or to try to change the composition of the urine so as to keep the substances solvent.

The first step in the treatment is to find out the type of stone that is present. Dr. Albright states that taking large amounts of fluids is ideal treatment for all kinds of stone.

QUESTION BOX
 Q.—Could gas interfere with the heart action enough to cause pain?
 A.—Gas could interfere with heart action by crowding it. By avoiding foods causing the gas or bending from side to side to dislodge the gas, you should get relief from gas pressure.
 Q.—I have just recovered from influenza and pneumonia and my hair has dropped out till I am nearly bald. Will it grow in again?
 A.—Your hair should return within two years.

'Business as Usual'



A member of the crew of a British fighting plane holds one of the plane's carrier pigeons in one hand, and in the other the egg laid by the pigeon while the plane was in action over Germany's Heligoland.

In the Army Now



Winthrop Rockefeller, scion of the oil fortune, is pictured at the "second table" pitching in to his food at the army training camp at Plattsburgh, N. Y.