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ONE DOLLAR A YEAR IN ADVANCE

FRIDAY, AUGUST 6, 1937

Kruger Park in South Africa

Kruger National park in South Africa measures no less than 8,000 square miles, nearly one-sixth of the area of England, and is dedicated to the preservation of a countless variety of wild animals.

Male Flesh Has More Flavor

As a general rule, the flesh of the male animal and fowl has more flavor than that of the female. One exception is the flesh of the goose, which has more flavor than that of the gander.

Medicines

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Courtyards, Patios, in Many New Orleans Homes

One of the characteristics of the old homes in the New Orleans Vieux Carre are the courtyards, or patios, many of which are in a good state of preservation.

To the French, the flagged or brick "backyard" was a court but with the coming of the Spanish to New Orleans the term patio was used and remained in favor. Most of the patios have fountains in the center and gardens of plants and trees which thrive in temperate climes.

Huge wide-mouth, pot-bellied earthen jars that carried overseas the oil from the olive groves of Spain found their way into many of the patios. Originally they were used to catch the rain water from the gutters and downspouts but later for ornamentation.

Patios in New Orleans are not confined to the old section laid out by Bienville who founded the city in 1718. Many of them can be found in the heart of the business district.

Crowned at Bath

In the early days all the Anglo-Saxon kings were crowned at Winchester, the capital of Wessex. King Ethelwulf, however, sent the five-year-old Harold to Rome, where he was consecrated king by Pope Leo. He was crowned again at Winchester. It is not known for certain, says a writer in London Tit-Bits Magazine, where Edward, Alfred's eldest surviving son, was crowned; some old writers say at Kingston-on-Thames, others "at Saynt Poules, London." Athelstan, the first king to call himself "King of the English," was crowned in 925 at Kingston. But King Edgar chose Bath, then known as Acheman's-chester, for his coronation, which took place in 973. Although Edward the Confessor was himself crowned at Winchester, he obtained a rescript from Pope Nicholas II, which said that all future kings of England must be crowned at Westminster Abbey. William the Conqueror and all the succeeding monarchs have, therefore, held their coronation ceremony in London's Abbey.

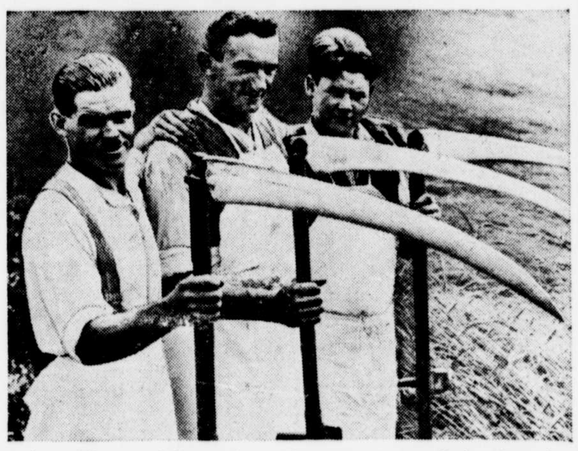
Crowning of English Kings

No English king has been crowned in December since 1154, when Henry II was hallowed on the nineteenth. William the Conqueror was crowned on Christmas day, 1066, and Stephen on December 26, 1135. September saw the coronations of William II, Richard I, George III and William IV. Sovereigns crowned in February have been Edward II, Edward III, Edward IV and Charles I. The latter unfortunate monarch, in honor of Candlemas, wore a white velvet robe instead of the usual purple or red, and according to records, his white attire chilled the vast Abbey assemblage.

Marines Provide Haven for Americans in China

United States marines shown opening the ponderous gate of the U. S. legation in Peiping, China. Under the protection of the marines, American citizens find a safe haven as war rages between the Chinese troops and the invading forces of Japan. Inset shows Col. John Marston, commander of the U. S. marine barracks at Peiping.

They Cut 14 Square Yards a Minute



A world's record for scythe cutting was set recently by three Austrian farmers who mowed an area of 14 square yards in one minute in a contest between land workers of Zwettl and Edelhof Agricultural college in Lower Austria. Left to right are seen Ignaz Hersch, Rupert Hahn and Karl Pemmer of Rudmann, Austria.

MISS PARIS, 1937

Only seventeen years of age, with curly blonde hair and a naive smile, Lily Lamb, who has been designated "Miss Paris, 1937," shows a divergent trend from the frail beauty of former winners. Miss Lamb was elected as beauty queen at the Casino of Troubille from a multitude of candidates at the Paris International exposition.

YOUNGEST EVANGELIST

Charles Jaynes, Jr., seven years old, of Peoria, Ill., who was ordained recently in Peoria Trinity tabernacle before 1,500 men and women. The young minister is on a tour of the country conducting church meetings and is accompanied by a nurse and tutor.

Pigskin Toters in First Workout

The sight of these husky football players in their first practice session of the season at Temple stadium, Philadelphia, is evidence that summer is on its way. The players pictured above are members of the backfield of the Philadelphia Eagles professional team. Left to right are: Bob Masters from Baylor university, Skipper Howard from Daniel Baker university, and Emmett Mortell from the University of Wisconsin.

