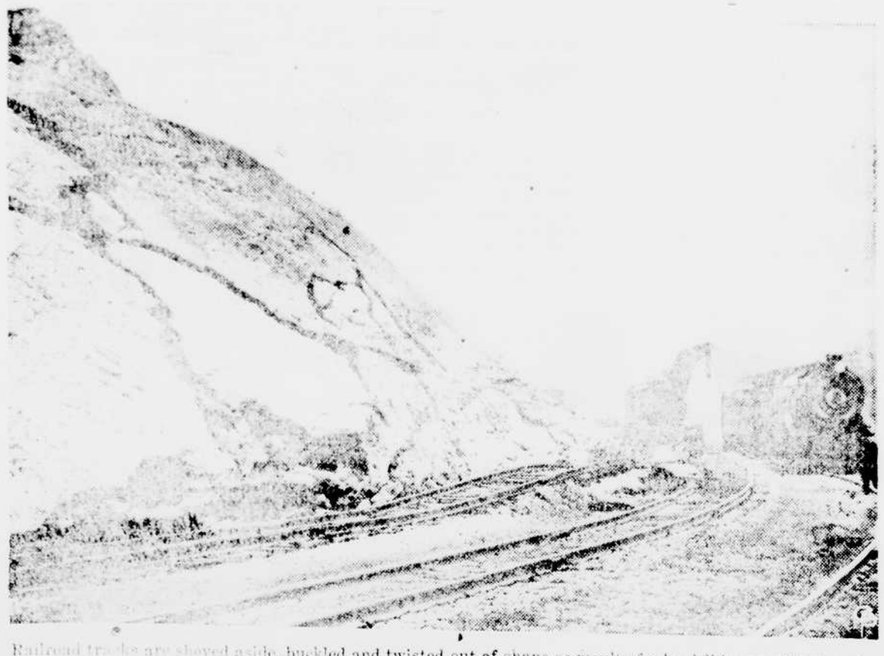
A Mountain Slides—A Train Stops



Railroad tracks are shoved aside, buckled and twisted out of shape as result of a landslide near Pittsburgh, Pa. An estimated million tons of dirt and rocks came down the hill to disrupt traffic on the Conemaugh Division of the Pennsylvania Railroad.

Wreckage of an Army 6-Mile-a-Minute Plane

Army officers look over wreckage of an army P-40 pursuit plane which crashed on a front lawn in South Hempstead, L. I. Lieut. Craven C. Rogers, 31, alone in the 360-mile-an-hour ship, bailed out in a parachute. He was on a routine flight when his motor died, apparently from overheating.

Win Fashion Academy Medals as Best-Dressed

These five women are among the best-dressed in America, each one leading in her particular field, it was announced by Fashion Academy judges in New York. Left to right are Alice Frost, who won the crown for radio; Rise Stevens, opera; Vivien Kellems, business; Lucy Monroe, all-American; and Adelaide Moffett, night club entertainer. *(Central Press)*

Model and Baby Knifed, Mother Slain

Mrs. Nedra Evans, 22, hailed as America's most beautiful brunette model, and her two-year-old son (with whom she is pictured) were seriously wounded and her mother, Mrs. Ethel Sanders, was stabbed to death in their Chicago home. Police say the crimes were committed by the beauty's husband, William Evans, believed temporarily deranged by his wife's suddenly-revealed divorce plans. After the attacks, Evans stabbed himself several times. Note bandages on his neck and chest.

Spring Feet!

* * *

New Season Brings Pedal Aches

By LOGAN CLENDENING, M. D.

One of the signs of spring, along with spring fever, is that the feet begin to hurt. This is a perfectly natural phenomenon due to the sudden changes of temperatures that occur through the winter, the exposure of the feet to wet and cold, and the small traumatisms that occur from slipping and sliding around on the ice and sleet.

Dr. Clendening will answer questions of general interest only, and then only through his column.

