

# SEEN and HEARD around the NATIONAL CAPITAL

By Carter Field

politically—than the Roosevelt proposal. After a given period of time, obviously, according to the language of the President's bill as sent to congress, the high court would consist of 15 members. There is no doubt about this, Senator Joseph T. Robinson to the contrary notwithstanding.

But a forward looking President who may occupy the White House some time after the court reaches the size of 15 members will be just as helpless, no matter what hold he may have on congress, as President Roosevelt feels himself to be in his struggle to obtain for the federal government the power to regulate wages, hours and working conditions in industry.

### Matter of Age

Every one of the justices might conceivably be eighty years old! But if their construction of the Constitution were that of Justices Louis D. Brandeis and Benjamin N. Cardozo in the NRA case it would make no difference if all of them were under forty.

And there would be nothing, short of increasing the number of justices to 31, with 16 new justices pledged to any particular reform desired at the moment, which the President or congress could do about it. Assuming of course that no constitutional amendments broad enough to cover the cases involved had been passed in the meantime.

Whereas, should that situation arise, and should Senator Wheeler's plan instead of the Roosevelt plan have been adopted, all the President would have to do would be to pass a law through congress with a two-thirds majority in both houses overriding the high court!

All of which is rather amusing because of Senator Wheeler's constant statements that the Roosevelt plan vests too much power in the hands of a President, in view of the possibility that there may be another Harding in the White House some time. The Wheeler plan would simplify the task of any would-be dictatorial President who had sufficient popular following and political sagacity to control congress.

But it would make a good many years to ratify such a constitutional amendment as Senator Wheeler has proposed. And President Roosevelt knows this perfectly well.

### The Silver Issue

No campaign pledges or convention planks are going to be violated on the silver issue. In fact, there is almost a conspiracy of silence in effect now, just as there was nothing but "hush, hush" during the campaign last summer and fall as to the white metal.

Secretary of the Treasury Henry Morgenthau, Jr., thinks something ought to be done. The government is still buying prodigious quantities of silver in accordance with the silver law—which directs the Treasury to keep on buying silver until it either reaches a price of \$1.29 an ounce or a ratio of one to three with the gold held by the government.

Actually the ratio is still about one to five—due to the fact that the government has been obliged to take over so much gold poured into this country by foreigners either for safety or other reasons. Whereas the world price of silver is still slightly under 45 cents, as compared with about 44 cents when the silver buying program began.

Secretary Morgenthau discloses that the Treasury has invested \$1,100,000,000 in silver since the passage of the silver act, and that the average price paid is about 60 cents. Which means that the net loss to the government on its silver operations to date has been \$275,000,000—a loss incurred without getting anywhere in the direction of either of the two specified objectives:

A considerable fraction of this loss of course has been in the purchase of newly mined silver from domestic producers. For a long time now the government has been paying domestic producers about 78 cents an ounce. It will be recalled that this price paid United States miners and mining companies ran along as a sort of sliding scale, during the period immediately following passage of the act, when purchases by the United States government were pushing the world price up and up, disrupting fiscal affairs in China, and inspiring enthusiasts and speculators to believe that the \$1.29 objective would really be attained.

Expected Profit  
In fact, there is little reason to doubt that President Roosevelt and Secretary Morgenthau entertained the same idea, and figured that when this price should be attained there would be a huge profit on the silver just as there was on the gold. All the silver commandeered at the time silver was nationalized was at 50 cents an ounce. The world price then soared to the 70s with Morgenthau buying.

He curtailed his buying, just a little, and rumors got abroad that the move to put the world price up had collapsed, whereupon the inevitable happened—the price DID collapse.

But now Morgenthau doubts that the Treasury should go on subsidizing domestic silver production so liberally. Just how much it should be reduced from 78 cents (roughly) he does not recommend. He would like to hear from the silver senators! Their answer will be very simple. Naturally they will fight to the death against ANY reduction in the subsidy. Any other course would be unbelieveable.

Incidentally it would be far more effective—could it be attained immediately—than the appointment of six additional justices. For example, it is conceivable that such an additional power, were it vested in congress, might be used to put over a new NRA, which was declared unconstitutional by a unanimous vote of the present high court.

