News Review of Current Events

HUGE LOANS ON WHEAT

Bumper Crop Makes These and Acreage Reductions Probable . . . Wage-Hour Bill to Be Passed

Congresswoman Mary T. Norton of New Jersey, chairman of the labor committee, affixes her signature—the first one—to the petition which was signed by 217 other house members to force house consideration of the revised wage-hour bill. With Mrs. Norton are, left to right, Congressmen R. J. Welch of California, J. Burrwood Daily of Pennsylvania, Arthur Healey of Massachusetts and Edward Curley of New York.

Edward W. Pickard
SUMMARIZES THE WORLD'S WEEK

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Wheat Loan Program

ONLY a major crop disaster like a nation-wide drouth can prevent the United States from having the largest supply of wheat this summer in the country's history. Consequently the Department of Agriculture is preparing to announce a huge wheat loan program designed to prevent prices from falling to extremely low levels. Under the new crop control act loans are mandatory if the 1938 yield exceeds domestic needs and estimated export needs, which are put at about 740,000,000 bushels.

Sec. Wallace

At the same time Secretary Wallace, as head of the AAA, was contemplating the prospect of asking the wheat growers of America to make the heaviest reduction in plantings ever proposed. This reduction may be as much as 37.5 per cent. Growers who this season planted approximately 80,000,000 acres would be asked to reduce their operations to about 50,000,000 acres—the smallest since before the World war. Allotments then would be 12,500,000 acres less than for 1938.

Government estimates place the crop at between 925,000,000 and 950,000,000 bushels. The winter wheat estimate is between 740,000,000 and 750,000,000 bushels while the spring wheat crop is expected to reach 200,000,000 bushels.

Added to this will be a carry-over of 150,000,000 bushels or more from last year's crop of 874,000,000 bushels. The total supply is expected to reach an all-time high of approximately 1,100,000,000 bushels.

In addition to the loan program, Secretary Wallace will move to bolster the market through the new government crop insurance program. Already a campaign is under way to "sign-up" farmers for wheat insurance.

The insurance program is expected to remove about 50,000,000 bushels of wheat from the market through farmer payments of premiums on 1939 wheat insurance. The government will store this wheat in elevators for future indemnity payments to insured farmers.

Officials of the AAA expect that reduction of acreage will stir up protests from wheat growers similar to the current revolt in the corn belt, and among the cotton and tobacco farmers of the South. Concessions already have been made to the Southerners, and the AAA people said some "minor adjustments" in corn acreage allotments were planned. The revolt in the Middle West, however, was growing steadily under the leadership of the Corn Belt Liberty league, now incorporated in Illinois.

When and if wheat acreage allotments are made, farmers can comply with or ignore them, but only those who comply will be eligible for maximum federal benefit payments and wheat loans.

Crop Report Birthday

ON THE day it issued its May crop report, the Department of Agriculture celebrated the seventy-fifth anniversary of the government crop reporting service. The names of the oldest living crop reporters were inscribed on a roll of honor, and the ceremonies were witnessed by a group of veterans of the service who were invited to Washington by Secretary Wallace.

The crop reporting service was started in May, 1863, by Isaac Newton, first commissioner of agriculture, appointed by President Lincoln in 1862. The first report was prepared on the basis of reports from 2,000 farmers in 21 states. Today reports are based on returns from 200,000 voluntary reporters.

President Returns

PRESIDENT ROOSEVELT returned to Washington from his ten-day fishing trip not only brown and well but highly elated. There was reason for his elation for the political tide in the capital had turned in his favor. The successful revival of the wage-hour bill in the house demonstrated the waning opposition among southern Democrats, following closely on the renomination of Senator Pepper of Florida, who defeated Congressman Wilcox, an opponent of the Roosevelt bills to enlarge the Supreme court, to reorganize the executive government and to control wages and hours of labor. The $5,000,000,000-pump priming bill seemed assured of passage with only some earmarking of funds to which the administration has no serious objection.