A Canadian physician, Dr. C. C. Ross, has classified the causes of painful feet in a recent article, very interestingly:

Corns develop as a result of pressure and friction over a small area. If the pressure and friction is exerted over a larger area, callosities are produced. The cause of corns is primarily badly fitting shoes and the traumatisms and temperature changes which I mentioned above. The corns may persist after the badly fitting shoe has been discarded.

Treatment of most corns is, therefore, to get rid of bad shoes and make an application of corn paint twice daily until the corn disappears. An effective corn paint is: acetic acid—1 dram; salicylic acid—50 grains; flexile collodion to make 1 ounce.

Flat Feet

Flat feet cause pain due either to a breaking of the longitudinal arch or of the transverse arch at the head of the foot bones.

The choice of treatment depends upon the type and degree of flatness. Mild types are often the result of weakness of the muscles occurring after an illness and standing too soon without proper shoe support. Simple methods correct this condition. Strapping of flat feet, with the help of corrective shoes, is satisfactory treatment.

Exercises to strengthen the feet consist of rising on the toes and coming down on the outer sides of the feet, rotating the toe in a counter-clockwise direction with the knees crossed, or stroking the foot up and down the shin bone.

Hallux valgus, or bunions, is a very common cause of painful feet, which usually needs surgery for its correction.

Rigid Toe

Rigid toe is caused by arthritis of the toe joint and may be very painful in the late winter and spring months. Treatment consists in the application of heat, contrast—hot water and cold water—baths.

Painful heels are usually due to small bony spurs or to an inflamed bursa near bony spurs. Many of them can be corrected by rest and properly fitting shoes. Occasionally the inflamed bursa must be removed surgically.

Chilblain may be prevented by giving proper attention to the warm covering of the foot in winter and by care in thawing out frozen or nearly frozen feet.

* * *

Lenten Reducing Diet

Oertel's (famous Vienna physician) Diet

Breakfast: Coffee or tea with milk; 1 slice toast.

Lunch: Meat or eggs; glass of milk; 1 slice bread or toast (no butter); cheese and cracker; plenty of water.

Dinner: Clear soup (bouillon); 1 portion of meat or fowl or fish cooked without fat or gravy; any green vegetable; 1 slice bread with butter; fruit; coffee, black.

QUESTIONS AND ANSWERS

R. W. G.:—"I have trouble with my fingernails. They seem to die and fall away from my flesh."

Answer—This is either nutritional or due to infection of the nail bed—possibly ringworm.

A. R.: "Is canned orange juice just as high in vitamin content as fresh? Does orange juice when squeezed at breakfast time and set in the ice box to be used at intervals during the day, the last being used at the evening meal, lose its vitamin content? If a large can of orange juice is opened and left in the icebox all day, does it lose its vitamin content?"

Answer—If orange juice is canned without being heated and the can vacuum sealed, it does not lose its vitamin content appreciably. The consumer should ask that the manufacturer state on the label whether the product contains Vitamin C and whether the seal of the Council on Foods of the American Medical Association is on the can. The Council found that all brands of canned orange juice they examined contained appreciable amounts of vitamins. The Council also says, "Fresh orange juice loses very little Vitamin C potency on standing in the refrigerator." Nor does canned orange juice lose any considerable amount for twenty-four hours after the can has been opened.

EDITOR'S NOTE: Dr. Clendening has [illegible] which can be obtained by readers. [illegible] For the [illegible] and to cover handling and postage, send to Dr. Logan Clendening, in care of this paper. The pamphlets are "Prize Weight Reducing Diet", "Constipation and Its Treatment", "Hygiene and Beauty", "Infant Feeding", "Hygiene of Pregnancy", "Hygiene of Childhood", "Care of the Teeth", and "The Care of the Feet".

Ulcer Symptoms

* * *

The Doctor Reviews Causes, Treatment

By LOGAN CLENDENING, M. D.

Peptic ulcer is commonly called by the lay "stomach ulcers." In the first place it is not "ulcers" as it always occurs as a single ulcer. In the second place it is usually not in the stomach but in the [illegible] part of the intestine beyond the opening from the stomach, the duodenum. These ulcers are [illegible]

Dr. Clendening will answer questions of general interest only, and then only through his column.

are twenty times as common as ulcer on the [illegible] of the pylorus. The symptoms [illegible] are very similar, and many people who say they have a "stomach ulcer" actually have a duodenal ulcer. It is better, therefore, to lump them both together and call it "peptic ulcer."

