



BEAUTIFUL RIVIERA

Roquebrune and Monte Carlo.

**Beautiful Scenery, Gaiety, Sports
And Quiet Life on the Famed Riviera**

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

VACATION cruises to the Mediterranean bring numerous visitors to the Italian Riviera, continuation of the French Riviera section which has become Europe's synonym for vacationland.

The Riviera stretches toward the sunrise and the sunset. Genoa is the dividing point. To the east is the Riviera di Levante—"the coast of the rising sun." To the west and on across the French border extends the Riviera di Ponente—"the coast of the setting sun."

Two distinct designs for living are traced along the beautiful coast of the Italian Riviera. One is splashed with gaiety and sport; the other is as normal as life in any of the other provinces of Italy. Whoever neglects to penetrate the vicissitudes, hopes, and trials of the life of the native for the sake of that more obvious life of the casinos and luxury places misses the true soul of the region.

To find this life of the people, one must flee hotels and villas and nest in a tiny house clinging to the cliffs, not too far from the sea to run down for an early morning splash.

There is a problem that one is never able to settle: whether the Mediterranean is more beautiful when it is viewed from the height of a villa or when it is explored along the shore. Gazing down at the points of rock and at the sea that slips in between them to make blue bays with an edge of waves in fluffy ruffles, one may prefer the heights.

Portofino is an unbelievable sort of place. It gives no intimation of its existence until it lies before you, below you. It is reached by leaving Santa Margherita and the sea and wandering over a road in the hills.

Portofino a Lovely Picture. All of a sudden, as the high road turns, a picture lies before you. It is something of the imagination, unreal, but with such charm as thrills a child after the visit of Santa Claus. You want to thrust out a sudden hand and topple over the row of colored houses set in the water in an outward sweep, for the fun of standing them up again.

And where does the water come from? All around are wooded hills; no sight nor sound of sea. But for the little yachts at anchor, it might be thought an inland lake. But not even that nor anything else, gives reason for the curving line of high houses which seem to have been transferred en bloc from some crowded town.

Take a climbing foothold up the opposite hill. As you mount, you pass gardens of an occasional fine villa. They seem not to belong at all, but must be tolerated because it is the way of some rich Genoese to build such misfits.

Up at the top of the path is a little church on a terrace. Walk forward beyond the obstruction of verdure, and the sparkling Mediterranean lies spread at your feet. One good jump, a stiff fall of 500 feet, and you would be in its frill of waves under the cliff. Contrast it with the hill-locked harbor of Portofino just behind you. You laugh with delight at the beauties of inconsistencies.

A gate beside the public terrace opens into a path along the top of the cliff and reaches ultimately a well-known villa. It has been used as a setting for novels, as a retreat for distinguished individuals, as a home of reasonable revelry for orderly intellectuals, but the casuals of the road may not penetrate. It is the Castello San Giorgio, a private property, and one stops, longing like the peri outside the gate of paradise.

Rapallo Now Is a Resort.

Rapallo has become rather much of a resort. Nature gave it a harbor curving in from the peninsula of Portofino, but a shallow harbor, just nice for fishermen, not yachts. A promenade follows its pebbly beach, where children played without danger and where groups of maidens walked on Sundays and threw important glances over the shoulder at groups of young men who did the same. All these things go on still, but under the eye of the people of a casino and big new hotels.

Where a mountain stream ran down to join the waters, women are washing. A common sight, but if you think on the details it is a sad-denying one.

The woman who washes gossips with those near her; sometimes a

young one breaks into a gay song. These ameliorations are but trifles against the discomforts. She who washes must do her work kneeling and bending well over the water, which is lower than she herself. What aches and weariness must be hers! And the water itself is as cold as mountain heights can make it.

Mountain cliffs coming down into the bay have split into occasional chasms. In one such chasm the early Italians chose to build a village and called it Zoagli. It is a mere crack in the rock. The railway to La Spezia is fastened on miraculously high above.