Mr. Roosevelt resumed work by calling Secretary Hull to the White House presumably to discuss the Nye resolution to lift the arms embargo against Spain. He then held a legislative conference with Vice President Garner, Speaker Bankhead, Majority Leaders Barkley and Rayburn and others. It was believed they considered resumption of the drive for enactment of parts of the President's program that have been defeated or delayed.

Wage-Hour Bill to Pass

WHEN 218 members of the house of representatives signed the petition to discharge the rules committee from consideration of the administration's wage-hour bill it became virtually certain the measure would be passed by the house on May 23. Chairman Mary T. Norton of the house labor committee and other proponents of the bill predicted it also would be approved by the senate, but admittedly it faces a bitter fight there, for the southern senators are angered by the omission of differentials favoring the South. There is a chance that they can organize a filibuster and prevent passage before congress adjourns.

Mary T. Norton

Opposition in the house crumbled suddenly and there was a veritable stampede to sign the petition forcing the measure to a vote. Mrs. Norton was first to put her name on the paper, and 217 other members rushed forward to get on the band wagon.

The 218 signers were divided by parties as follows: 182 Democrats, 23 Republicans, 8 Progressives, and 5 Farmer-Laborites.

In its present form the bill provides for minimum wages of 25 cents an hour to be raised to 40 cents an hour over a three-year period and maximum hours of 44 a week to be reduced to 40 hours in two years. It would be administered by the Labor department and enforced by the Justice department. It carries no differentials between the different sections of the country.

Davies to Belgium

JOSEPH DAVIES, wealthy lawyer, was nominated ambassador to Belgium by President Roosevelt. Davies will be transferred from Moscow which he and his wife, Mrs. Marjorie Post Hutton Davies, found boring because of the lack of social life among the soviets.

Labor Board Foiled

THE Federal circuit court of appeals in Covington, Ky., in an amended order forbade the National Labor Relations board to withdraw its records from the court in the board's decision against the Ford Motor company. The court previously had permitted the board to withdraw its petition for an enforcement order against the company. The board was trying to avoid judicial investigation of its procedure.

The Inland Steel company was informed that the board would set aside its order to Inland to deal with the C. I. O. This was resisted by the company, as the Ford company had resisted in its case.

Deal of the Dictators

IN THE absence of official statements, the foreign correspondents were forced to guess at the results of the meeting of Reichsfuehrer Hitler and Mussolini in Rome. They felt certain that the friendship between the two dictators was strengthened, that Hitler assured Il Duce Germany would not try to absorb the German minority in South Tyrol, and that Mussolini promised Italy would not interfere with the Nazi plans affecting the Sudeten Germans in Czechoslovakia.

Mussolini was believed to have received from Hitler recognition of Italy's economic and political interest in central Europe, and a promise the Italian port of Trieste would not lose all its Austrian traffic as a consequence of Austria's absorption by Germany.

For six days Hitler was lavishly entertained with feasts, and with naval, military and aviation displays that revealed the armed power of Italy in an astonishing manner. He then went to Florence to view that city's art and architectural treasures, and returned to Berlin apparently satisfied that the Berlin-Rome axis had not been weakened by the Anglo - Italian peace accord.

Chinese Make Gains

JAPAN'S hold on North China was endangered by the aggressive action of Chinese guerilla armies that were concentrating near Peiping and Paoting, former capital of Hopei province. Savage fighting in that area was reported as Gen. Chu Teh, leader of the Chinese communist Eighth route army, smashed the lines of the invaders.

Gen. Chu Teh

The Japanese claimed to have defeated a large Chinese force that attempted to cut off Nantung-chow, an important supply base for 10,000 Japanese fighters.

The Japanese government has invoked parts of the general mobilization law; and Foreign Minister Koki Hirota called on the Japanese people to prepare for "possible extreme personal financial sacrifices" to achieve victory in the Chinese war. He added that "no optimistic view of the future is warranted."

Big Navy Bill Passed

PRESIDENT ROOSEVELT'S $1,157,000,000 naval expansion bill was passed by the senate by a vote of 56 to 28.

