



The Indianapolis Times

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

Faith Justified

Out at Orchard Lake Farms near Kentland, former Governor McCray on Wednesday handed to a group of guests checks for their first year's interest on sums loaned to him to enable him to regain possession of the great farm lands which were once his and where he gained his world reputation as the greatest breeder of Hereford cattle.

The vast acres which had been sterile during the time that the Governor was away had again become fruitful.

A great start had been made to replace the herds which were once the admiration and the pride of all cattle lovers.

Prosperity had returned with the return of the man who loved the land and understood its mysteries, its possibilities and its uses.

That is the material side of a happy picture. No doubt was left as to the ability of Warren McCray to stage that almost impossible thing—a comeback after diversity and trouble and disgrace.

The gathering was the first anniversary of the taking back of these famous farms. And in a year a great miracle had been performed, a miracle of faith, a miracle of restoration, a miracle of rehabilitation.

It was expressed in the smile of the former executive, in his glow of health, and most of all in the spirit which enabled him to face life and face it bravely.

It required the same courage to grapple with this material problem that it took to refuse the bribe of liberty and money when the clouds gathered and when the man who was destined to follow him in high office came with the temptation that was backed by the power of the two great political figures of the hour.

It was the revelation of that courageous stand for righteousness that renewed the faith of the group of men who staked their dollars on Warren McCray and enabled him to return to the farms which had missed their master.

Governor McCray paid for his mistakes. He is now rewarded for his good deeds. For he has the faith of all men who know him. He has justified their faith.

There are men in this state who, as they read these lines must wonder whether it were better to obtain office through bribes and trickery, whether it pays to plead the statute of limitations and suffer oblivion.

There are some who must think, if they dare to think, that they would rather have the clasp of sincere friendship which is extended to McCray, than their own liberty and public contempt.

To have faith and confidence of one's fellows, to be useful—there is something worth while.

But to know in one's heart that the faith is justified is even more worth while.

Greedy Sunk the Vestris

When the British steamer Vestris sank last November with the loss of 112 lives, most of them women and children, the ship owners blamed the weather, the crew, and about everything and everybody except themselves.

It was clear, however, that company greed chiefly was responsible.

The ship was overloaded. The ship was unseaworthy. The captain had company orders encouraging him to delay sending an SOS—which would mean salvage expense.

These facts, first established by the press, later were substantiated by the two official American inquiries.

They now are finally confirmed by the longer and fuller investigation and report of the British Board of Trade.

The only way to protect the public and crews from the unnecessary dangers resulting from ship owners' lust for big profits is by stricter laws and actual enforcement of those laws.

Among the most tragic might-have-beens in this case is the fact that the Vestris in her condition would not have been permitted to sail from a British port. But American regulations were complied with. That shows how much American ship safety regulations are worth.

This is a national disgrace and an international menace. Congress as soon as it meets should pass the Wagner legislation, incorporating recommendations of the recent international conference on sea safety, and provide for rigid inspection and enforcement of the new law.

What Would You Do in a Case Like This?

The United States customs service has seized a book addressed to the writer of this editorial. The book is "Uncle Sham," written by Kanahya Lal Gauba and published in India. Copies were mailed to a lot of American editors for review—or for revenge; it is hard to tell which.

Seizure is made under the tariff act which permits customs officers to confiscate "obscene" books shipped from abroad.

With the notice of seizure was an explanation that protest could be made to the federal courts, the custom court or to the secretary of the treasury.

The writer went to the customs office and asked to see the book he was being protected against.

Customs officials furnished a comfortable chair and allowed their visitor to peruse the contaminating volume undisturbed.

It turned out to be an elaborate expose of alleged vice and corruption in the United States, so absurdly unsound in its sweeping generalizations that no reader could take it seriously. No American reader, that is to say.

Indian readers may consider it a faithful portrayal of American life.

One gathers that the author was inspired by reading "Mother India."

The latter work, by an American writer, is said to give the impression that Sodom and Gomorrah were nice clean towns compared to modern India.

Mr. Lal Gauba, a man of some education, appears to offer "Uncle Sham" as an answer to "Mother India." It is a goulash of what he saw with his own eyes—on the streets, in our hotels and homes and at the movies—what he read of Bernard MacFadden's literary output, isolated excerpts of Judge Ben Lindsey's most sensational observations and the excited imaginings of certain frenzied pulpit comedians.

The net effect, if one can believe it, is that Uncle Sam is no longer headed for hell in a hack—Uncle Sam is already there!