Was Zoagli originally a smugglers' nest or a refuge from Saracens? Its appeal is strong; its beauties are unique; even its occupational life deserves both these adjectives. As it has no width, life there is lived on the perpendicular, a sort of Jacob's-ladder life.

No Privacy at Zoagli. The beach is a place of entry and departure. It is like a gate in a walled city, for movement and for gossip. No one can go or come without the cognizance of all the village. Can life hold back any secrets when lived on a series of ladders?

A few donkeys do the heavy carrying up steep ways, exclusive donkeys that by sharing the isolated life seem to take their place with the people. Their life may be arduous, but they have the honor of sharing the house as well as the labor of the humans—communicative donkeys, in a word. You can see them all alone, digging their toes into the upward path or turning suddenly into a doorway of this village without wheels.

The innkeeper tells you proudly that the best velvets of Italy have always been made in Zoagli. That is his specialty. Hand-made velvets, "certo." You can see the hand looms and the weavers at work up above now—yes, just as it had always been.

Patiently you climb, although skeptical of a trap to catch a tourist. But it is true. The hand looms are there. The women weavers are at work. Piles of narrow ruby velvet lie about, catching the light like gems, in small, clumsy rooms that smack of the Thirteenth century.

Coast of the Setting Sun. Leaving the Riviera di Levante, you may experience the joys of motoring to places on the Riviera di Ponente, and in that glad territory that now belongs under the French flag but keeps the Italian soul in the breast of its oldest people.

Everywhere you drive your car you run into the Saracens—their towers, their history, and their evil reputation. They belong to that marvelous Mohammedan civilization that in the Middle Ages surpassed in certain things the culture of Europe, much of which was then undeveloped. They began the habit of leaping across the Mediterranean from North Africa when the first detachment of these able pioneers touched Gibraltar and proceeded to possess Spain.

And what did they there? They built at Cordoba a mosque, now a cathedral, which is still the glory of the city; they built at Granada a palace which still makes poets and artists of all who have the happiness to linger in its recesses; but they were routed by the people already living in Europe, and ever since have been branded as criminals and savages.

The people who drove them out were even less mannerly than they. This you learn at the marvelous village of Eze near that point of the Moyenne Corniche (as the middle road from Nice to Menton is called) where the rock rises like a monument above it and seems to dominate sea and penetrate sky.

All the world is on wheels nowadays; but no wheels of any size enter Eze—only those of hand cart, perhaps, and the feet of men and donkeys.

Toiling up the slope with delight at every step, you pass through an archway. It is the city gate. No city opens before you; only a paved path, narrow and steep. There is not a yard of level walk in the entire maze of ways. Of reel streets there are none.

Extended arms touch both side walls at once. One might be in a crypt, so frequent are the arched spaces through which one gropes. Yet from tiny windows above are bright eyes peeping and taking in every movement of the strangers.

SEEN and HEARD around the NATIONAL CAPITAL By Carter Field

WASHINGTON.—The army engineers have certainly made it tough for David E. Lilienthal, in that task he has been at for five years now of allocating the cost of TVA as between navigation, flood control, and power. It wouldn't be so bad if the army engineers didn't have so much strength on Capitol Hill, but they just demonstrated that again this session. When President Roosevelt's reorganization bill, giving him pretty neatly carte blanche to combine agencies and distribute governmental functions, was being considered, the senate committee wrote a special proviso into it stating that there must be no monkeying with the functions and powers of the army engineers! And even Tommy Corcoran didn't try to lobby that out. He knew it couldn't be done.

In the case of TVA the army engineers figured that navigation of the Tennessee river could be produced for a cost of \$74,709,000. Then they went into the flood damage at length, and figured out that the average annual damage in the valley from floods was \$1,784,061. Daniel W. Mead, former president of the American Society of Civil Engineers, has figured that only \$36,000,000 of the TVA's proposed expenditures could reasonably be allocated to flood control. Mead does make a concession in the direction of Senator George W. Norris. He admits that the high dams built by TVA, and to be built, would aid navigation more than the plan proposed by the army engineers. He calculates that perhaps as much as \$90,000,000 should be allocated to navigation.

