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"Give Light and the People Will Find Their Own Way."

Highway Waste

One of the oldest tricks of circus thieves was to start a fight in the street while one of the gang ran in the jewelry store, where interested clerks were intent on the battle outside, and get away with the loot.

One of the oldest tricks of politicians, who desire to distract attention from their real purpose, is to start a fake fight about something else and get away while the people are looking in another direction.

It may be just as well not to get too excited over the battle of the highway commission to add a few employees to the pay roll and raise a few salaries.

There are other transactions under the direction of the commission, with its new directors, that should arouse more public interest.

The law was drafted with an idea that there should be competition as to types of roads, with the purpose of having competition which would reduce costs, and perhaps the best type of roads.

The law says that there shall be specifications for three types of roads. As a matter of fact, by subterfuge, the board has limited all construction to that of cement roads. The cement trust has been very active, under different aliases, in the politics of the state.

Under one name it financed the Good Roads movement headed by one John Brown, who is the roommate and friend of another John Brown who is now the highway director.

The three types are offered, but two of them are so costly or so poor as not to be considered. The result is a monopoly for the cement people in all road building.

The law also contemplated that the director of the highways should be a competent engineer who would not be easily imposed upon. It presumed that he would know something of the science of building roads, as well as possessing business and executive ability. The job demands an engineer who understands how to draft specifications demanded by law.

This state now turns over to the commission \$20,000,000 each year for the purpose of getting roads. The people are entitled to the best roads at the lowest cost. It is more than doubtful as to whether the people are getting either the best roads or the lowest costs.

The condition of many of the paved highways after five or six or seven years of usage is such as to suggest that it will be necessary to pay large sums every year for the repair of these roads. Many of them will have to be rebuilt at the end of fifteen years. That means a continuing burden upon the people.

That may be necessary. It is possible that the cement highways are the best. It may be necessary to rebuild and rebuild.

If this is true, there is a real solution. That is the establishment of a state-owned cement plant to manufacture the material at a lower cost.

One thing is certain. The law should be followed in spirit as well as letter. Putting in two types of obsolete or prohibitively costly roads is not a compliance with the law.

Adding a few laborers to the pay rolls means nothing. Adding to the cost of road building means everything.

Justice on Trial

Removal of the textile strike murder case from Gastonia to Charlotte, N. C., is a highly gratifying victory for the defense. Judge Barnhill has acted justly and wisely.

Here is a case that threatens to become another Sacco-Vanzetti crime against justice.

The accused have a right to a fair trial. But more, much more, than the rights of individuals at stake.

The American judicial system is on trial. And its reputation can not stand many more labor frameups. Investigations made by this and other newspapers and nonpartisan observers conclusively have proved that the Gastonia strikers have been victims of a virtual reign of terror, especially the union organizers.

In such an atmosphere a fair trial for strikers accused of killing the chief of police was obviously impossible.

From the preliminary hearings it appears that the police officers, two of whom had been indicted on drunk and disorderly charges a few hours before, had no search warrant when they invaded the strikers' tent colony.

If a striker fired the shots, there seems to have been no evidence brought out so far fixing the responsibility on any of the sixteen strikers and organizers now held.

However there should be no effort to prejudice the case. What is demanded, and all that is demanded is a fair trial.

Tariff Secrecy

Senator James Couzens of Michigan has served notice on his colleagues of the senate finance committee that he no longer will be bound by the rule of secrecy governing consideration of the Hawley-Smoot tariff bill.

Decisions reached in secret, according to Couzens, became known to interested constituents of members of the committee, who then made requests for reconsideration.

If this is true, Couzens' course can not be criticized. The public, which pays the freight, has at least as much right as tariff beneficiaries to know what the committee is doing.

If persons who will gain from higher tariffs have a right to importune the committee, certainly the public has the same right to protect its interests.

Couzens reveals that the existing duty of 25 per cent

ad valorem on automobiles is to be retained, with the countervailing provision stricken out. This means a reduction from an average duty of about 32 per cent to 25 per cent.

More important, the duty of \$1 a thousand feet on logs of fir, spruce, cedar, and the western hemlock imposed in the house bill has been rejected and they have been put on the free list with certain other classes of lumber.

If these changes are indicative of a determination on the part of the committee to scale down the house rates, it is good news Couzens has given us.

