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MEMBER OF THE ASSOCIATED PRESS Receiving Full Leased Wire Service.

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A Good Idea, - But,

HERE is a suggestion for John D. Rockefeller or some other rich man:

Establish a fund to provide living and travelling expenses for well trained speakers, who during every political campaign will trail the office seekers, and tell the people the truth.

The great trouble with the modern political campaign is that practically all speeches are made, either by those who want to secure some political office, or by their friends or party supporters, who expect to be politically rewarded, in the event of political success.

In other words, all public speeches, which means practically all verbal education, during the campaign, are delivered by those who have an axe to grind,—a selfish interest to serve.

As a result the table thumpers, from high to low, have no interest in telling the people the truth, but are only concerned with telling them what they believe will bring them votes.

Which is bad for the voters, bad for the country, bad for everything else. A group of follow-up orators, who had no interest in any political party, were not seeking office themselves, but were only concerned with the facts,—the truth—concerning both candidates and measures, would certainly render a tremendously useful service.

But under conditions as they exist, there are none who can afford the time, and few who have the inclination.

John D. Rockefeller or some other public spirited multi-millionaire could change all this, by merely issuing the proper instructions and putting up the money with no strings attached.

But that's just the trouble,—could anyone ever convince the people there were no strings attached!

Read the Bill First

THE so-called "anti-picketing bill" on the November ballot is a very important measure, and it's not too early for people to start studying it.

The pros and cons have already unlimbered their oratorical batteries, and probably before the campaign ends, the din will be terrific.

Those in favor of the bill, are maintaining it is designed solely to protect the people of this state,—especially the farmers,—from labor goons and racketeers.

Those opposed, principally representatives of organized labor, are declaring, the farmers of the state had nothing to do with the inception of the measure, but are used as a smoke screen, to hide a vicious and cowardly attempt of Big Business to completely destroy labor unions in this state.

Now if we had a few speakers as above indicated, who had no axe to grind, but could travel about the state, analyzing the bill and telling the people the unvarnished truth, what a valuable service would be performed,—but until some plutocratic Don Quixote steps forward we haven't.

So, as the next best thing, we advise all and sundry, to carefully read the measure as it appears in the Voters Pamphlet, and decide for themselves whether they regard its provisions as a good thing for the state or the reverse. If they have any particular doubts about the exact meaning of this article or some other, let them consult someone, preferably their family lawyer, or other attorney, in whom they have confidence, as to the exact meaning of the same.

Later on in the campaign this column will discuss the measure. Meanwhile our advice to those who are interested—and everyone should be interested,—is to take extreme statements on both sides with a grain of salt, and reserve final judgment until they have read the measure, and formed their own opinion of what it means and what it doesn't.

Not the Law, but Spirit

WHILE on the subject of organized labor, one important fact should not be forgotten:

Experience not only in England, but in Sweden and elsewhere, shows that in the effort to bring industrial peace, laws are not so important as a spirit of mutual sympathy and understanding.

Or to express the same truth in another way, laws will do little if any good, until the forces of labor and capital, BOTH see the essential truth,—namely that their interests are not inherently antagonistic, but mutual,—that the welfare of one is literally dependent upon the welfare of the other.

In other words, this country,—any country,—can no more exist industrially half labor and half capital, anymore than it could exist politically half slave and half free.

Which is not to say it must be one thing or the other, but the two elements must be fused, spiritually, so to speak, INTO THE WHOLE, before any important improvement in their relations can be obtained.

It's Nothing New

THOSE who believe the present situation in Europe represents something new under the sun, should read up on their Machiavelli.

This famous Italian political philosopher, was a deep student of human nature, and a strong partisan of the unmoral, ruthless technique of absolute dictatorship.

"War" said he, "should be the only study of a prince (the state) who should consider peace only as a breathing spell, which gives him leisure to contrive and furnishes ability to execute military plans."

In other words, not peace but war is a state of nature.

This is sound Nazi and Fascist doctrine, as are practically all of Machiavelli's principles, including cruelty, mendacity, intrigue and frightfulness.

Japan, Germany and Italy have not introduced anything new into the world, they have merely turned back the pages of history to the Middle Ages, and acted upon its ancient precepts.

The incredible thing is such a large part of the modern world should have become convinced that MORALLY there has been no progress in nearly 500 years.