The measure empowers this government to surpass the rearmament programs of other nations with construction of the most powerful warships ever floated. However, it precludes the possibility of the United States precipitating a race of superwarships by limiting the size of future battleships to treaty specifications of 35,000 tons unless it is determined foreign powers are building in excess of treaty restrictions.

In the latter event, the United States will be authorized to construct super-dreadnaughts of 45,000 tons, armed with deadly 18-inch guns.

U. S. a "Debtor" Nation

IT IS popularly believed and frequently asserted in political quarters, or by those engaged primarily in foreign trade, that the United States is on balance a creditor country, and that because of this fact our tariffs should be reduced in order to make it possible for foreigners to pay their current bills to us.

The facts as currently available from Department of Commerce studies tell a different story, and show that for several years, when all the current items are appropriately considered and analyzed, the United States has been in a "debtor" rather than in a "creditor" position.

If intangible items are excluded, our commodity balance of trade, including the net silver and gold imports, during the past three years has indicated in this brief period of time an aggregate "unfavorable" balance of approximately $4,500,000,000.

Tax System Study Asked

THE National Association of Manufacturers, contending the present federal, state, and local tax structure is a tremendous burden on the national economy, asked congress to inaugurate a study aimed at its simplification.

"Much can be done to simplify and co-ordinate our system of taxation," said a statement by the association's board of directors. It was transmitted to congress by C. R. Hook, association president.

WHAT TO EAT AND WHY

C. Houston Goudiss
Discusses the
NEED FOR IODINE

Key Substance of the Thyroid Gland--Tells How to Avoid Iodine Starvation

By C. HOUSTON GOUDISS
6 East 39th St., New York City

THE discovery of our vital need for iodine is one of the most thrilling chapters in the long history of scientific research.

Many investigators contributed to our understanding of iodine hunger, but special credit is due to Dr. David Marine and his co-workers; and to Dr. E. C. Kendall of the Mayo Clinics at Rochester, Minn.

Today we know that although it constitutes only about one part in three million parts of the body weight, iodine is so essential that its absence from the diet may have the gravest consequences.

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Thyroid—The Gland of Glands

Iodine is necessary for the normal functioning of the thyroid gland, situated in the front part of the neck. The thyroid is so important that it is often regarded as the throttle which governs the human locomotive, and when it fails to function normally, the body machinery may be thrown out of balance.

Thyroid disturbance during childhood may affect mental and physical development, and many children have been accused of laziness who are suffering from thyroid deficiency. Thyroid disorder may be a complicating factor in obesity, and specialists have found that it is associated with many stubborn skin diseases. It is also claimed that iodine starvation influences mental make-up and emotional tendencies.

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Disfiguring Goiter

Simple goiter is a common disorder of the thyroid gland. At one time the very mention of this disease terrified girls and women, who feared the unsightly lump in the neck which disfigures the victim. Now, thanks to dramatic experiments, we know that simple goiter is an iodine deficiency disease.

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Animal Experiments Point the Way

In 1916, it was estimated that a million young pigs died annually in Wisconsin. Investigation disclosed that their thyroid glands were abnormally large and abnormally low in iodine. When iodine was administered to the mothers, the young pigs were born normal.

Scientists reasoned that if goiter could be prevented in animals, it could be prevented in humans, and undertook the now famous census in Akron, Ohio. A study was made of the thyroid glands of all school girls from the fifth to the twelfth grades. Almost 50 per cent were found to have enlarged thyroid glands.

The girls were given small doses of sodium iodide dissolved in drinking water at given periods over 2½ years. At the end of that time, investigators found that of 2,000 pupils, only 5 developed thyroid enlargement. Of the same number not treated, 500 showed enlargement.

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Danger Periods

This demonstration aroused the interest of the scientific world and gave impetus to additional experiments which increased our knowledge of the iodine requirement.

The great danger periods are during pregnancy, childhood and adolescence. The diet of the expectant mother must include an adequate supply to protect herself and avoid the early development of simple goiter in the child.

It is also essential to provide sufficient iodine for growing children, as the incidence of the disease increases steadily up to the eighteenth year in girls; in boys it reaches its peak at twelve.