Waving aside the point that it has been proved many times that even the \$74,709,000 figure is an economic absurdity, and conceding the higher figure, this would make the total that should be allocated for navigation and flood control in the TVA development \$126,000,000.

Cost Half Billion. But it is common knowledge at Knoxville that the total cost of TVA, all its work completed, will exceed \$500,000,000! The lowest estimate recently made is \$479,000,000. It is true that part of this money has and will be spent for development of the valley—free fertilizer, soil erosion, etc. Official figures are not available, but Harcourt A. Morgan mentioned in his testimony that 25,000 tons of fertilizer had been "distributed."

"On the unwarranted basis of the TVA estimates," Mr. Mead contends, "it is apparent that it estimates the cost of power at about 2.11 mills per kilowatt hour. On a more reasonable basis of cost of the plants and of the power that can be sold, the probable cost will be from 5 to 7 mills per kilowatt hour. Steam power can certainly be generated in the Tennessee valley for not to exceed 4 mills per kilowatt hour."

Actually, right in Washington, the local electric company, using low grade coal, produces current at the switchboard for 3 mills! And this company pays not only bond interest but good dividends, which spells a heavy tax bill paid to the federal government, both direct and in the personal income returns of its security holders.

All of which tends to answer a question which even Senator Norris has begun to worry about: Why the delay, since 1933, in making allocations of TVA costs as between power, navigation and flood control?

Ambitious Lewis

David J. Lewis, now representative from the Sixth Maryland district, and the New Deal's choice to succeed Senator Millard E. Tydings, who bucked the administration on the Supreme court enlargement program as well as in most of the other issues on which President Roosevelt has faced opposition, will gratify an ambition of a lifetime if the White House is strong enough to put him over.

A liberal with a lot of conservative friends, Lewis had a strong hold on his district, which takes in all of western Maryland, up until 1918. In that year he had his first chance at the senate due to one of the most peculiar set-ups in Maryland's rather extraordinary political history.

At that time the Democratic boss of the state was Senator John Walter Smith. His rival for leadership was his colleague, Senator Blair Lee. Blair Lee had won a record for progressivism in the Maryland legislature. He had wanted to be governor. In the primary he had been beaten by young Arthur Pue Gorman, son of Maryland's senator who had been chairman of the Democratic National committee, and had led the filibuster that talked the "force bill" to death.

John Walter Smith had backed young Gorman in that successful primary, but there was general resentment. So much so that thousands of Maryland Democrats,

when election day rolled around, voted for the Republican nominee for governor, Phillips Lee Goldsborough. Goldsborough was elected, the second Republican governor since the Civil war, Lloyd Loundes having been the first.

Smith Gets Nervous

After that Blair Lee came to the senate, but he still hankered for the governorship. So he tried again, and John Walter Smith had to strain himself a little to keep Lee down. This began to get on Smith's nerves.

So when Lee came up for re-election as senator, in 1916, John Walter looked round for somebody to beat him. At the time, Smith was generally regarded as the most conservative Democrat in the state, and Representative Lewis as the most radical. So Smith backed Lewis against Lee.

Lewis won the nomination, thus retiring Lee to private life, but the Lee Democrats were mad, and the Smith Democrats lost interest after they had disposed of Lee. The Republicans had nominated Dr. Joseph I. France, at that time in the state senate. He was comparatively unknown. In fact it has often been said that thousands of men voted for him without knowing who he was, or caring. They were voting against Lewis.

France came to the senate, for one term, but long enough to plague Woodrow Wilson on the League of Nations—he promptly joined the irreconcilables when that battalion of death organized to fight the Versailles treaty. Also long enough to acquire high ambitions. He has been a constant candidate for President ever since, though never able to get any delegates from his own state.