It is not conceivable that the appointment of six additional justices would do that—even if every one of the six new ones promised to decide questions coming before the court precisely as the President desired. The decision of the enlarged court would obviously be nine to six against a revived NRA.

But looking ahead to possible situations ten, twenty and thirty years hence, the Wheeler proposal of course is far more liberal—to use the word as it is now being used

# In NEPAL



Woman Goods Carrier of Nepal.

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

THE capital city of Nepal, the sequestered kingdom among the Himalayas north of India, is a curious mixture of new and old. It centers around an immense parade ground, a beautiful two-mile stretch of closely cropped grass. Broadly speaking, the old part of the city lies to the west of this area, the new part to the east.

Before the Gurkha conquest in 1768, the predominant and ruling race in Nepal was the Newar. The Newars are of Mongolian extraction and emigrated into Nepal from Tibet in prehistoric times. They are responsible for the origin and development of Nepalese art in all its branches.

"Gurkha" is really a comprehensive term, embracing both the foreign Rajputs and the indigenous races of Nepal other than the Newar. It comes from the little state of that name in western Nepal, where the immigrant Rajputs from the plains of India originally settled.

These Rajputs, ancestors of the present rulers of the kingdom, fled to the hills after the Moslem sack of Chitor in 1303. Here they established themselves, flourished, and gradually extended their territories. It was not until 1768, however, that they finally effected the complete conquest of Nepal.

Thenceforth the Rajputs held undisputed sway over this unique Himalayan kingdom. Internally, their activities have been directed not so much towards artistic as towards military advancement. Out of a total population of some 5,600,000, they have today an army of about 45,000. In times of need they can, with the aid of their well-trained reserve force, raise as many as 70,000 troops.

### Gurkha Army Really Powerful.

The bulk of the soldiery is drawn from the Gurung and Magar tribes. Among these peoples are some of the hardest fighting men in existence. When, therefore, they are placed under Rajput leaders, the descendants of an ancient race, world-famous for its deeds of courage and chivalry on the battlefield, the power of this mighty Gurkha army is formidable indeed.

In Katmandu, the artistic spirit of the Newars and the martial spirit of the modern rulers mingle. To the west of the vast parade ground lies the old town with its palaces and temples, its tall houses and narrow streets. In the Durbar square, that essential feature of all Newar cities, the principal buildings are grouped in a rich profusion of pagoda roofs, painted wood, chiseled stone and shining metal.

At one side stands the imposing palace of the former kings, built around a spacious courtyard. Close by it, raised on a high step plinth, towers the lofty temple of Taleju, the household goddess of the royal family. All around are temples and shrines and tall, slender pillars bearing bronze statues of kings and religious personalities.

The buildings in the indigenous "pagoda" style are of dull-red brick with tiled roofs supported by intricately carved wooden struts. The doors, too, are of wood and the lintels are invariably extended into the brickwork, where they form bold and effective designs. The woodwork is usually painted in bright colors and the roofs are sometimes covered with sheets of beaten brass, dazzling in the brilliant sun.

Lost in this maze of the old Newar splendor stands the modern Hanuman Dokha, a large white building containing huge audience halls and staterooms used for important ceremonies. To this palace, during a durbar, the scarlet lancers of Nepal come clattering through the cobbled streets of Katmandu.

### Modern City Quite Practical.

Beyond the lovely Newar city, grouped around a huge park and stretching away to the east, lies modern Katmandu, the creation of the Gurkhas. Here are no romantic pagodas rising golden tier upon golden tier towards an azure Heavens, but severely practical barracks, schools, colleges, hospitals, and prisons built in the "European style." Here, too, are the immense "modern" palaces of the king, the Maharaja and the chief nobles, de-

signed by French architects in the late Nineteenth and early Twentieth centuries.

When one recalls the difficult journey into the valley over steep and wild mountain passes, it seems strange to look upon these vast buildings, standing in so remote a country, equipped with the most up-to-date conveniences and luxuries. The roads in the actual town are good and broad, and it is amusing to remember that all the motors and lorries which run on them have been carried bodily over the passes by swarms of coolies.

Though Nepal is nominally a kingdom, the king in reality is little more than a religious figurehead, the actual government of the country falling to the lot of the prime minister, or maharaja.

