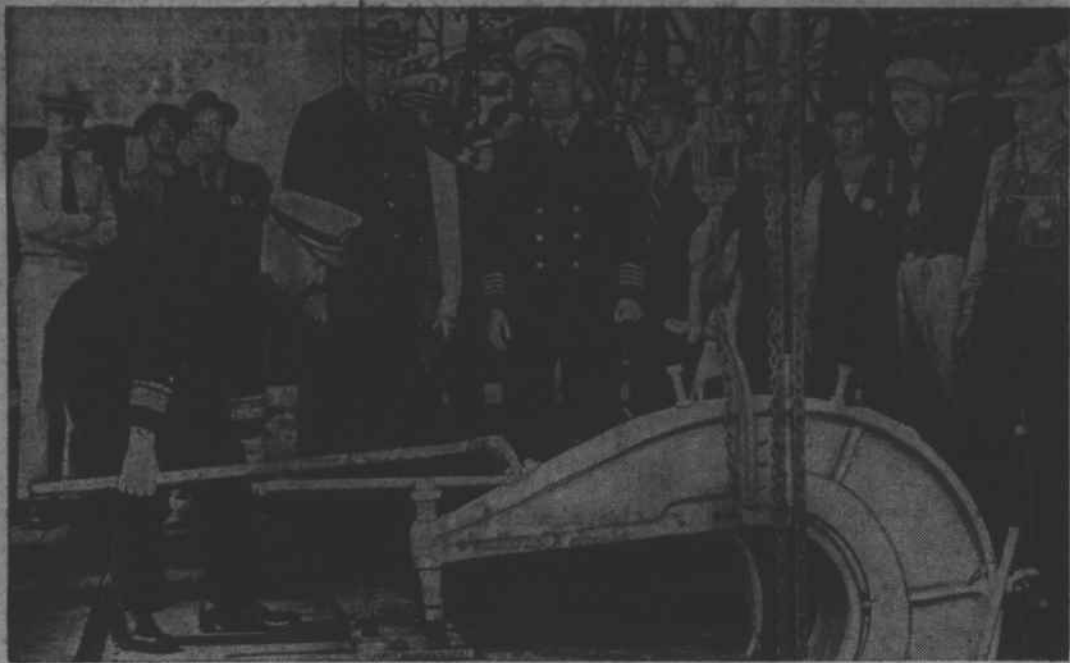


Your Tax Money Helps U. S. Build Battleships



As Uncle Sam's mammoth naval building program gets under way, Rear Admiral C. H. Woodward, commandant of the Third naval district, drives the first rivet to lay the keel of the new United States Battleship U. S. S. Iowa at the Brooklyn navy yard. Observing the ceremony are Captains C. A. Dunn of the navy yard, (left); T. B. Richey, production officer of the yard; and Commander J. E. Kiernan. The public was not invited to the keel-laying, because of the necessity for privacy and speed.

They're Ready to Defend America's Coast



Manning coast defense guns will be one of the important military operations in the new defense program of the United States. Members of the 207th coast artillery of New York are shown receiving instructions in their duties. A number of regiments of the National Guard, particularly along the Atlantic seaboard, are being transformed into coast artillery units. They will be trained to repel attacks coming from either the sea or the air. Regular army coast defense units are likewise being expanded.

Reduction of Starches Good For Arthritis

By DR. JAMES W. BARTON
(Released by Western Newspaper Union.)

WHEN an individual suffering for months with pain in his knee and near-by muscles becomes free of this pain after the removal of his tonsils or one or two teeth, it is hard to persuade him that it was not the infected teeth or tonsils that was causing the pain. Then when he sees the disappearance of joint and muscle pains in others by removal of infected teeth or tonsils, he is fully persuaded that infection is the cause of all painful joints and muscles.

TODAY'S HEALTH COLUMN

However, infection is not the cause of all cases of joint and nerve and muscle pain. From rapidly accumulating evidence it now appears that neuritis— inflammation of nerves supplying muscles and adjoining tissues—is due in many cases to lack of a certain vitamin— vitamin B₁—in the food. It is because the nervous system is "starved" by not getting its oxygen that neuritis arises.

What causes this starvation? Dr. W. J. McCormick, Toronto, in Medical Record, points out that lack of vitamin B₁ prevents the oxygen of the blood from passing through the fat-like coverings of the muscles to reach the underlying nerves. It is because these nerves are deprived of the necessary amount of oxygen that a change takes place in their structure, and neuritis—pain in muscles and joints—arises.

Fewer Starches, More Fruits. It is for this reason that many physicians are now having their patients with rheumatism, arthritis and neuritis follow a diet which cuts down on starches and increases the fruits, vegetables and dairy products in the diet.

The foods recommended because they are rich in vitamin B₁ are liver, milk, eggs, beans and whole grain products. The use of brewer's yeast in its regular form or in tablets is sometimes effective in relieving pain, because this in itself supplies the necessary amount of vitamin B₁.

