Washington Digest National Topics Interpreted By WILLIAM BRUCKART

passed another relief appropriation for the current year. This, like the earlier vote of for Relief funds, was done at

the request of the President. The new sum is \$250,000,000. Since the first appropriation for the current year was a billion and a half, we now find that federal relief during the current fiscal year will have cost at least \$1,750,000,000. It may be added that the sum mentioned is in addition to local charity, community chests, etc., and also that it has been, or is being, spent in a period five years after we were told that the nation was about to be remade under New Deal ideals.

Now, it is a rather far cry from relief, the care of the aged and infirm, the destitute, to the question of politics. That is, it appears only to be a great gap between those two phases of national life. I insist it is very close; that there is no gap at all. I reach that conclusion because never before in history has there been such use of basic economics as in the last four or five years. That is to say, politicians have turned to questions of economics for their political buncombe-and it ought to be added that when a politician tries to do something with fundamental questions, just there begins a grand mess.

All of which brings us to the point of this discussion. When President Roosevelt went into the White House in March, 1933, he was confronted with probably the most unfavorable conditions, insofar as business conditions were concerned. that any President ever has faced. He called for a New Deal in handling the situation and he obtained almost unanimous support. Indeed, as we look back at that situation, the support was too nearly unanimous. He had no opposition to point out weaknesses of what was proposed by the responsible officials. I think I recall having written at that time that a stronger opposition would have been good for the coun-Some of the pitfalls would have been avoided, I am sure, if congress had not been so subservient and if the President had not yielded so completely to the theories of advisers who had no practical experience.

The people of the nation were in a mood to listen to anyone. They heard new phrases of what can and should be done-the more abundant life, the economic royalists, the crushers of the poor, and on and on. But the trouble with the professoradvisers was that they ignored or did not know of another side to the story. In short, they believed that human nature had changed overnight and that a nation could be managed or directed or ordered as an individual. It has taken several years to re-establish natural facts and natural laws, but they seem now to be approaching that re-establishment through the processes that normally must be followed in a nation, as distinguished from an individual

So, what do we have? I think the answer is that we have an administration headed by a man who is the victim of the advisers he select-I believe it can be said that politically President Roosevelt is just as uncertain about where he is going as is the rank and file of citizens about where the nation is going. But he selected those advisers and, for the most part, continues to give them his confidence. They are still on the job. And in no better way has it been shown that they are utterly incapable of meeting national problems than is shown in the business of relief. Relief is more than just the care of those who must have help. Relief is a condition reflecting other conditions. The President and his theorists, therefore, must be charged directly with having failed. We have almost as many unemployed or under government aid as we had when Mr. Roosevelt took office.

I suppose someone will write to me asking what can be, or what should be done Need Drastic about it. Antici-Remedy pating that query. will attempt to answer now, but I want to illustrate

A friend of mine has been ill for several years with an intestinal ailment. Physicians to the number of a dozen or more have studied the case. Finally, the use of a drastic remedy, a potent and almost poisonous drug, was prescribed. The doctor began by ordering the patient to take three drops, only three, at the start. The dose was increased gradually. In the last few weeks, my friend has taken fifty drops of the drug each day.

There is no assurance that the ailment will be eliminated. There can not be a determination for many months because the treatment is entirely new in medical annals. Thus far, there has been no appreciable change in the patient's condition. But the point is, after all, that a professional man who has

Washington .- Congress has just | devoted years to the study of a science would not attempt to cure a basic condition without first providing opportunity for the human body to adjust itself to the new condi-

Now, I am somewhat old fashioned and hold to the belief that a whole nation of people, after all, will make progress if given the chance to do so. I further believe that their collective reasoning in the end will be right. They can not, however, be turned inside out unless there has been some preparation for the ordeal and they can not take a dose which is poisonous in quantity any more than my friend, the individual, could take it and live. In making that statement, I must make clear my conviction that some of the New Deal prescriptions were needed. A few of them were badly needed. On the other hand, I think it can be fairly asserted that a good many of them were never needed, never were usable or workable. They were poisons not intended by nature to be so administered to the national body.

We can go further. It can be said that no individual who is ill can work efficiently, if at all. That is true of our economic life which includes business. And business is everywhere-from the smallest general store at the crossroads near my Missouri birthplace to the gigantic Marshall Field company in Chicago, General Motors in New York, Aluminum company in Pittsburgh, or hundreds of thousands of others. Business can not get going at its proper pace if it is ill.