More Censorship

When it is a question of removing the stain from American justice by liberating Tom Mooney, imprisonment in California for thirteen years on a frameup, the federal government, it seems, is powerless.

But when it is a question of helping to keep the victim in prison, federal officials find a way.

The New York City postmaster on instructions of the solicitor of the postoffice department has held up, as nonmailable, 5,000 pamphlets stating the damning facts in the Mooney case—damning to the American system of justice.

Judge Griffin, who tried the Mooney case; Detective Chief Matheson, Attorney-General Webb, who asked the state supreme court to set aside the conviction; ten of the eleven living jurors and almost every one who has studied the case now say the man is innocent.

In the pamphlets are statements by Clarence Darrow, David Starr Jordan, Fremont Older, the Rev. John A. Ryan, Stephen S. Wise and others, including Mooney himself.

Circulation of this and similar pamphlets by the American Civil Liberties Union and various Mooney defense committees is part of a national campaign to arouse public indignation against the terrible crime committed in imprisoning this innocent man and to get him out.

The excuse given by the postmaster for holding up the pamphlet is that the envelopes bear the statements, "A Terrible Indictment," "California's Shame," "Justice California Style," "The Horror of Thirteen Years Imprisonment," and "Tom Mooney Frameup."

Action is taken under the regulation permitting the department to stop envelopes and cards which it considers "lewd, obscene, defamatory or threatening."

Fortunately, the Civil Liberties Union intends to fight the censorship through the courts, applying for a federal injunction to prevent the postoffice department from closing the mails to this matter.

Constant censorship activities by federal authorities have ceased to be merely ridiculous. They become a menace to American liberties.

Professional pugilism in Mexico is said to be gaining in popularity. If the boxing situation down there is anything like that north of the Rio Grande, that's a sure sign that the country has settled down.

An airplane struck a steam roller the other day at Roosevelt field. One of these days an airplane is going to collide with a submarine and that will be news.

The department of Labor has issued a booklet, "Why Sleep?" Looks like somebody is going after congress after all.

A spider's web has no commercial value, says a scientist. It is a little too heavy, of course, for feminine apparel.

An escaped insane patient was captured in a tax collector's office the other day. Even a sane man has trouble there these days.

Chicago's police commissioner has requested members of the force to eat more spinach. Maybe he thinks they need more iron in their systems. Well?

David Dietz on Science

Leaves Seek Sun

No. 423

IT IS interesting to study the leaves of plants in the garden, bearing in mind the original way in which the leaves grow out from the stem and the way in which the leaves have twisted themselves to obtain maximum sunlight.

For example, in the arrangement of leaves known as opposite, the leaves grow in pairs. That is two leaves grow out from each node, as the thickened part of the stem where the leaves originate is called.

The leaves at one node grow out at right angles to those at the next node. But leaves of this sort will be found to take their normal positions with the pairs at right angles only when the stem is upright.

An upright branch of dogwood, for example, will show this. But when the branch is horizontal, the leaves will be found to have twisted themselves so that all the leaves get maximum sunlight.

The positions assumed by various leaves depend upon how sensitive to sunlight.

If the leaves are fairly sensitive, they tend to range themselves at right angles to the line along which they get the most light. They tend, therefore, to horizontal positions.

Leaves which are highly sensitive to the sun will turn with it, always keeping the flat side of the blade to the sun.

There are some trees, however, the leaves of which are only slightly sensitive to light. Their leaves will be found at all sorts of angles. This class includes the cottonwood and tulip trees.

The leaves of plants which grow in the shade will be found, as a rule, to be darker than those which grow in the sun. They also have a tendency to be more bluish-green.

This difference is due to the fact that the chlorophyll is nearer the surface in the shaded leaves and also that the chlorophyll itself has a slightly different color from that in the other types of leaves.

Some leaves of shaded plants even have a certain amount of chlorophyll in the cells of the exterior covering or epidermis. In the other type of leaf, it will be remembered, chlorophyll occurs only in the cells in the interior of the leaf, known technically as the mesophyll.

These leaves also have pores or stomata on the upper as well as the under side of the leaf.

M. E. Tracy

SAYS:

The Majority of Suckers Are Not Taken in Because of Ignorance, but Because They Can Not Resist the Idea of Getting Something for Nothing.

THE best method of fighting stock swindlers says E. H. H. Simmons, president of the New York Exchange, is to educate the public. That is not only a fine idea, but one which those interested have been trying to carry out.