He is modern and enlightened in his outlook and anxious to introduce any new invention which may benefit his country, but he prohibits importation of certain Western creations. Foremost among these is the motion picture. He believes that to show vivid scenes of intimate occidental life has a demoralizing effect on the spectators.

At 10 o'clock every evening a curfew tolls in Katmandu and the other big towns of the kingdom and everybody must retire to his house. Anyone found in the streets after this time has to spend the night in prison. Gambling and drinking are forbidden except during certain festivals. The most popular is the great Durga Puja, which lasts ten days, during which time hundreds of buffaloes are beheaded in honor of the goddess Durga, who is but another form of the famous black Kali.

### Patan Is Picturesque.

Besides Katmandu, there are two other large towns in the same valley, both former capitals of Nepal. Patan practically adjoins modern Katmandu. Passing through its narrow streets you come into the fantastic Durbar square.

On one side, a graceful group of temples rises in a series of elegant red pagodas ribbed with gleaming bronze. Brightly colored struts, rich with delicate carving, support their myriad roofs; shimmering bell finials cap their airy upper stories. Opposite them, and dotted irregularly over the spacious square, lies a swarm of other temples, a fountain, a colossal bell, and a number of tall, slender pillars bearing the shining bronze figures of gods and kings.

The pagoda temples have brightly colored stuffs hanging in gay ripples from their eaves. There are also temples in silvery stone built up in tiers of intricately carved pillars, and pavilions which cluster around the massive curvilinear tower rising from their midst like some huge gray cactus plant.

The third large town in the valley is Bhatgaon. It can be approached from Patan by motor over a bad, uneven road, a distance of some seven miles. Far the most delightful way to enter it, however, is on the back of an ambling Tibetan pony.

In the early Eighteenth century the city was the capital of Raja Bhupatindra Malla, a man of exquisite taste and a patron of the arts. It was he who built the stately Durbar hall with its famous Golden Door—one of the chief marvels of Nepal—and its richly carved windows.

Bhatgaon is a city of surprises. Unlike Patan, its beauty is not concentrated in one colossal and breath-taking durbar square; it is distributed throughout the length and breadth of the town.

Here you come upon a little temple of silver stone, set gracefully upon a high step plinth, with an avenue of gods and monsters leading up to its portals. There you walk through a blue wooden door in a crumbling, pink brick wall and lo! you are in a wild, tangled garden with fruit trees and flowers, tall, slender palms, and in the center a flourishing crop of rice.

Beyond the garden you pass down fascinating little streets of shops and houses with carved windows and suddenly you find yourself in an open square. On your right stands another architectural marvel of Nepal, the Temple of the Five Stages.

# HOW ARE YOU TODAY

DR. JAMES W. BARTON Talks About

**Strenuous Exercise.**  
WHILE we naturally admire the overweight individual who decides to reduce his weight by taking strenuous exercise, it must be remembered that this excess weight was added to the body in two ways—by over-eating and by under-exercising. During all the months and years that the fat was gradually being accumulated, heart, lungs, blood vessels, kidneys and other organs were likewise getting some of this excess fat in and about their cells or tissues. The fat was accumulating so slowly and gradually that the individual was not aware of it.

You can readily understand then that if an overweight decides to take violent exercise with heart and blood vessels "soft" from lack of use and accumulation of fat in and about the normal tissues, serious results may follow.

Dr. E. V. McCollum and J. Ernestine Becker in their book "Food, Nutrition and Health," tell us that "violent tennis playing, hill climbing or extreme effort in the gymnasium are as unwise as they are unnecessary in weight reduction. Far more harm than good may be done if the condition of the heart and blood vessels does not warrant strenuous exercise."

Since badminton has become popular many physicians are reporting cases of overweight men and women who, having watched a few games of badminton, have said to themselves, "Badminton looks like a nice game, it shouldn't be hard to play, not much work to it." As a matter of fact, badminton is practically tennis, and next to basketball, tennis is the most strenuous game known.

The thought then is that just as a reducing diet needs expert direction of supervision, so also should the exercise taken by overweight be directed and supervised by one—preferably a physician—who not only knows the body but the effect of exercise on each particular body.