Foreign Ministers Confer. BERLIN, Oct. 13.—(AP)—Frantisek Chalkovaky, new foreign minister of Czechoslovakia, will reach Berlin tomorrow morning for conferences with Foreign Minister Joachim von Ribbentrop, said an official announcement tonight.

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Personal Health Service

By William Brady, M.D.

Signed letters pertaining to personal health and hygiene, not to disease diagnosis or treatment, will be answered by Dr. Brady if a stamped self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received only a few can be answered. No reply can be made to queries not conforming to instructions. Address Dr. William Brady, 265 El Camino, Beverly Hills, Calif.

YOU SHOULD EAT WHEAT GERM

Germ means sprout, bud, embryo, birth or origin. The germ of wheat is placed near one end of the kernel and constitutes one-twentieth of the kernel. Modern milling of white flour removes not only the bran or outer coat of the kernel, but also the germ is removed. These portions go into the middlings which are used for feeding animals, leaving the more purely starchy substance of the kernel, which constitutes 16 parts to one of germ in the kernel. The white flour produced by the modern milling process is a good food, of course. Over 78 per cent of it is starch, and starch is as easily digestible and as nourishing as sugar. Over 10 per cent of it is protein, nitrogenous matter, as valuable in human nutrition as egg white, cheese or lean meat. Over 11 per cent of the refined white flour is water. A little more than 1 per cent of it is fat.



Yet refined white flour would not support life long if it constituted the only food available. The amount of the three food materials necessary for human nutrition are sufficient in white flour, but other elements which are essential for the proper assimilation and utilization of these three food materials are not present in white flour—at least not in sufficient amount or proportion to satisfy the demand of the human body. These other elements, which white flour lacks are principally vitamin B complex, calcium, phosphorus and iron.

Referring to the removal of these nutritive essentials in the modern milling process, an authority (Williams and Spiess, "Vitamin B and Its Use in Medicine, Macmillan") puts it thus: "Man commits a crime against nature when he eats the starch from the seed and throws away the mechanism necessary for the metabolism of that starch."

It is now well established both experimentally and in everyday practice that vitamin B complex, that is, vitamin B1 or thiamin, vitamin B2 or riboflavin, and the various other components naturally present in the B complex, and NOT the pure or synthetic B1 or thiamin alone, aids in the oxidation or utilization of carbohydrate (starch and sugar) and is especially useful in diabetes, for it enables the patient

to get along with less insulin than would be necessary on the ordinary vitamin-poor diet. The two richest natural sources of vitamin B complex are wheat germ and a special strain of yeast grown for the purpose (not ordinary yeast that has been used for brewing nor yeast suitable for fermentation). Wheat germ meal does not keep long. In the course of a few weeks it is likely to become rancid. Hence only sufficient to last for a week or two should be kept on hand. Any miller anywhere can catch out a pound or two if he cares to bother with it to accommodate a customer. A few mills now offer wheat germ in pound or two-pound packages for perhaps four bits by mail. Some of the larger drug stores supply wheat germ in similar packages, at about the same cost.

QUESTIONS AND ANSWERS

Power

Which gland is the most powerful, thyroid, or pituitary?—M. J. Answer—I have no idea. I have a vague notion that the pituitary regulates the functions of the others. Malpractice

Father, 59, has had rupture for several years. He asked about the injection treatment at a hospital where he was examined. The hospital doctor told him that the injection method is ineffective and that operation is the only cure.—Mrs. R. S. Answer—The doctor who told your father that is either incompetent or an untrustworthy man. The injection treatment offers as good a chance of cure as radical operation does. Send a stamped envelope bearing your address and I'll name a physician who is skilled in the ambulant treatment. It is the method I should select if I had a hernia.

It is Good to Eat

Received "Wheat to Eat," procured some wheat from farmer friend, had it ground, and am enjoying it! Do Dr. Brady's recipes. It surely is good to eat. It is being used by some of my diabetic friends. They use less insulin.—L. C. Answer—Monograph "Wheat to Eat" free on request if you inclose stamped envelope bearing your address. Adequate daily ration of vitamin B enables diabetic patients to keep sugar free with less insulin. (Copyright, 1938, John P. Dille Co.)

Ed. Note: Persons wishing to communicate with Dr. Brady should send letter direct to Dr. William Brady, M. D., 265 El Camino, Beverly Hills, Calif.

Man About Manhattan

By GEORGE TUCKER

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Comment on the Day's News

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