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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.

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, 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.

Greed 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 Kanhaiya 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 Bernarr 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 hock—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

THE INDIANAPOLIS TIMES

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, as 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 "his 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 324 through merger and consolidation.

In spite of some spectacular suspensions, failure has not claimed as many victims as in 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's 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.

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 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 and water.

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 sap and contain many chemical substances such as sugars and mineral salts.

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 Carew 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 his readers how to keep cool in the hot weather.

BY DR. MORRIS FISHBEIN
Editor of *Journal of the American Medical Association* and of *Medical 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 of 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.

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

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

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.

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 on body building materials, some vitamins, mineral salts, and together about three hundred calories.

It is 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 it attempt to provide vitamins and salts and roughage.

Italics and opinions expressed in this column are those of the author of "The Health of America," most interesting and interesting, and are presented without regard to their agreement or disagreement with the editorial attitude of this paper.—The Editor.

IT SEEKS TO ME

By HEYWOOD BROUN

HENRY FORD has just touched H. I. Phillips who spread the rumor that when Rockefeller crosses par he will be split four for one. But on the whole, it seems to me that too much value is set upon longevity.

In particular, I fail to understand why applause should go to an individual for doing the same thing over and over again. According to the newspapers, Mr. Ford went through his usual routine of work and Mr. Voorhis at 100 turned up at his office upon schedule. Any of these venerable men would be more worthy of honor if he made each milestone a cross-road and darted off in some brand new direction.

It is romantic to sit at 60 to learn the novelist's craft and Gaugin's middle-aged excursion into painting is equally exciting. And so I would not have grudged the first page to Voorhis, Ford or Rockefeller if any one of them had shattered

simple ruminations. 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.

My situation will be less happy than that of any of the venerable victorians. The younger generation gets younger and less reverential 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