Of course to the overweight the thought of doing violent exercise or work with the perspiration pouring out and off the body is fascinating as it looks as if pounds and pounds of fat were being lost. And as a matter of fact pounds and pounds of weight—water and fat—are being removed from the body. However, violent exercise for these soft, heavy, middle-aged individuals, who have taken no exercise for years, may cause heart and blood vessel injury.

### Be Sensible and Safe.

Now this doesn't mean that exercise should not be taken but that it should be taken in a sensible, safe manner which will remove fat and not only increase strength but will also increase or develop the desire for exercise.

Thus for those who are soft, or weak, or elderly, but must reduce weight for the sake of health and appearance, we read, "It is not even necessary to perspire freely when taking exercise in order to reduce weight. It is best to take the exercise at a rate which does not put upon the heart the burden of violent beating. It is better to make a 'steady demand' day after day for the burning of a little of the fat accumulated."

I believe that if our overweights who are intending to take exercise to reduce weight were to keep those words "steady demand for the burning of a little fat every day" always in mind and follow this idea of "daily" exercise, the results obtained would be even beyond their expectations.

### Stomach Ulcer Causes.

Despite the fact that ulcer of the stomach and of the first part of the small intestine is quite common, the exact cause or causes is always a matter of close search on the part of the physician who notes certain points about the majority of ulcer patients.

First the ulcer patient is usually of the nervous type, usually high strung and apt to be irritable or "jumpy." This is the "nervous" cause. Second, there is often something wrong or rather "different" about the position of the stomach so that there is some interference with its action. This is the "mechanical" cause.

Third, there is something different about the lining of the stomach due to infection or certain foods, something different about the juices and their action. This might be called the chemical, the infective, or by some other name.

In considering the mechanical cause of ulcer Dr. I. Pines in Medical Clinic, Berlin, directs attention to curvatures of the spine which cause pressure on certain parts of the stomach and thereby lead to the development of ulcers.

The two most frequent forms of curvature are when the spine is bent forward at the small of the back (sway back), and the curvature to the left which lowers the right shoulder.

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# Well-Dressed at Little Cost



IT WAS some job, Ladies of The Sewing Circle, to get these three lovelies together to pose for the camera this week. They're under the strict tutelage of Dame Fashion just now, learning the latest lessons on how to be well turned out this Spring without benefit of a private mint. You can understand, then, why the co-ed above, center, sort of jumped the gun, so to speak, and was already on her way when the camera clicked.

### A Frock That Clicks.

Speaking of things clicking, don't think that new princess gown she's wearing isn't doing it in a big way. Can't you see from where you're sitting that it is simple to sew besides being a figure-flatterer of the first order? The buttons half way and a neat little collar in contrast are all its lively lines need to complete the perfect balance—chic vs. simplicity. Take a tip from this stylish student and figure it out for yourself in cashmere or velveteen. The style is 1202 and it can be had in sizes 12-20 (30-38). Size 14 requires 4 3/4 yards of 39 inch material plus 3/4 yard contrasting.

### Go Print for Spring.

The charming young lady above, left, has chosen to model a very dainty and rather picturesque little frock for she believes you'll be interested in this style as a fitting gesture to Springtime. Especially in a modern print, featuring, say, pussycats or deep-sea flowers, would this frock be tempting. The skirt is bias-cut for artistic reasons, and the circles of contrast aid and abet its gracefulness. Let yourself go print then, come Spring. Style 1257 is designed in sizes 12-20 (30-40 bust). Size 14 requires 4 3/4 yards of 39 inch material. Eleven yards of bias binding is re-

quired for trimming as pictured.

Lest you begin to think every day is Sunday for our starring trio, the trim-looking young lady above, right, wants you to concentrate now on her new gingham gown. Not an ordinary bread-and-butter cotton version, but a beautifully cut, carefully planned dress for general service. The linked button front is enough to give it first place on your Spring sewing list if Sew-Your-Own designers know their clients as well as they think. However, there's more to recommend it: a young becoming collar, a simple yoke-and-sleeve-in-one construction, and a slender action-built skirt. Put them all together they spell CHIC—that little word with a vast meaning. Style 1267 is for sizes 34-48. Size 36 requires 4 yards of 35 inch material plus 1 3/4 yards contrasting.

### New Pattern Book.

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