As I pointed out Saturday, the symptoms of peptic ulcer are liable to be recurrent, and while most of these ulcers eventually heal, the patient is likely to be troubled about this time of year and in the beginning of fall weather with the symptoms of dyspepsia. Physical and mental stresses at the change of seasons cause the recurrences and the mental stresses, by increasing the secretion of gastric juice, are just as important as the physical.

Hydrochloric Acid

In peptic ulcer the hydrochloric acid which is normally present in the gastric juice, is actually increased, and it is probable that this keeps the ulcer from healing.

This increase in hydrochloric acid is the real key to current conception of the treatment of peptic ulcer—to keep the gastric juice neutralized either by the regular use of neutralizing (alkaline) salts. In the strict treatment, which is often called the "milk treatment," the patient stays in bed and is completely neutralized by frequent doses of alkaline for a period of several weeks.

If all peptic ulcer patients would submit to this treatment it is probable that recurrences would be cut down about 75 to 90 per cent, but most of them are unwilling to take time off and to submit to the strict discipline which it requires.

It is certainly true that after the symptoms tend to recur, patients can be made fairly comfortable in quite a few days and usually it makes no difference how often the symptoms have recurred, relief follows just the same.

The diet should consist of those cases, of substances which will not be irritating and which will neutralize the largest amount of gastric juice. Such substances are proteins and fats, such as milk, milk and cream, tender lean meat—as, say breast of chicken, eggs, [illegible]. Starches and sweets and, many times, fruits, are likely to cause trouble. All bread must be toasted or consist of [illegible]

Many of these people find out for themselves that if they take [illegible] of magnesia, it will [illegible]. There are the [illegible] used in the [illegible]

[illegible] substance has [illegible], according to [illegible], the patients make, [illegible] than the old-time alkaline powders. This is aluminum hydroxide. It can be carried along in the pocket in the form of a [illegible] of creamy liquid and is not at all very potent in comparison to the [illegible] ability of the [illegible]. The principle of neutralizing aluminum hydroxide, however, is no different from that of the old Sippy treatment with alkaline powders.

QUESTIONS AND ANSWERS

A. T.: "What is the cause and a good remedy for bad breath if [illegible] with infected [illegible] in the nose. Douching and nasal douching are [illegible]

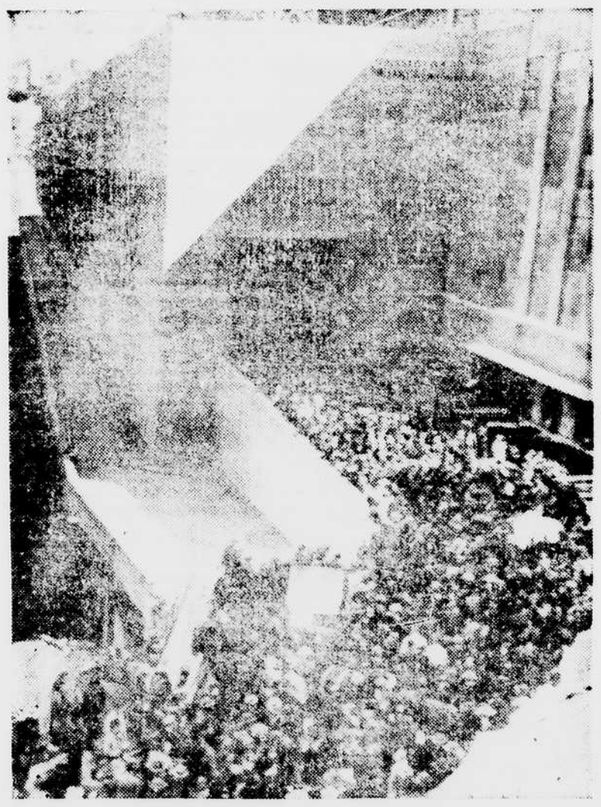
E. P. H.: "You have written that [illegible] harmful [illegible] I am [illegible] berry-[illegible] grain [illegible] it burns [illegible] to say [illegible] always [illegible] well, and [illegible] without [illegible] effects, by [illegible] them.