The trouble is that education appears to have little effect on gullibility.

As a general thing, men believe what they want to believe and quite regardless of what they know.

The majority of suckers are not taken in because of ignorance, but because they can not resist the idea of getting something for nothing, no matter how thin that idea may be.

Typewriter Invasion

YOU have heard about the glorious pastime of melting swords into plowshares. Mustapha Kemal, president of the Turkish republic, does even better than that. He is melting swords into typewriters.

No less than 3,000 spick, span, shiny machines, with keyboards designed to fit the Turkish alphabet are on their way to Constantinople. The stilted, the camel hair brush and the old Arabic letters which have played such an important part in Turkish history during the last ten centuries go the way of the turban, the whiskers and the seraglio.

If we think we are suffering from innovation, what must the Turks think.

Objective of Thrift

THRIFT takes curious forms. Some can not save if they break a bill, others unless they take out life insurance, and still others without an all-compelling objective.

John Jacobs of Bloomfield, N. J., wanted a Ford car and his idea of getting it ran to pennies.

For the last four years he has been putting aside all the pennies he could get.

On Tuesday, a nice new Ford was delivered to him. He paid for it with nine bags, weighing fifty pounds each, full of coppers.

Vestris Report

AT last the British Board of Trade has reported on the Vestris.

By and large we know about as much as we did in the beginning. The public has believed all along that the ship was overloaded, and that Captain Carey waited too long before summoning assistance.

The Board of Trade blames Sanderson & Sons of New York, who acted as agents, for the overloading, and exonerates the Lamport & Holt Line, to whom the ship belonged.

As a moral proposition, that may be sound, but as a legal one, an owner is usually held responsible for the acts of his agents.

Edison's Test

IT is to be hoped that Mr. Edison's experiment will be followed through, that some attention will be paid to what comes not only of the boy he selects as his successor, but of the other forty-eight.

The idea of discovering genius in such a way is the logical result of our educational system.

Genius Yardsitic

MR. EDISON'S scheme neither is more nor less than a refined application of the grading method which prevails in school and college.

Though unable to devise anything better, he himself is not entirely convinced of its reliability.

There is, he says, "no test, no suitable yardstick, no positive way of determining the relative value of one human being as compared to another."

No Two Alike

THAT is so because no two human beings are alike, no two of them are born alike, grow up alike, or react to the same environment and circumstances alike.

Down at Washington, they have a collection of 1,250,000 finger prints, no two sets of which are alike.

The brain is much more complicated than the skin formation of the end of the fingers.

The Vogue Future

THE difficulty of appraising the ability of any human being at any particular time is great enough, but it is small in comparison to the difficulty of determining what the ability will be at some time in the future.

Bright boys often turn out to be dull men, and vice versa. While success in a certain line may open up unexpected by-paths.

Bobby Jones, for instance, probably did not look for a nomination to congress, as the result of making himself golf champion, yet he is likely to get it.

Endurance Flights

WITH all the endurance flight records, we still are in the dark as to how long an airplane can stay up.

Jackson and O'Brien did not come down because they had to, but because they were ordered.

According to all reports, they landed fresh, and so did the airplane.

What is the right name of Dorothy Dix, and what is her address? Elizabeth Meriwether Gilmer. Her address is 6334 Prytania street, New Orleans, La.

What is the difference between an "immigrant" and an "emigrant"? An emigrant is one who removes from one place or country to another. An immigrant is a foreigner who enters a country to settle there. A person emigrates from the land he leaves, and immigrates to the land where he takes up his abode.

Looks Like He'd Have to Give Up the Habit



HEALTH IN HOT WEATHER

Truth About These Reducing Diets

A craze for reducing diet seems to have swept the country. There is, however, little authoritative criticism of these diets available. Accordingly, Dr. Morris Fishbein, editor of the Journal of the American Medical Association, and the foremost writer on medical topics in America, to secure diets from the viewpoint of medical science.

BY DR. MORRIS FISHBEIN
Editor Journal of the American Medical Association and of Hygiene, the Health Magazine.

WITH the advent of the summer season the craze for reducing diets seems to be on again. Not only the ladies, but the men as well are counting the days of dietary systems which promise to take off the poundage rapidly and healthfully.