It is distressing to think of Mr. Lal Gauba's people receiving such notions concerning our pure and proper country. Just as distressing as it must be to Indians

when they think of Americans reading "Mother India."

We don't see any point in the suppression of "Uncle Sham" in this country. If we could suppress it in India some good might result. But Americans would only laugh at "Uncle Sham;" they wouldn't get even a sniggering thrill out of it.

Maybe it would help, too, to suppress "Mother India" in the interests of better feeling between ourselves and the Indians—suppress it in this country.

The government's position is rather ridiculous. If Mr. Lal Gauba had offered a sociological survey of his own country, instead of ours, as his answer to "Mother India," no doubt the book would have been seized just the same. For it would have contained the words that the government chooses to call obscene.

We could protest that because it would be depriving Americans of real enlightenment.

As it is, we can get along beautifully without "Uncle Sham."

Still, we do resent the seizure. We hate to have our books selected for us by anybody else, least of all a public official appointed as a tariff expert and not as a connoisseur of literature. And we wouldn't feel any better about it if we carried the matter up to Secretary Mellon.

We've managed all these years to choose our reading matter without Uncle Andy's assistance and we don't want to start leaning on him now.

A Judge Reconsiders

Judge Emmett Wilson of Los Angeles has granted a new trial to Mrs. Thelma Holland, 22, an expectant mother whom he had sentenced to a term of one to five years in San Quentin prison on a liquor charge.

The judge previously had refused to reconsider, saying it was his rule never to grant probation in such cases, irrespective of circumstances. Possibly the public uproar caused by the decision had something to do with the judge's change of mind.

Probation authorities reported to the judge that Mrs. Holland had married her husband two years ago, largely because she thought his six motherless children needed care. They found she had given them an excellent home.

A still was found in the husband's home. Mrs. Holland accepted support from her husband's bootlegging profits and had knowledge of the existence of the still.

She testified she had tried to get her husband to stop selling liquor, and when she failed decided that her duty to her family was more important than her duty to the law.

Mrs. Holland will have a new trial, and will be allowed to plead not guilty.

Whatever the outcome, only the crudest of fanatics will want her baby to be born behind prison walls.

An Englishman is going to introduce a car in this country that will travel eighty-eight miles an hour and run fifty-six miles on a gallon of gasoline. There ought to be a grand rush of Sunday drivers for a machine like that.

Some of these days an airplane is going to cross the Atlantic or a ship set a new record without a stowaway aboard, but that will probably only be a new publicity stunt.

The world's laziest man built his farm close to the river so he could live all summer off the fish caught in his barb-wire fences during flood season.

Florenz Ziegfeld says the public isn't interested in his revues and he's going to quit. The trouble is, you can see his revues free on the beaches these days.

Once there was a tourist who said he intended to start at 5 a. m. the next day and he actually did.

People who have no theories whatever about raising children usually are the parents of several.

David Dietz on Science

Life Requires Water

No. 424

EVERY one knows that an excessively dry season works havoc with the crops. The amateur gardener must water his garden more often when Mother Nature fails to send rain.

Plants must have water because the protoplasm, the stuff out of which their cells are made, is chiefly water. More than 90 per cent of the protoplasm of plants is water.

The cells carry on their active life processes only when they contain plenty of water.

Ordinarily, the protoplasm has the consistency of the white of an egg. When the plant fails to get sufficient water the protoplasm begins to dry out and become rigid. The life processes are slowed up. If the water deficiency becomes too great, the protoplasm even may die.

The process by which the plant manufacturers carbohydrates within its leaves from the carbon dioxide of the air, requires sunlight. This already has been discussed in detail. But it also requires water. For the carbohydrates are manufactured by causing a chemical combination to take place between carbon dioxide and water.

Water, therefore, is one of the necessary ingredients of photosynthesis.

But water is also necessary for another reason in photosynthesis.

It will be remembered that the process is carried on in the cells of the mesophyll, the interior of the leaf.

The carbon dioxide enters through the pores or stomata of the outer covering or epidermis of the leaves and then circulates through the air spaces in the mesophyll.

The carbon dioxide is not able to penetrate the walls of the cells in the mesophyll when they are dry. They have to be wet before they are permeable to the carbon dioxide.

It will be seen, therefore, that there are two reasons why water must be present for photosynthesis.

Within the cells there are many little bubbles called vacuoles. These bubbles are filled with a sap and contain many chemical substances such as sugars and mineral salts.

The sap, of course, is chiefly water. During the life of the cell there is a necessary interchange of material between the body of the cell and these vacuoles.

Here is another item in the importance of water to the life of the cell.