The business of the country has something more than its own body, however, as a problem to constantly watch. That general store that I mentioned may not be much concerned about Washington affairs, but it feels the impact of things done at Washington whether it recognizes them or not. The larger concerns, of course, feel Washington actions much more directly. So, in addition to the influence of markets, buying and selling of or among the general public, business is influenced by what is done here in Washington, and that may be bad medicine or good medicine.

Let us take just one or two examples of what I mean. One of the Biblical proverbs of the New providing what the theorists were pleased to call "social security." That includes old age pensions. New Deal campaigners sang many beautiful songs about caring for the aged, and certainly there are millions who have needed help. When it came to practical application of the plan, however, the boys started looking for the necessary money. Thus arose the so-called payroll tax for unemployment and old age pen-

It sounded workable to many persons. It was a thing for the future and there was not Practical too much worry about the problem Problem of where those

who were to pay the tax would get the money. The time has arrived, however, where the beautiful theory is a perfectly enormous practical problem.

The first year's "take" by the government amounts to something over a billion dollars. Some of it, almost half, comes out of the pay envelopes of the workers; the remainder comes out of the pockets of the employers. It is turned over to "Washington" and when money gets into government hands it becomes unproductive. The result has been that in the last year there has been taken away from its owners more than a billion dollars that would have added at least a billion dollars to the buying power of the country if it had been left with the proper owners. That is one of the big reasons for the Roosevelt depression, as distinguished from the Hoover depression obtaining when the present administration took over the reins of government. It was a dose of 50 drops when the country was able to stand only a few drops.

To get back to relief: I have argued in these columns many times that relief should be handled by the states and, equally, I think the old age pension and unemployment benefits, if they are to be used, should be handled by the states. My point is that Professional Reliever Hopkins, here in Washington, can not know through any organization he may build what the facts are surrounding any of the thousands receiving help.

Something that can be done is to eliminate about one third of this general money spending that is going on here in Washington or out in the various states under direction from Washington. I wish Mr. Roosevelt had stuck to his campaign promise of 1932 to cut federal expenses by 25 per cent. The tragedy of this spending is that it saddles debt on the younger folks and those yet unborn for several generations. It has to end somewhere.

© Western Newspaper Union

Historic Hoaxes

By ELMO SCOTT WATSON @ Western Newspaper Union,

The Lost Explorer

FROM Ladysmith, Wis., in January, 1926, came a story about an important historical discovery which caused something of a sensation in the Middle West. Two woodsmen, Art Charpin and Walter Latsch, had found in a hollow tree a petrified body which was identifled, by the clothing and a piece of paper in one of the pockets, as Pierre D'Artagnan, lost member of the Marquette-Joliet expedition of

The story, first published in the Rusk County Journal at Ladysmith, was reprinted in many Wisconsin papers, then spread to other parts of the Middle West and finally to all sections of the country. But after two months it was exposed as

A bulletin of the Wisconsin Historical society pointed out the many absurdities in the tale-the claim that mineral matter in the sap of the tree had acted as an embalming fluid, that the clothing of the explorer should have been preserved and the piece of paper in his pocket should have been readable after 250

After this expose, M. D. Hinshaw and Edward Richardson, publisher of the Ladysmith paper, who turned out to be the "woodsmen" of the tale, admitted that the yarn had been concocted as a promotion for the newspaper. But they also pointed out what had been obvious to anyone who had read the first story carefully-that, although it was printed in the Rusk County Journal, it was credited to the Rusk County Lyre!

Columbus' Diary

IN 1924 Angel Delmote, a Mexican lawyer, announced that he had obtained from some Jews in Havana, Cuba, an almost priceless historical document. It was the original diary of Christopher Columbus which, enclosed in a wax casing, had been thrown overboard when it appeared certain that his ship was about to be shipwrecked in a storm near th/ Azores in 1493.

Thereupon, the experts on historical documents laughed long and loud. 'So the original log of Columbus has bobbed up again" they said. "Well, it's about time-it comes to light about every two years." They know it's a fake for the very good reason that the diary is written in German and, so far as is known, write German. More than that, the language of the "diary" is excellent modern German but resembles that spoken in the Fifteenth century no more than the English language of today resembles the English of Chaucer's time.

A year previously this "diary" had made its appearance in San Francisco. The two men who had bought this "500-year-old document" took it to a paper company to establish its authenticity by chemical tests. The tests were made and proved that the paper on which the "diary" was written was scarcely 30 years old!

What's the answer? Simply that forgers of "historic documents" continue to ply their trade, confident that they can always find a victim to buy their spurious "antiques."

Lieut. Reflipe W. Thenuz

DURING the Spanish-American war Joseph Pulitzer's New York World had reason to believe that Hearst's Journal was stealing its news by rewriting stories which had appeared on its bulletin board or in early editions of the World. So the World laid a trap for the "pirates."