A Chicago hostess, anxious to please her dinner guests, called each of them to know which day of the eighteen-day diet they had reached and served each of them with the materials scheduled for that particular dinner. A butcher, provided with an eighteen-day diet by a carelessly speaking doctor, ate the first nine days at a single session. The hot days make the daily season.

Origin of the Hollywood diet seems to be unknown. It sprang undoubtedly from California, for that state and the diet are strong on oranges and grapefruit as basic items. The diet has some scientific background because, unlike many of the faddish diets heretofore popular, it takes into account provision of vitamins as well as diminution of calories. It has a fine psychological background because actually the foods are varied and no doubt they will suit a variety of tastes. What more could one ask?

The answer is the old, old warning: we all are constructed differently. What is good for some of us may be all wrong for others. Some people simply must not attempt to reduce weight for the simple reason that their nutrition is only sufficient to keep them healthful. Dieting to the loss of the body flesh that is necessary to sustain nutrition at its optimum point for health lowers resistance to disease.

As a result of the last craze for slenderization that swept across our country the tuberculosis rates for young girls rose in most of the large cities of our country and there was an increasing amount of loss of time from work because of all sorts of minor ailments.

The eighteen-day Hollywood diet is vaunted as the result of five years of study by French and American physicians. It is said "to be perfectly harmless for those in normal health." Those not in health are warned to consult a physician before trying the diet. Better consult a physician anyway to find out if you are in normal health before trying any weight reduction scheme.

If the French and American physicians spent five years working out this diet, the boys wasted a lot of time. Any competent American dietitian could have figured out as good a combination in twenty-four hours.

Let us analyze the first three days of the eighteen-day system.

First Day
Breakfast—One-half grapefruit, Coffee.
Lunch—One-half grapefruit, 1 egg, 6 slices cucumber, 1 slice Melba toast, tea or coffee.

Dinner—Two eggs, 1 tomato, one half head lettuce, one-half grapefruit, coffee.

Second Day
Breakfast—One-half grapefruit, Coffee.
Lunch—One orange, 1 egg, lettuce, 1 slice Melba toast, tea.

Dinner—Broiled steak (plain), one-half head lettuce, 1 tomato, one-half grapefruit, tea or coffee.

Third Day
Breakfast—One-half grapefruit, Coffee.
Lunch—One-half grapefruit, 1 egg,

lettuce, 8 slices cucumbers, tea or coffee.

Dinner—One lamb chop (trim fat before cooking), 1 egg, 3 radishes, 2 olives, one-half grapefruit, lettuce, tea or coffee.

The Melba toast, it may be explained, merely is very thinly cut bread toasted in a slow oven.

One half grapefruit provides about one hundred calories, some vitamin A, more vitamin B and still more vitamin C. Its general effect in the body is alkaline. It also provides some mineral salts. A smaller grapefruit will give 75 calories. The coffee, if taken without cream or sugar, as it should be on a reducing diet, provides little or nothing except the stimulation of its caffeine content, about 1½ grains to each cup.

One egg provides 75 calories; it is rich in vitamin A and B and contains considerable D. The six slices of cucumber give 10 calories, some mineral salts, some vitamin B and C. The Melba toast, representing some very dry bread, will provide, depending on its size and weight, anywhere from 10 to 100 calories. The tomato is rich in vitamins A and B and C as it also the lettuce. The latter aids by the provision of enough roughage for the bowels to have something to work upon.

A half of a small head of lettuce provides 30 calories and the tomato outside of its vitamin and mineral salt content is mostly flavoring matter and water. The small piece of meat with the fat removed means about 150 to 200 calories. The radishes are helpful for spice and variety.

Here obviously is a diet which provides well under 1,000 calories per day. Most of us eat ordinarily around 3,000 calories.

On such a diet with the average amount of work one itself is bound to lose weight, perhaps too rapidly.

The best authorities insist that any loss over two pounds per week for the average person is not healthful.

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REASON

By Frederick Landis

Poultry Architects Who Are Designing Chickens Without Wings Should Get at the Bottom of the Difficulty by Fixing Them so They Will Have More Liver and Less Gizzard.

THIS Lieutenant Harold Bromley, who planned a nonstop flight from Tacoma to Tokio, should not be disappointed because his plane crashed in the takeoff, but it should be a crushing disappointment to the sharks, doing light housekeeping between Washington and Japan.

Even had Bromley done the job, he would have realized little from it since it is now old stuff to knock any chip off the shoulder of Neptune.