Bar Berry's Path

A city boss who can deliver a majority of 60,000 in a Democratic primary for any candidate he chooses—even if he delays his decision until the day before election—and a United States senator who has been doing favors for voters up and down his state for 26 years, stand in the way of the continuance of Senator George L. Berry of Tennessee in the upper house.

The city boss is Ed Crump of Memphis. The senator is Kenneth McKellar. They have decided that Tom Steward shall be the "other senator" from Tennessee. There are other candidates besides Berry and Stewart. One is Ridley Mitchell of Cookeville, who, some think, will get more votes than Berry. Another is E. W. Carmack of Murfreesboro, son of the famous senator. There are also Dr. John R. Neal of Knoxville and C. L. Powell of Sumner county.

But Crump and McKellar seldom lose a fight when they are together. Actually the most important phase, to them, is the governorship and not the senatorship. Two years ago they backed the present governor, Gordon Browning, and won handsly. McKellar was for another candidate at first, but yielded to Crump. What disturbed McKellar is that he always looks a long ways ahead. He knew that if Browning should serve two terms as governor, and make a lot of friends, he might be a strong opponent in 1940, when McKellar comes up for re-election.

Tennessee has the same sort of unwritten law about its senators which North Carolina, Vermont and many other states have. One must be from the western part of the state, the other from the eastern. So McKellar doesn't like the idea of senatorial aspirants from his own, the western, section of Tennessee.

It's Politics

Governor Browning, although supported two years ago by Crump, apparently did not trust him. At any rate he proposed a "county unit" system of nominations and forced it through the legislature. This would have crippled Crump's power in state-wide primaries, for it would have reduced Shelby county (Memphis) to a few votes of the electoral variety, somewhat similar to the Georgia plan. To make Crump all the madder, the bill which Browning forced through would have placed a maximum on the number of votes in each county. This would have strengthened the smaller counties, cut down the power not only of Memphis, but of Nashville, Chattanooga and Knoxville.

Unfortunately for Browning, this proposed law was knocked out of the courts, which held that the law disfranchised voters, so that Crump's ire was aroused without his claws being cut.

Browning had appointed Berry to the senate after the death of Nathan Bachman, though Crump was for another man. The understanding in Washington is that Browning did this at the urgent solicitation of President Roosevelt, who wanted a sure New Deal vote in the upper house. In Tennessee they say Charles West convinced Browning of this and that Roosevelt had no part in it. In fact, in Tennessee the story is told that this is really what happened to West—Roosevelt stood by and let Harold L. Ickes kick him around.

At any rate Browning is now supporting Berry, and Crump and McKellar have marked both for the slaughter. Which makes it most inopportune, politically, for David E. Lilienthal to join Dr. Arthur E. Morgan in the public branding of Berry as a would-be profiteer on submerged marble lands.

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Gall Bladder Troubles

By DR. JAMES W. BARTON
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WHEN a patient complains of indigestion, with or without vomiting, gas attacks, pain in upper right side of abdomen, it is likely a physician, by stating that the symptoms are due to the gall bladder, would be right three times in four. Pain in stomach with gas attacks is more often due to the gall bladder than to any trouble in the stomach itself.

Most of us think of gall bladder disturbances as "always" causing jaundice but specialists in stomach, intestine and the entire digestive apparatus, tell us that there can be considerable disturbance in the gall bladder without the appearance of jaundice.

Dr. T. Grier Miller, Philadelphia, in the Delaware State Medical Journal, states: "In our stomach and intestine clinic, leaving out those whose symptoms are not due to any organic defect, 38 per cent of those with indigestion have inflammation of the gall bladder (cholecystitis). Vague symptoms of indigestion, not easily explained by any findings and that do not respond to treatment for stomach and intestinal conditions should arouse suspicions of gall bladder disease."

May Not Be Due to Stones.

Another point emphasized by Dr. Miller is that the fact that stones are present in the gall bladder should not be considered definite proof that the stones are causing the symptoms of indigestion. "Since 15 to 30 per cent of all adults are believed eventually to have gall stones, and many of them go through life without symptoms, it seems hardly justifiable to condemn to operation every individual in whom stones are accidentally discovered. If, however, there are no other causes for the symptoms present, everything else being equal, the stones should be removed."

