



Washington Digest

NATIONAL TOPICS INTERPRETED
By William Bruckart

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Liberty League Steps Out

Washington.—The American Liberty League has laid aside its swaddling clothes and has put on long pants in the field of politics. Although comparatively new as a group and promoted consistently as non-partisan, the league can now be said to have plunged headlong into the political warfare. If its first big rally can stand as a criterion, its influence is due to be felt in an important way in the forthcoming national elections.

This rally that really marked the league's campaign debut was a picturesque thing. It was picturesque first because of the time and the place and the very nature of the thing and the manner of approach to the voters of the country but it was more picturesque and more important as well because the headline speaker was Alfred E. Smith, one time Democratic candidate for the Presidency, and by all odds the most colorful and pungent speaker of the present day. It was a dinner of more than 2,000 persons—from every state in the Union—and it was held in exactly the same rooms of the Mayflower hotel here where two weeks earlier President Roosevelt had addressed about the same number of persons at the Jackson day \$50-a-plate dinner. As a further note of interest, attention might be called to the fact that the meeting was presided over by Borden Burr, a lifelong Alabama Democrat, and the other speakers were Dr. Neal Carothers, a Southern Democrat, long head of the economics department of Lehigh university in Pennsylvania, and former Federal Judge Charles I. Dawson of Louisville, Ky., a Republican.

I referred above to Mr. Smith as being a colorful speaker, and from all of the comments I have heard, it seems to be the consensus that never has he justified the description better than in his league speech. He was introduced by Mr. Burr as "Al Smith of America" and proceeded to assure his audience that included millions listening by radio that he was a candidate for no office under the sun, that he had no ax to grind and that such critical shots as he might take were without personal animosity for anyone. But he did not pull his punches when he pilloried the New Deal and he showed no mercy when he drew the deadly parallel between the Democratic platform of 1932 and the policies which Mr. Roosevelt had carried through. I believe it may be said that he reached the peak of his speech when he laid on the speaker's stand copies of the Democratic platform of 1932 and the Socialist platform of the same year and in his best East side twang he challenged anyone to deny that Mr. Roosevelt had been elected on a Democratic ticket and had carried out the Socialist promises.

The President's "breathing spell" utterance, his message to congress on the state of the Union, his staff of advisers, his monetary policies formed other meaty subjects which the former governor of New York picked to pieces in his own inimitable way. He begged congress to assert itself again and quoted from the Bible in his plea it should return to the father's house and be again one of the three branches of the federal government. He said it took courage for a lifelong Democrat to say the things he was saying, but there is no gainsaying he displayed what it took.

Through the speech was Mr. Smith's chosen theme that a great danger lies ahead, a danger that the New Deal will destroy everything which he held had made America the outstanding nation that it is. He accused the President of having arrayed class against class and asserted that what the nation faces is the most gigantic tax burden ever known. To this he added that it will not be the rich who will pay, nor the poor, but "that vast army of individuals with incomes from a hundred dollars a month to five thousand dollars a year."

Finally, in conclusion, Mr. Smith said:

"Let me give this solemn warning: There can be only one capital, Washington or Moscow.
There can be only one atmosphere of government, the clear, pure fresh air of free America, or the foul breath of communistic Russia. There can be only one flag, the Star and Stripes, or the flag of the godless union of the Soviets. There can be only one national anthem, 'The Star-Spangled Banner' or 'The Internationale,' there can be only one victor. If our Constitution wins, we win. But if the Constitution—stop, stop there—the Constitution cannot lose."

But what of the significance of the league dinner and the Smith speech? Prior to the dinner, the league's executive council met in secret. Whether it committed the league to a definite stand was not formally announced, yet surely there are grounds upon which to base a statement that it means to support candidates and platforms on the conservative side.

With equal emphasis, it can be said that Mr. Smith has walked out on that section of the Democratic party that sticks by Mr. Roosevelt. He said it was a choice either to "put on the mantle of hypocrisy or we can take a walk." He explained it probably would be the latter course. And frankly it seems with the personal following that he has, a walkout by Mr. Smith cannot be described as otherwise than serious to the party from which that group is defected. It has all of the earmarks of an interesting political situation.

Immediately after Mr. Smith had spoken, quite a few Democrats in congress fired back at him and in defense of the New Deal. Men like Representative Doughton of North Carolina, a Democratic wheelhorse as chairman of the powerful ways and means committee; Speaker Byrnes, and a flock of others. They insisted generally that the Smith barrage was more helpful to the Democrats than campaign speeches they themselves could make. Administration leaders in the executive departments are beginning to fire also, but they are smart enough to let the enthusiasm aroused by the speech die down before they attempt to upset arguments advanced by Mr. Smith.

I have no doubt, from the signs even now cropping up, that an effort will be made in congress to discredit the league. It looks like Senator Black, Alabama Democrat and chairman of the senate lobby committee, probably will dig into the league's files to show how it was financed to a large extent by such wealthy men as the Duponts, among others. Such an investigation likewise will carry an undercurrent of a movement to do away with political influence of such men as John J. Raskob, former Democratic national chairman, a league director, and Jonett Shouse, former executive chairman of the Democratic national committee and the league president. If that fight gets started it will be a mudslinging beauty.