One day it carried a list of Spanish officers reported to have been killed in battle. This list was a long one and the World had paid expensive cable tolls to get it. Included in it was the name of Lieut, Reflipe W. Thenuz, Immediately the Journal came out with the same list of names, including that of Lieut. Thenuz. Then the World printed a story featuring this mythical officer, whose name spelled backward reads "We pilfer the news," and the Journal was caught red-handed.

Similarly, the Jacksonville (Fla.) Star was caught during the Balkan troubles of 1912 when it appeared with a front page story about an airplane battle near a Greek town named Temehtmorfnelots which it had "borrowed" from the Jacksonville Metropolis. The next day the Metropolis announced that the name of this Greek town when spelled backward, was "Stolen from the

Oddest Hall of Fame

Probably the world's oddest hall of fame is in Genoa, Italy, Established some 500 years ago, says Collier's Weekly, it allowed any citizen to elect himself and to determine his "fame" with a gift of money. More than 100,000 lire entitled the donor to a statue in a seated position, between 50,000 and 100,-000 lire to one in a standing position, between 25,000 and 50,000 to a bust and less than 25,000 to a tablet.

WHAT TO EAT AND WHY .

Food Provides the Key to Mental and Physical Power

You Can Be Strong, Beautiful, Wise, Rear Healthy Children Only If You Know How to Combine the Right Food Materials in the Diet

By C. HOUSTON GOUDISS

SINCE the world began, food has been man's first consideration. For it he has fought and died. To find it he has traveled over great continents and braved unknown dangers. His quest for food has changed the map of the world and colored the history of nations. But in all of these historic struggles, he has been motivated solely by the desire to get enough food to satisfy hunger.

Today, actual hunger is rare. But hundreds of thousands of people starve in the midst of plenty because they do not realize the tremendous power of food for good or for evil.

They do not realize that as a man eats, so he is, and that his choice of food materials gives or takes away the power to live vigorously-to think clearly-to feel warmly-to be strong, healthy and wise.

It can be truly said that your food is your fate. It has cludes a correct proportion of the the power to shape your body to supply bodily needs without any -to make it strong and beau- of them being supplied in excess, tiful, or weak and ugly. It has or in insufficient amounts. the power to influence your Danger in Omitting One Essential language, your gait, your tone of voice, in short-your life. With the right food, life becomes a glorious adventure, for it increases your leadership, intensifies your magnetic qualities, strengthens your morale, and increases your physical defenses and resistance. Without it, one drags through miserable days-never realizing even half of his potential mental and physical powers.

Food-the Fuel of Life. The human body is a machine, far more complex than any machine devised by the mind of man. Food is the fuel which runs this amazing machine. Food is also the material used to repair wornout parts, and to keep the intricate mechanism in good working

The body machine cannot be run efficiently without proper food fuel any more than a car could could be heated without oil, coal

Food also has the power to speed up or slow down the workings of the mind. It likewise influences the state of our nerves, the warmth of our affections, the

type of characters we possess. Finally, the power to have strong, healthy children is based 18 attempts. on proper food. And nutritional the wrong food can even take ing that Nature has bestowedour earthly immortality. For it bear children who will carry on after we are gone.

Six Groups of Food Substances. What food substances are necessary to build and maintain top health-to develop the greatest physical and mental power? There are six groups of food substances which must be included in the balanced diet which promises increased health, happiness and longevity:

1. PROTEINS which build and repair body tissues. These are found in such foods as milk, eggs, meats, fish, cheese and nuts.

2. FATS which yield heat and energy. The fats are represented by butter, cream, oils and the fat of meats.

3. CARBOHYDRATES - the starches and sugars. These also supply heat and energy. and are found chiefly in such foods as bread, potatoes, cereals and sweets.

4. MINERALS which build, repair, protect and regulate. Among the minerals which are absolutely necessary to health and vigor are calcium, phosphorus, iron, copper, iodine. sulphur, manganese, magnesium, sodium and potassium. These are found in varying amounts in milk, eggs, fruits, vegetables, whole grain cere-

als and meats. 5. VITAMINS which are necessary for body regulation, and as a protection against dread deficiency diseases. Six have been discovered to date-A, B, C, D, E and G.

6. WATER which is a part of all body tissue and must be present in order to have the other food elements function properly.

The ideal dietary is one that in-

To illustrate how important it is that not one of the necessary food substances be omitted, let me tell you how an eminent bio-chemist proved in his experimental labpratory, in one of our leading universities, that the difference between stupidity and genius depended upon the presence or absence of one vitamin.