Indian Pilgrims Hail Juggernaut Festival

View of the scene in Puri, India, as the car of the Jagganath (Juggernaut) was hauled by thousands of pilgrims in the recent festival of "The Lord of the World." In olden days, these huge vehicles in which devout Hindus take their gods for a ride once a year often became uncontrollable and pilgrims were crushed beneath the wheels. In recent years police regulations have been so stringent that accidents rarely happen.

Armed Housewife Helps Protect Airmail Bags

Houston, Tex.—Mrs. Ruth Langford, gun-totin' housewife, shares her husband's job of carrying airmail.

Postmaster J. S. Griffith believes she is the only woman in the United States so employed.

The pretty young matron, adept with both revolver and rifle, carries a regulation service weapon and belt on her daily trips from the postoffice to the municipal airport.

The couple was commissioned when airmail business reached 2,500,000 pieces during the first five months of the year, more than twice that of 1936.

Bee Stings in Autumn Found More Venomous

Amherst, Mass.—A bee's sting is more venomous in the fall than in the spring, says Dr. F. W. Shaw, instructor in entomology and beekeeping at Massachusetts state college.

Shaw points out that the sting increases in virulence as the summer progresses because the bees grow during the summer season.

West Pointers Carry No Money

Although West Point cadets receive $780 a year, besides ration commutations, they are not allowed money on their person, all purchases being made with "chits" or credit cards.

Eating Big Meal at Noon

By
DR. JAMES W. BARTON
© Bell Syndicate.—WNU Service.

A WOMAN, 5 feet 6 inches in height, weighing 225 pounds, consulted a physician regarding the best method of reducing her weight. Before putting herself under his care, she stated that she did not want to eat less food, hated exercise and so would do none of it, and insisted that she be allowed to remain in bed until 10 a. m. each day as at present.

Dr. Barton

As there are only three ways of reducing weight in the ordinary overweight—eating less food, taking more exercise, and taking less rest during the 24 hours—the physician was about to dismiss the patient with the polite remark that as she would not follow any of the three methods of weight reduction, nothing could be done.

However, close questioning revealed the fact that the lady got a great deal of pleasure out of shopping; her hobby being the spending of every afternoon in the stores of a large city.

The physician then stated that he would allow her to follow her present habits and eat the same amount of food, if she would eat her heaviest meal—dinner—at noon instead of in the evening. She followed this advice and lost 7 pounds the first month, 5 the second month, 3 the third month and 1 the fourth month; a loss of 16 pounds in four months.

Exercise Requires Fuel.

Eating the heavy meal at noon, and the light or lunch meal in the evening caused a loss of weight for 2 reasons: (a) the exercise of walking about the stores actually used up some of the excess fat on the body, and (b) the light meal in the evening was so light or so poor in food value, that after it was eaten, there was not much excess food to be turned into fat during the "rest" period of the evening, and during the 12 hours or more in bed during the night.

The 3 or 4 hours of walking exercise that this patient took every afternoon required extra fuel and the excess fat on her body was what furnished the food or fuel necessary.

Work Requires Energy.

"Muscular work has a far greater effect in raising the energy consumption (using up of fuel or fat) than any other factor." For instance, the average man needs 3,000 calories or heat units of food daily, and the average woman about 2,000. Yet if just an ordinary or moderate amount of exercise is taken, such as walking a mile at a moderate pace, as much as 500 calories of food or body fat may be used up; walking a mile at a brisk pace or at a slow rate of running might easily use up 1,000 to 1,500 calories.

Many professional wrestlers carry ten to thirty pounds of excess fat because they wrestle 3 to 5 times each week (sometimes for an hour or more) and must carry extra weight to prevent going "stale." It is not unusual for them to lose 5 to 10 pounds during each bout, such is the effect of hard exercise in reducing weight.

Nothing Much to It.

It is all very simple. "The fuel for doing work or taking exercise must come from the food eaten or from the tissues of the body; if part of the fuel foods taken in are used up in doing muscular work, the excess food eaten (which would naturally be stored away as fat) will store that much less. When the food intake is too low to provide the energy needed both for maintaining the body and for the work done, the body tissues will be called upon to supply part of the required energy and a loss in weight will result."

However, an important point about exercise in reducing weight is not fully recognized and that is that using the will power to take any exercise is a big step forward. It is no easy matter for the overweight to move the excess weight about; it means so much more effort than for one who is of normal weight. Then as the exercise becomes easier to do because of practice and because there is less weight to move, the overweight individual finds himself or herself gradually increasing the amount of exercise taken daily. A feeling of "lightness," of renewed energy replaces the "heaviness" of moving about not only during exercise but at other times during the day. As it is not much effort to walk short distances, go upstairs or perform household duties more of these little chores are done. This means more reduction of weight.

Of course, just as the reduction of weight by diet, drugs, or gland extracts should be under medical supervision so should the patient be thoroughly examined before taking exercise and at intervals thereafter so that if there should be disturbances of the heart or blood vessels, the exercise may be regulated accordingly.

Scorpion Like Lobster

The Ceylon variety of a scorpion is like a miniature lobster with firm claws. It grips whatever has angered it and then swiftly flips back its tail, which contains the deadliest of poisons.

Range of Temperature

As indicated on a Fahrenheit thermometer, the range of temperature is from absolute zero, or minus 459 degrees, to about 12,000 degrees, which is the estimated temperature of the sun.

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