Some investigators also claim that one way to enhance the action of the glands after middle life, and so prolong youth, is to include in the daily diet some foods with a high iodine content.

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Nature's Storehouse of Iodine

It is the duty of every homemaker to learn where the necessary iodine can be obtained and to include iodine-rich foods in the daily diet, but it is especially important for those living in "the goiter belt." This area stretches along the Appalachian mountains, as far north as Vermont, westward through the basin of the Great Lakes to the state of Washington, and southward over the Rocky Mountain and Pacific states.

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Iodine-Rich Foods

The sea is the great storehouse of iodine and hence, the most abundant sources are sea food, including salmon, cod, crabmeat and oysters; cod liver oil; and salt.

Fruits and vegetables grown near the sea contain varying amounts of iodine, depending upon the water and soil, and the season, the iodine content being at a maximum in the autumn and winter.

In general, it may be said that the leaves of plants contain more iodine than the roots, and that leafy vegetables and legumes store more than fruits, with the exception of cranberries, which are a good source. When the soil is rich in iodine, watercress becomes a fine source of this substance.

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Iodized Salt

One of the most satisfactory methods for adding iodine to the diet, especially in goiterous regions, is through the use of iodized salt. In Detroit, a city-wide test of iodized salt reduced the prevalence of simple goiter from 36 per cent to 2 per cent. Similar figures have been cited for other localities. Iodized salt costs no more than ordinary table salt and is an excellent safeguard against simple goiter.

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Iodine in Drinking Water

Even in early times, it was believed that there was some relation between goiter and drinking water, and recent evidence has disclosed that there was a sound basis for this belief. Two investigators found that the water in a large part of the northern half of the United States falls into a low-iodine classification.

Several communities have given consideration to the prevention of goiter by the addition of iodine to the water supply. This method is commendable, but it must be borne in mind that wherever iodine is taken in forms other than food, careful supervision by the physician or the public health authorities is necessary.

To those homemakers interested in planning the best possible diet for their families, I shall gladly send lists showing which foods are rich in iodine and which are poor in this substance.

Send for This
FREE CHART
Showing the Iodine Content of Various Foods

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YOU are invited to write C. Houston Goudiss for a chart showing the foods rich in iodine and those which are poor in this substance. It will serve as a valuable guide in preparing balanced menus.

Just ask for the *Iodine Chart*, addressing *C. Houston Goudiss*, at 6 *East 39th Street, New York City*. A post card is sufficient to carry your request.

Have You a Question?
Ask C. Houston Goudiss

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C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods and diet. It's not necessary to write a letter unless you desire, for post card inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

Questions Answered

Miss C. T.—Agar-agar is a non-irritating, indigestible carbohydrate. As it is not digested, its caloric value is zero, and it could not possibly be fattening.

Mrs. B. R. S.—The average meal leaves the stomach within four hours, though a large meal may stay for five hours. However, the length of time food remains in the stomach is only a fraction of that required for the entire digestive process, which varies in normal individuals from 12 to 47 hours. Carbohydrates leave the stomach most quickly, proteins are next, and fats require the longest period.

Miss S. G.—There is no justification for serving toast at every meal instead of bread. It is true that proper toasting changes some of the starch to dextrine which is quickly and easily digested. But laboratory experiments reveal that the proteins of toasted bread and crusts have a lower digestibility, and animals gain less weight when fed on them than on the untoasted bread and the inside crumbs of the loaf.

Mrs. M. S. F.—I do not approve of the strictly vegetarian diet because it is unbalanced. One who desires to omit all animal foods from the diet must also omit the top-notch protective foods, milk and eggs. It is doubtful if adequate protein could be supplied without milk, eggs or meat. Good health is best maintained on a balanced diet, and is such a priceless possession that I cannot understand why anyone should risk the consequences of consuming a one-sided diet.

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Imprudent One

Is not he imprudent, who seeing the tide making toward him apace, will sleep till the sea overwhelms him.—Tillotson.

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