He placed a pregnant animal upon a diet adequate in every respect, except that it lacked one of the six vitamins. As soon as her young were born and weaned, they were fed a completely adequate diet.

Then the scientist tested the mentality of the young animals. He wanted to find out whether or not their mental power had been injured in any way by the fact that their mother-during pregnancy-had been deprived of one vital food element, So he put them in a runway. To get out of thisand reach a tasty morsel at the be run without gas, or a house other end-they had to make their way through a series of passages. He had already made this same test on the same type of animals born of properly fed mothers. He knew that it never took them more than 25 trials to learn their way out of the maze. Most of them had gotten out after 15 to

But what lack of skill was scientists have discovered that shown by the animals whose mother had been deprived of away from us the greatest bless- proper food! The stupidity of these pathetic little creatures was unbelievable. Some of them never can deprive us of the ability to learned to thread the maze and reach their goal, even after as many as 250 trials. They were being given-at the time-everything that was necessary to their diet. But they had entered life with minds totally unequipped to cope with the world-because their mother had not been properly fed before they were born.

Nor is this power of food to affect mental activity confined to prenatal life. Even if a child enters this world with a strong body and a clear mind-the wrong food during childhood has the power to wreck health.

Investigation after investigation, by leading specialists throughout the country, has proven that a surprising percentage of retarded children-those who cannot keep up with their school grades-do not really have inferior minds. They only seem stupid because the action of their minds is clogged and slowed down by sluggish, under-fed bodies. Their brains are like machines which cannot attempt the speed of which they are capable-because the proper fuel had not been provided

Physical fitness is a far greater asset than material possessions. For in times of stress and trouble, those who can stand up under the physical strain win the battle. For those who collapse, all is-lost.

The Homemaker's Responsibility. Every wife and mother is therefore faced with the tremendous responsibility of keeping her family mentally and physically fit. Her husband must have the right kind of food in order to earn a living. Her own diet must be adequate and well-balanced if she is to have the energy, wisdom, and patience required of a mother at all hours of the day.



C. Houston Goudiss, outstanding food authority, author, and radio lecturer, author of "What to Eat and Why." He knows food from soil to serving, from table to tissue. Watch for his articles each

Her baby will not grow into a healthy man or woman unless he or she has the right nourishment from the moment of birth. And school children can't keep up with their classes without the right food.

If you will follow this series of articles, and put into practice the principles of correct eating that I advocate, I can promise that you will increase both mental and physical efficiency, and as a result, achieve greater health and happiness for every member of your family.

Food Affects Your Body and Mind Each morning when you awake, a new life is ahead of you. Whether that day and the days to follow will be better or worse than those that went before, depends largely upon what you eat. For nothing short of a miracle is

performed at every meal. Within a few hours the bread, meat, vegetables and liquids that you swallow are transformed into your personality. They begin to think, feel and act. They become YOU. What was food yesterday, today is carrying on the important business of the world.

Each meal that you eat helps or hin ders the efficiency and ease with which these various duties are performed. That is why it is true that as you eat, so you are. And that is why I say that three times a day, at your table, you SIT DOWN TO LIFE. @ WNU.-C. Houston Goudiss-1938.

How Often Should Your Furniture Be Polished?

Housewives differ on the queswhen to polish their furn ture." Some have no set time for it-polishing when they think of it -or when, casting a glance about, they decide that the furniture can "stand it." Others, polish every cleaning day-which ordinarily occurs once a week. Others dedicate but one day a year to this important procedure. And still others, polish the furniture in their home regularly, once a month. This last group is the largest-but their schedule is not sufficiently frequent. Furniture can not be polished too often! True, the outward benefit of the best oil polish-the luster-will last through a single week-and more-but this same polish, with its light oil base, preserves and "feeds" the furniture, revives it, prolongs its life! So that every application is highly beneficial to woodwork and the various pieces of fine wood in the home. Our advice, therefore, for the sake of endurance, as well as appearance, of your furniture, is "polish up" with a good oil polish at least twice a month!





Pepsodent with IRIUM Banishes Surface-Stains from Teeth

Pepsodent Tooth Powder and Paste ALONE contain this thrilling new luster discovery

■ It will make your eyes open widel . . . When you see your eyes open wide!...
When you see your own smile reveal
teeth that glisten and gleam with all their
glorious natural luster . . . after you've
used Pepsodent containing Irium!
Stubborn, clinging surface-stains are gently brushed away—as Pepeodent con-taining Irium goes to work! It works speedily, thoroughly, too...yet is abso-lutely cafe! Contains NO BLEACH, NO GRIT, NO PUM-ICE. Try it yourself!