When no stones are present, Dr. Miller advises that the patient be given medical treatment for a few weeks or months and if results are not satisfactory, operation on the gall bladder be performed.

Diet for Healthy Child.

Dr. Julian D. Boyd in Journal of Pediatrics says:

"As a guide in designing the diet of a healthy child of school age, the following have been specified as a desirable basic or foundation daily intake, to which other foods may be added: 1 quart milk; 1 or 2 eggs; 1 ounce butter; 1 teaspoonful cod liver oil; 1 orange or tomato or apple; 1 additional serving of fruit; 2 servings of vegetables, one of fibrous nature (cabbage, cauliflower, celery, whole grains, spinach); 1 serving of meat, fowl, fish or liver. "Milk is the basic or foundation food as it is not only the best source of calcium (lime) but is also a valuable source of protein—the body building food, and of the vitamins B and G. Vitamin B is especially valuable for children as it promotes growth and appetite, and is greatly needed by nerve tissue. Vitamin G also promotes growth in the young and vigor in the adult."

This foundation or basic diet as advised by Dr. Boyd offers parents a simple diet to follow to maintain the health and strength of the healthy school-age child.

Mountain of Silver

In some parts of the world natural wealth is heaped upon the inhabitants lavishly by nature. Trinidad has her vast lake of pitch from which millions of tons have been shipped to all parts of the world. Lake Magadi in East Africa has inexhaustible stores of pure soda. But it is queer to find a mountain of valuable mineral, all ready to be carted away, says London Tit-Bits Magazine. "Der Erzberg," the Iron mountain of Styria, Austria, is 50 per cent pure iron, estimated by metallurgists to contain about 300,000,000 tons of ore. Sweden, too, owns an iron mountain—Kiirunavara—which contains the largest quantity of high grade iron ore in the world. It is about 70 per cent pure iron. But Bolivia beats both these so far as sheer wealth is concerned: the 5,000-foot high Cerro de Potosi has yielded more than \$3,150,000,000 worth of silver to the world.

Edith Cavell's Burial

Edith Cavell, the nurse who was executed as a spy in the World war is buried just outside St. Luke's chapel, under the wall of Norwich cathedral, England. It is the old burying ground of the monks, a little eastward-facing grass plot called Life's Green. Her grave is marked by a white marble cross; it is planted with evergreen herbs for the winter time, lilies for summer, and for the early spring a cluster of daffodils.

WHAT TO EAT and WHY ★ ★

C. Houston Goudiss Discusses

CALCIUM

The Captain of the Minerals

Nationally Known Food Authority Explains How to Include This Vital Food Element in the Daily Diet

By C. HOUSTON GOUDISS

6 East 39th Street, New York City.

A FEW years ago there was an earthquake in the Far West. When the tremors were over, the frightened people looked in dismay upon the damage that had been done. In some places they were saddened by the loss of a great number of their buildings, and in one community, mingled with their sorrow—almost crowding it out of their emotions—was indignation ANGER. For they observed that their schools had suffered greater damage than any other group of buildings in the city.

On every side, the cry of indignation arose. It was all too plain that poor materials had gone into the construction of those schools which were supposed to house children in security.

The most vehement cries went up from the mothers, not only in that community, but all over the country. That is natural, for all mothers believe they have the children's welfare at heart. Unwittingly, however, they may be doing them irreparable harm by failing to feed them the foods that will construct sound bodies, able to withstand the stress and strain of life.

Calcium Starvation. The mineral calcium is to the human body what steel and stone are to a building. It is necessary to construct the bony framework. The mother who fails to consume adequate calcium before her baby is born, or fails to give the child adequate calcium throughout the growing years, is as guilty as the contractor who constructs a school building of poor materials.