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M. E. Tracy

SAYS:

Desirable as Publicity May Be on General Principles, Some People Make a Nuisance of It.

SPEAKING of records, Jesse H. Pomeroy has spent fifty-three years in prison, forty-one in solitary confinement.

In moving from the Charlestown state prison to the state farm at Bridgewater, Mass., on Friday, he got his first glimpse of the outside world since 1876.

It must have been a revelation to the old man. When he was convicted, at a boy of 17, there were no electric lights, telephones, automobiles, or even bicycles; no skyscrapers, no jazz, no short skirts and no bobbed hair; no airplanes, submarines, broadcasting or movies.

No Publicity Barriers

BUT if Pomeroy has lost contact with the outside world, the outside world hasn't lost contact with him.

Publicity knows no barriers. In spite of his close imprisonment, he has succeeded in making the front page very often.

He has even fought and won a libel suit, getting "this dollar in costs" on the ground that he was falsely accused of skinning a live kitten.

He also has gained some notice as a Shakespearean scholar.

Balking Press Agents

PUBLICITY is like greatness. Some are born with it, some achieve it, and some have it thrust upon them.

President Hoover finds it necessary to guard himself against those who seek interviews for no other purpose than to be mentioned as having been at the White House.

Desirable as publicity may be on general principles, some people make a nuisance of it.

Seminole Independence

FOR one hundred years and more, the United States government has been trying to corral the Seminole Indians in order to put them on a reservation.

Just why no one seems to know. The idea that we ought to do something for the Indians is all right, but the idea that we can only do it by herding them like sheep, has its disadvantages.

At all events, the Seminoles are not willing to be corralled.

Hidden away in the fastnesses of the Florida everglades, they successfully have defied the government.

Taking Care of Selves

OFFICIALS of the Indian department, returning recently from Florida, after the latest effort to gather in the Seminoles, told Secretary Wilbur that "progress was very slow."

"How long have these Indians been taking care of themselves?" asked the secretary.

"As long as we have known anything about them," he was told. "Well," he said, "leave them alone, forget about putting them on a reservation."

Bank Failures

SEVEN hundred and six banking institutions have been eliminated since the first of the year—372 through failure, and 334 through merger and consolidation.

In spite of some spectacular suspensions, failure has not claimed as many victims as some previous years, but consolidation obviously is gaining ground.

The indications are that we shall have fewer and larger banks.

To offset the 706 that have ceased to exist only 128 new banks have been chartered.

Grave Diggers' Strike

THE grave diggers of a New York cemetery go on strike. They not only demand \$7 a day instead of \$5 but recognition of their union.

The incident is startling, not so much because of the issue involved, as because very few people realize that grave diggers have become numerous enough to form a union.

In fact few people realize how fast our cities of the dead are growing, how enormous they have become and how steadily they will continue to grow in the future.

Given time, and the cities of the dead are sure to outnumber the cities of the living which they surround.

English Mill Strike

MORE mills are closing in England, with more cotton workers out of employment.

The situation already has reached a point where it is said to be costing England ten million dollars a week in lost wages and twice that amount indirectly.

The government has appointed a commission to study for the problem and make recommendations, which is the scientific way of approaching it, but which offers no immediate remedy.

Modern industry deserves more study and attention than it has received, especially with regard to the proper relations between capital and labor.

A strike, or lock-out, however, which throws half a million people out of work, demands prompt adjustment.

Did John Boles and Carlotta King sing in the sound version of "The Desert Song?"

Yes. Boles was formerly in musical comedy and Miss King was singing over the radio when discovered for her role in "The Desert Song."

Who played the parts of Topsy and George Harris in the movie, "Uncle Tom's Cabin?" Were they white or colored?

Mona Ray was Topsy and Arthur Carewe acted George Harris. Both are white.

Is the United States a member of the World Court?

No.

A Crop That May Help Pay Off the Mortgage



HEALTH IN HOT WEATHER

Some Foods Essential in All Diets

This is the second of six articles in which Dr. Morris Fishbein, the foremost writer on health topics in America, tells how the various reducing diets now so popular look in the eyes of medical science. The first article discussed the opening days of the so-called Hollywood diet.

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

THE remaining days of the Hollywood diet are like the days that have been specified, except that an orange is substituted occasionally for the grapefruit, some spinach or four stalks of asparagus may be substituted for the cucumber or the lettuce, some pot cheese may take the place of the egg.

On the twelfth day the observer celebrates by getting one-half a broiled lobster at lunch and some broiled chops and cole-slaw at dinner. His two olives jump to three.