So, summarized, the picture resulting from the league's dinner is that of a major feud, as well as a major political movement, because there is a reality bitter fight between personalities in sight as well as the possibilities of a third party movement.

In the situation as it now stands, however, the Republican party holds the key. Smith and his following and the league membership generally can be counted in definite opposition to the New Deal and most all of its works only on condition that a candidate and a platform, viewed by them as sound, are put forward by the Republicans. If the Republicans turn too far to the radical side in their efforts to match the Democratic position (which necessarily must be in support of everything the President has done), then, there is likely to be a third party, which would make predictions of the outcome worthless.

Congress frequently goes off on a tangent in which it will set about exposing this or that or the other among the practices of private business. In the last several years it has been particularly active in exposing to public view secrets of corporations and individual representatives and senators have blown off much steam concerning salaries paid business executives and they have directed criticism at private business as well for some of its other expenditures.

A few years ago Senator Norris of Nebraska, among others, spoke at great length in criticism of our government's diplomatic service because of the salaries paid and the expenditures allowed for operation of our foreign diplomatic offices. The Norris attack apparently did considerable damage to the diplomatic service because it made many capable men fearful of entering that field where highly trained men are necessary.

But all of the time during which criticisms have been leveled at private business on account of salaries paid business executives and because of other expenses, the senate itself has been going ahead from year to year using taxpayers' money to suit its own purposes. For instance, Col. Edwin A. Halsey, secretary of the senate, lately has made public his annual report covering senate operations and it shows that the taxpayers' money to the extent of \$3,296,852 had been spent for maintenance of that one branch of congress. There are 96 senators, each of whom has an office staff; there are some 30-odd committees in operation, each with a staff, and there is the regular senate organization with a large personnel. Consequently, salaries alone take up a considerable chunk of the total outlay, but Colonel Halsey's report disclosed that general "contingent expenses" of the senate had eaten up \$701,000. Included in this total of "contingent expenses" was an item of \$236,000 for the cost of senate investigations in the last year. Almost half of this amount was used by the munitions investigation committee headed by Senator Nye, Republican of North Dakota, who lately was made the subject of criticism on the senate floor because of his committee's attitude.

Enough outdoor exercise, without overdoing it, brings on a "natural need" for sleep that is better than any other method of inducing sleep.

HOW ARE YOU TODAY

DR. JAMES W. BARTON
Talks About

Menace of Overweight

"NO NORMAL condition has occurred more frequently among my diabetic patients than has obesity (overweight)."

I am quoting Dr. Elliott P. Joslin, Boston, the outstanding authority on diabetes.

Life insurance companies are very strict in their consideration of permitting overweighters to take out insurance, as they have found that so many of them later develop diabetes. In fact they have found that in examining applicants for insurance as many as 20 per cent already are showing sugar in the urine. "The average diabetic man or woman has been greatly overweight. Overweight is due to over-eating. What is added to the waist line is cut from the life line."

Dr. Chas. H. Mayo says: "Men fifty years old and fifty pounds overweight are much more likely to have cancer than the normal. This means that eating or overeating is a factor in causing cancer because half the cases of cancer are found in the stomach and intestines."

"To sum it up, the overweighters have a higher death rate. At fifty years of age an excess weight of 55 pounds increases the death rate by 50 per cent." I am quoting from "How to Live" by Prof. Irving Fisher and Dr. Lyman Fisk.

However, overweighters have more than the death rate to consider; they must think of their everyday life—their chances for good health, their ability to get around easily, their resistance to ailments, their mental ability or grip.

Some Famed Light Eaters.

Famous men whose brains keep clear till the end are usually light eaters who from early years of experimenting have found out just what agrees with them and are satisfied with this amount and variety of food. Chauncey Depew attended dinners and banquets three or four times a week for years, but always looked over the menu and ate only the foods he knew gave him the nourishment he required.

Thos. A. Edison came of a long-lived family who for generations had learned to eat what they knew their bodies required and no more. Thus in an interview some years ago Edison said: "The body is only a piece of machinery and every practical man knows that to get good work out of a machine and keep it in repair at the same time one must know how to take care of it. Now, if you have a 100-horsepower engine and a boiler big enough to drive it, no wise engineer will fire that boiler to full capacity when he only wishes to take eight horsepower out of his engine. If he does, he sooner or later burns the grate-bars out of his fire-box. But that is just what the majority are doing; burning up 100 horsepower of fuel in their bodies and taking out eight horsepower of work. Is it any wonder that the boiler flues and the arteries get clogged up, that the pipes burst, causing apoplexy?"

Truth About the Stomach.

As you know, early man lived outdoors, used the great bulk of muscle covering his body, had a natural appetite and "filled" his stomach when he obtained food because he did not know just when he would get his next meal. Thus Nature supplied him with a stomach that would hold enough food to fill his needs for a whole day or more.