Without sufficient calcium, the bones become soft and porous. They break easily and knit slowly after they are broken. They may bend and twist during growth, so that the child who is a victim of calcium deficiency may become bow-legged and deformed, with a malformed chest or enlarged forehead. Rickets—that horrible deficiency disease which causes stunted mis-shapen bodies—may develop. And so may tetany—another scourge of childhood.

Crooked Defective Teeth. The teeth, too, depend upon calcium for the soundness of their structure. When this precious mineral is inadequately provided, the baby teeth may soon decay; the permanent teeth may come in crowded and unsightly—and quickly develop cavities.

There are also many other ways that calcium deficiency may handicap your children. For this mineral is intimately concerned with all the body processes. It increases the strength and pulsations of the heart; helps the blood to coagulate in case of injury; thus effectively aiding in preventing hemorrhage. It strengthens the resistance of the body in fever and other diseases. It tones up the nervous system, lessening nervous tension.

Adults Require Calcium. Adults have a vital need for calcium. A lack of this mineral not only results in defective teeth, but may also be responsible for nervousness, quivering and twitching of the muscles and defective heart action.

To be normal, the full-grown human body must contain more calcium than any other mineral element. Yet, every individual is, of necessity, born calcium-poor. For if the bones were as rigid as they

You Need This Free List of FOODS RICH IN CALCIUM

Write to C. Houston Goudiss, 6 East 39th Street, New York City, for his list of calcium-rich foods. Use it daily as a guide in planning family menus.

must eventually become, the ordeal of birth would be too difficult for both mother and child.

Easily Lost From Body

The homemaker's task of providing adequate calcium is complicated by the fact that the body loses large amounts of calcium every day, and this loss is greater during sickness, especially in fever or when one is worried, overworked or has taken too strenuous exercise.

Outstanding nutritionists unanimously agree that the American diet is more deficient in calcium than in any other element. And it is squarely up to the mothers and homemakers to correct this tragic state of affairs, which is undermining their own efficiency and threatening the present health and future happiness of their children.

How to Obtain Calcium

Milk is an outstanding source of calcium. That is why it should form the cornerstone of every balanced diet. Cheese, which is milk in concentrated form, is likewise notable in this respect, and one and one-fourth ounces of American Cheddar cheese are the approximate equivalent of an eight-ounce glass of milk. Leaf and stem vegetables are richer in calcium than other vegetables or fruits, but while their calcium has been found to be well-absorbed by adults, it is not so readily available to children.

Among the vegetables, however, there is a wide variation, turnip tops and dandelion greens providing unusually large amounts.

List of Calcium-Rich Foods

I have prepared a list of foods rich in calcium which I shall gladly send to homemakers upon request. I urge every woman to write for this list and use it in planning the daily diet of herself, her husband and children.

You really need such a list in order to avoid the grave consequences of calcium deficiency, for so many of our common foods are calcium poor that it is possible for a diet to be abundant and varied, and still be inadequate in respect to calcium.

The list of calcium-containing foods will help you do a perfect job of building strong, fine bodies for your children.

There is no joy like the joy of creating perfect, healthy children. The architect and the sculptor stand in awe before the realization of their dreams. But you, the mothers of children, the builders of their bodies, you are the mightiest of all. A diet adequate in calcium, for you and your children, will help you build beautifully, wisely and well. Your reward will be the joy, the pride, the heart-warming satisfaction of having accomplished a worthwhile purpose.

Questions Answered

Mrs. F. R. T.—There is no such thing as a specific brain food, but nutritionists are convinced that the quality and efficiency of the functioning of the mind depends partially on the character of the food consumed. Mental efficiency appears to be influenced by the quantity and quality of the protein in the diet, and it has been demonstrated that the vegetable proteins, including cheese, milk and eggs are superior in biological value.

C. J. K.—It is a fallacy to assume that garlic is a blood purifier. Garlic improves the taste of food for those who like it, but it cannot be considered to possess special health properties.

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Send for This Free Chart Showing Iodine Content of Various Foods

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.