[illegible] it harm a person [illegible] and fish at [illegible]

[illegible] most cathartic [illegible] milk or [illegible] the body, the [illegible]

EDITOR'S NOTE: Dr. Clendening has [illegible] which can be obtained by readers. [illegible] for the coupon, and to cover handling and postage, send to Dr. Logan Clendening, in care of this paper. The pamphlets are "Prize Weight Reducing Diet", "Constipation", "Infant Feeding", "Hygiene of Pregnancy", "Care of the Teeth", "Hygiene of Childhood", "Care of the Feet", "The Care of the Hands", "The Treatment of Piles", and "The [illegible]

Grand Coulee Goes Into Action



C. P. Photophoto

One of the greatest projects ever undertaken by man, the $500,000,000 Grand Coulee power and irrigation development on the Columbia River in Washington, starts production. As the giant turbines begin turning out electrical power, thousands of visitors stream into the plant to inspect the immense generators.

Secret Bride

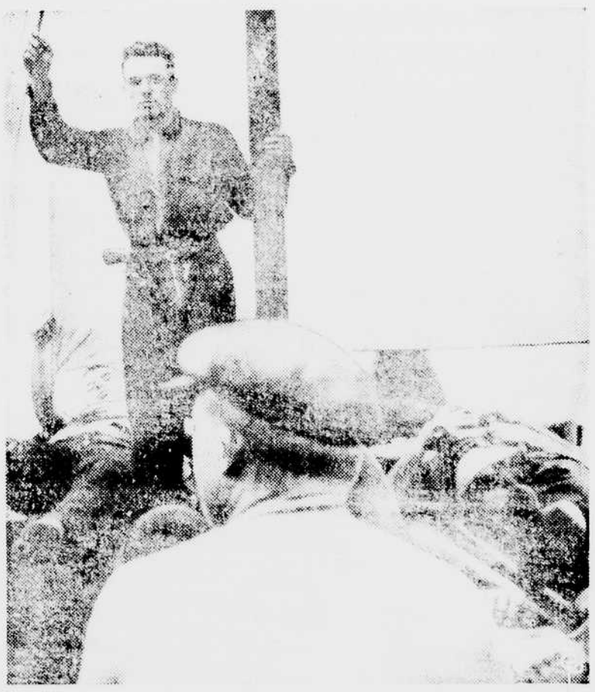
Irma Wilson

Actress Irma Wilson, formerly of Broadway and more recently under contract in Hollywood, was reported secretly wed in Havana, Cuba, to Ted Baker, airplane executive.

On Good-Will Tour

General Maximino Avila Comacho, brother of the President of Mexico, is pictured with his wife as they arrived in Miami, Fla., from Havana, Cuba, on an unofficial good-will tour, which will include visits to Washington and New York.

Torpedoed—Lived to Tell



P. S. Schladin, second assistant engineer of the *Charles Pratt* stands by the mast of one of the lifeboats carrying survivors of the Standard Oil tanker torpedoed 200 miles off Freetown, British West Africa. Schladin took pictures of the ship which was traveling under Panamian registry. Two sailors were killed, the rest were brought back to Bayonne, N. J., by another tanker after two days in lifeboats.

Buys for Argentina

Col. Antonio Parodi

Col. Antonio Parodi, head of the Argentine aeronautics purchasing committee, arrives on the liner *Brazil* to negotiate deals for the purchase of flying equipment. The South American republic is buying large amounts of war equipment in this country.

Denies She's Red

Jetta Alpert

"Personal spite," was reason William Canning, history instructor, denounced her as a Communist, Jetta Alpert, a high school teacher in New York City charged before the Rapp-Coudert committee investigating subversive activities in the city's schools.