Today we have these same huge muscles covering our bodies and have the same large stomach, but we do not live outdoors, do not work these huge muscles and so do not need more than about half the food that was needed by early man. Yet because we have the same big stomach and get the kinds of food we like, many of us thoughtlessly think we have to fill this big stomach three times a day.

Remember, then, that we need some of all the different kinds of food daily, that is (a) meat, eggs or fish (b) cream, butter or other fat, (c) vegetables, both starchy and leafy, (d) minerals and (e) water. But if we want to be at our best mentally and physically we eat just the amounts of these foods that will keep us strong without increasing our weight above normal.

Relaxation and Sleep

So much has been written about the value of sleep that many nervous individuals worry themselves into sleeplessness. They fear dire ailments or even insanity if they don't get a certain number of hours of sleep each night.

Now while nothing can take the place of real sleep, with every muscle relaxed, it has been found that if an individual is unable to sleep but can relax body and mind to a point almost approaching sleep, he can attain as high as 80 per cent of the value of sleep. It is estimated that two hours' sleep in the 24 will keep anyone alive, so that with complete relaxation for four hours and say four hours' sleep you might be fully capable of doing your work.

Enough outdoor exercise, without overdoing it, brings on a "natural need" for sleep that is better than any other method of inducing sleep.

All Around the House

Iodine stains may be removed from white cotton or linen if stains are soaked in a solution of ammonia and water, a teaspoon of ammonia to a pint of water.

Always use canned pineapple in gelatin mixtures. If fresh pineapple is used the mixture will not congeal.

If fruit cake becomes very hard it can be wrapped in a cloth saturated with orange or spiced peach juice and stored in an air-tight box.

If cake is very hard it can be made into a delicious pudding by steaming 30 minutes in double boiler, and serving hot with any desired sauce—hard, creamy, foamy or fruit.

When maple sirup becomes cloudy set it over the fire until it boils, then take it off the fire and let cool.

Don't beat fudge as soon as it is taken from the fire. You will find it will be much creamier if first put into a cold bowl, and then beaten.

Twine will tie bundles much tighter and will not slip when knots are made if it is dampened before using.

Never set cut flowers in a draft. If you do you will find they will soon wilt.

A few bright colored flower pots, with a narcissus bulb planted in each, set on the window sill in the

living room will, when the bulbs blossom, give color and decoration to the room.

If woolen stockings shrink while washing, put them through the water again and while still wet put them on a stocking stretcher.

Place a hot water bottle in the clothes basket when hanging out and taking in clothes in cold weather. It will keep the hands warm.

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Opportunity May Knock, but More Likely She'll Pass By

It is a dangerous thing to wait for opportunities until it becomes a habit. Energy and inclination for hard work ooze out in the waiting. Opportunity becomes invisible to those who are doing nothing, or looking somewhere else for it. It is the great worker, the man who is alert for chances, that sees them.—O. S. Marden.

Here's Very Fast Way to "Alkalize" Acid-Indigestion Away

Amazingly Fast Relief Now from "Acid Indigestion" Over-Indulgence, Nausea, and Upsets



If you want really quick relief from an upset or painful stomach condition—arising from acidity following over-eating, smoking, mixtures of foods or stimulants—just try this:

Take—2 teaspoonfuls of Phillips' Milk of Magnesia in a full glass of water. OR—2 Phillips' Milk of Magnesia Tablets, the exact equivalent of the liquid form.

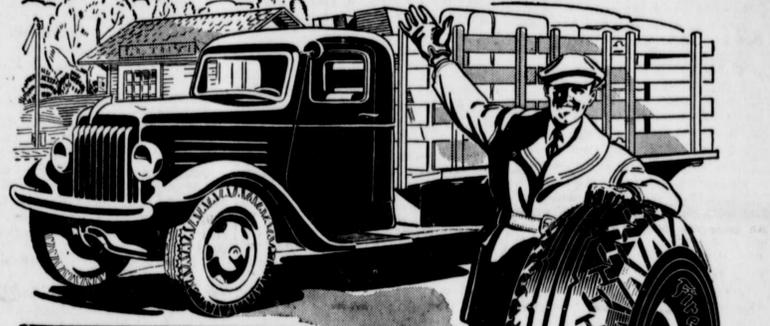
This acts almost immediately to alkalize the excess acid in the stomach. Neutralizes the acids that cause headaches, nausea, and indigestion pains. You feel results at once.

Try it. AND—if you are a

frequent sufferer from "acid stomach," use Phillips' Milk of Magnesia 30 minutes after meals. You'll forget you have a stomach! When you buy, see that any box or bottle you accept is clearly marked "Genuine Phillips' Milk of Magnesia."

- ### SIGNS WHICH OFTEN INDICATE "ACID STOMACH"
- PAIN AFTER EATING
 - FEELING OF WEAKNESS
 - INDIGESTION
 - HAUSEA
 - LOSS OF APPETITE
 - SOUR STOMACH
 - FREQUENT HEADACHES
 - SLEEPLESSNESS
 - HEAVY ACIDITY

PHILLIPS' MILK OF MAGNESIA



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