On the eighteenth day he gets one broiled fish, plain spinach and a half grapefruit for dinner. Then they tell him to eat chocolates.

The eighteenth-day diet is safer than most routine diets because it attempts to take into account some of the fundamental needs of the body. Dr. Flora Rose, director of

the New York State College of Home Economics of Cornell University, and Mary Henry, professor of nutrition in the same institution, listed some time ago a foundation diet which will ensure the most desirable amounts of building materials and regulators in the diets of adults.

A certain foundation diet should include one and one-half to two cups of milk a day, but not more than one quart. A small amount of potato may be taken once each day. Two generous servings of succulent vegetables a day are necessary and one of them should be a leafy vegetable.

Several times a week raw vegetables must be taken to insure vitamins, because far too frequently vitamins are lost in cooking. Two servings of fruit a day are desirable, and one of them should be oranges or grapefruit. Tomatoes may be substituted for these fruits, because the tomato provides few calories and is rich in vitamins.

One serving of meat a day and one egg a day will provide proteins for body building materials, some vitamins, mineral salts, and together about three hundred calories.

Cereals and bread help to bring up the quota of body building substances.

In addition to these things one should drink from six to eight glasses of water each day and he will find himself carrying on rather satisfactorily. On this diet, if the proper limited amounts of food are taken, one can reduce about two pounds per week.

A reducing diet is one in which the daily amount of food or fuel taken into the body is reduced so that it is enough to keep the body running, but not enough to support extra work. When the person works the body uses up its own fat to supply the extra demand for energy.

The eighteen-day diet that has been cited is well under one thousand calories a day which are too few for the proper maintenance of your health, except possibly in very rare instances.

Its only safety over the faddish diets of the past like hard-boiled egg and lettuce diet, lamb chop diet, pineapple diet, and similar notions, is its attempt to provide vitamins and salts and roughage.

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My situation will be less happy than that of any of the venerable victorians. The younger generation gets younger and less reverent with each new decade. Perhaps no one can be found in 1960 to listen while I prattle on about the Barrymores and Mathewson, Jack Dempsey and Sinclair Lewis.

And so there may not be a book at all. The whole thing in all probability will simmer down to an inside paragraph saying, "Heywood Brown of No. 11832 510th street quietly celebrated his birthday at the home for the indigent yesterday afternoon. The old man, who claims to be 100 years old, but looks scarcely 90, says he can remember when Yonkers was considered way up town."

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simple rumination. Even the mind of the conductor, himself, staggers at the thought of a full half century of newspaper service. Fifty times 365 amounts to a sum which I can't do in my head, but I know it is a lot of columns. In such a mess of stuff there would almost certainly be repetition, and my firm intention is to retire gracefully the moment it becomes necessary to boil the old ones down for a second service.

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routine by going to a night club, swimming the East river, or enunciating a new and startling philosophy.

Slow Pictures

TO be sure, both Ford and Rockefeller have claims to fame aside from the mere fact of maturing years. Mr. Voorhis, so far as I can gather, gets headline type chiefly because he is ancient. Living to be 100 is a good trick, but tedious. When you've seen one centurion you've seen them all.

Not much of wisdom comes from these men who have been long in the world and their memories boil down to some anecdote about gathering cabbages, where the Grand Central station now stands. Beyond the city's encroachment into the vacant lots and far beyond they give us little which is vivid. In my youth I was taken for a long trolley ride to see a man who had once met Abraham Lincoln. The old man told me that Lincoln was very tall, but that was all he had to contribute.

Still, it is not wise for me to be captious about any who look back upon past events for it is my intention to write a book called "Fifty Years of Column Conducting" when the proper time arrives.

Big Shots

IT has not been my privilege to see Herbert Hoover or even catch a glimpse of Dooley Gann. I don't know first page people. Some of my friends might rate Page 2 if they leaped from a sufficiently tall building at the height of the theatre rush. Accordingly, the book will be difficult for there will be need of constant footnotes to explain just who the young man was who said the ever so witty thing to the young girl listed in the glossary. It's true that General Pershing once spoke to me, saying, "How did you get so much mud on your uniform," but there's not enough in that to found a chapter on it.

And, of course, after I get through explaining and identifying the obscure wreaths flitting through the pages of "Fifty Years of Column Conducting" I shall have to go on to introduce myself and give some plausible reason for doing reminiscences.

Nevertheless, I feel that my 100th birthday would have some new values not inherent in Rockefeller's. After all, he has died and giggled his way into longevity.

My reaching as much as 40 is pretty nearly as miraculous as his 90. It has been done without naps or dry toast.