It might well be said, of course, that infection—undiscovered—may be the cause of the pain, as infection uses up oxygen needed by the body processes.

Cancer Is Curable If Treated in Time

LAST year a band of determined women—the Women's Field Army—organized a campaign to tell (a) that cancer is a fatal ailment untreated, and (b) that "cancer is curable" if treated in time.

So successful was last year's campaign that many cases of women have been reported who discovered they had cancer after receiving the army's message, or, quite as important, who in finding they did not have cancer were freed from months and possibly years of worry. That the determined effort of this army of women to save lives made a deep impression on thinking men and women is proved by the enactment of the National Cancer Institute Bill of Congress, the founding of the Chicago Tumor Institute and the establishment of the Child's foundation at Yale.

'Fight Cancer With Knowledge.' The slogan of the army, which is the slogan of the American Society for the Control of Cancer, with headquarters at 1250 Sixth Avenue, New York City, is "Fight Cancer With Knowledge." Seventy thousand lives might be saved each year if every man, woman and child knew the following "painless" signs of early cancer and, when they appeared, promptly visited a competent physician. These signals may not mean cancer but suggest an immediate examination.

1. Any persistent lump or thickening, especially in the breast.
2. Any irregular bleeding or discharge from any body openings.
3. Any sore that does not heal—particularly about the tongue, mouth or lips.
4. Persistent indigestion, often accompanied by loss of weight.
5. Sudden changes in the form or rate of growth of a mole or wart.

QUESTION BOX

Q.—Would cream and gingerale taken three times daily be beneficial for one trying to increase her weight?

A.—All fat foods, including cream might increase weight if the cream agreed with the individual. Rest is the big factor in increasing weight. A trial of the cream and gingerale could be given for four or six weeks.

Q.—Is the cracking sound of a joint serious?

A.—In most cases this is not serious in itself.

'Dog House' Would Be Cool Place for Summer



Dog members of Rear Admiral Byrd's Antarctic expedition were given the utmost care and attention. This section of the East Base camp pictured above was called "Dog Town" by members of the expedition. Each dog had an individual hut supplied to him for the duration of his stay which was made snug and comfortable against the Antarctic weather. The Eskimo dogs were specially trained for hauling sledges and were regarded as extremely important members of the party. Antarctic birds may be seen in the background.

England Moves German Prisoners to Canada



The Germans have landed in Canada, as this photo shows. But they came as prisoners of war and not as conquerors. The above detachment are shown marching through train sheds in Quebec, on their way to Canadian prison camps. Canada was regarded as an extremely safe place for these prisoners because they are all specialists, including air pilots, parachutists and navy men. Originally imprisoned in England, they were moved to prevent danger during Hitler's attack on England.

Son Gets Pilot Wings From Father



Gen. E. C. Richardson Jr. is shown pinning the wings of a full-fledged U. S. army pilot on his son, Lieut. E. C. Richardson III, after he graduated from the pilot training course at Kelly Field, Texas. Lieutenant Richardson is a West Pointer, class of 1938. He completed 210 hours in the air and 590 hours of ground instruction to win his wings.

Marble Champion



Defeating all other contestants in the National Marble tournament, Douglas Opperman of Pittsburgh, Pa., was crowned Marble Champion of America at the New York World's fair. He won a gold-plated crown and \$250 in cash.

Willkies Look Over Their Fan Mail



Mr. and Mrs. Wendell L. Willkie are shown at work on a laundry basket full of congratulatory letters and telegrams. While the avalanche of messages that followed Willkie's nomination for the Presidency at Philadelphia tapered off somewhat, they continued to receive hundreds of letters every day from all parts of the country. The Republican nominee took a short vacation before opening his drive for the Presidency.

Refugee Princess



Princess von Starhemberg, wife of the former vice chancellor of Austria, is shown with her son, John. The princess, a refugee from her Nazi-ruled native land, is in America pleading the cause of refugees seeking a haven here.

Speed in the Water Their Specialty



Five of the speediest mermaids in America wave a greeting from a springboard at Lido Beach, L. I., where they are enjoying the summer swimming season. Each a champion in her field, the girls left to right are: Lorraine Fischer, Harriet Taylor, Mildred O'Donnell, Gloria Collea and Hilda Rains. Collectively the girls hold nine titles.

'Lefty's' Daughter



Posing proudly at the Boston, Mass., General hospital is Mrs. Vernon Gomez, and her first born, a baby girl. The infant's dad is famed "Lefty" Gomez of the New York Yankees.

Sonja and Husband on Honeymoon



Sonja Henie, skating star and a favorite among movie fans, is pictured here with her husband, Daniel Reed Topping, whom she married recently in Chicago. Topping, millionaire sportsman, is president of the Brooklyn Dodgers' football team. This is Sonja's first venture in matrimony. It is her husband's third. She is 27 and he is 28.

French Fighter



Gen. Charles de Gaulle, under-secretary of war in Paul Reynaud's cabinet, who heads a French war committee in London to continue the war against Germany. He has jurisdiction over all French citizens in England.