

GIBRALTAR OF THE EAST



Chinese Boat Colony at Singapore.

Singapore Is the British Empire's Powerful Naval Base in the Orient

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

THREE cruisers of the United States navy recently steamed into the Orient, bound for a friendly harbor which is famous as being enemy-proof—Singapore. They represented the United States as the only foreign power which took part in Great Britain's naval display when new docks were opened in the port already so well fortified as to be called the Gibraltar of the East.

New docks in Singapore are like new skyscrapers in New York—structures that are symbols as well. For Singapore is a city, an island, a tradition, and a threat. The oval island is the southern tip of the Malay peninsula.

The white-walled red-roofed city spreads along the island's southern shore. It is the city's 36 square miles of harbor that bred the tradition: the biggest port between the China sea and the Mediterranean, surely among the world's leading ten. This importance is shown by crowded docks, with anchored vessels banding the harbor in zones of increasing size and diminishing number of craft.

Its Threat Is Concealed.

The threat of Singapore, meant for whoever yearns to fight the British navy, is veiled from sight in mangrove swamps, but reputed to be on the island of Seleter, in the shallow strait cutting Singapore island from the mainland of Johore. Its docks, among the largest of their kind ever built, can receive and repair battleships. Its air and naval force nourished the legend that the end of the Malay peninsula, nosing down into the Netherlands Indies, is a dragon's head, and Singapore furnished the fangs.

Unlike rocky Gibraltar or cautiously aloof Malta with a big chip of fortress on its shoulder, Singapore sheathes its strength in a green cloak of palm, banana and rubber trees, naturally luxuriant just 88 miles above the Equator.

The low island flaunts no military insignia to distinguish it at a distance from the balmy emerald isle set in sapphire southern seas so popular in travel literature. Yet its 217 square miles contain the most progressive urban area within a 1,000 mile radius, enough naval strength to dynamite Far Eastern diplomacy, and a remnant of jungle heart in which monkeys swing and chatter.

Most important of the four British possessions comprising the Crown colony of the Straits Settlements, Singapore is their capital. Because of its strategic location at the unavoidable gateway of all oriental traffic east of India, it is capital also of nearly half the world's trade routes.

Because it is a free port, ships from every continent except South America discharge cargoes into the shadowy and odorless warehouses for storage until transhipped, then drain other warehouses for cargoes to take home.

Much Trade and Manufacturing
Exotic wares cross the docks: Indian shark fins destined for Chinese palates, Egyptian pickles for Sumatra, coriander seeds from Morocco to Java. Australia ships meat and wool and flour. Canada and the United States send automobiles, machinery, and canned goods. Cloves and coffee from Africa, rice and silk from China, matches and cotton goods from Japan, hemp and hardwoods from the Philippines, rubber and oil and spices from the Netherlands Indies, and from Europe supplies for transplanting home civilization into the Eastern tropics—these are unloaded on the docks of Singapore, "Emporium of the Orient."

In addition to playing landlord for international trade, Singapore minds its own business. Pineapples are canned, soap is made from coconut oil, rubber is smoked and graded for shipping. An island in the harbor is headquarters for the world's largest tin smelting plant. In a recent year, 42 per cent of the world's output of rubber and 20 per cent of the tin were dispatched for

SEEN and HEARD around the NATIONAL CAPITAL

By Carter Field

Washington.—The Farley maxim that the Democrats should fight to the last ditch for every possible elective office, no matter how hopeless the fight might seem, and always with a view to building up the organization for the "next election" is being shamelessly abandoned, according to some very caustic critics inside the Democratic party.

Out in the country some Democratic leaders, sharing this view, are very much disturbed. They are telling their senators and representatives that all is not well, that the Republicans are likely to make big inroads this fall, and that there will be a terrific number of casualties among Democratic house members, if not among Democratic senators.

This impression that the Democratic machine is not functioning at top speed, that it is depending more on general propaganda and more on the strength of Roosevelt with the voters, is enhanced when such pessimists come to Washington and try to get something done about it.

"I told our problems to Charley Michelson," a Democratic worker from Missouri told some friends afterward, "and I was afraid he would go to sleep while I was talking."

What that worker did not know, of course, was that Charley might be excused for being bored at hearing the same tale for the thousandth time. On the other hand there is the old story of the boy who kept crying, "Wolf! Wolf!" when there was no wolf, and who regretted his false alarms very much when, after the real wolf came, no one paid any attention to his cries.

Call It Good Strategy

There are some influential members of the party, however, who believe that it is good strategy to let down for a while.

They don't think it would hurt very much if the Republicans should gain sixty or seventy seats in the house of representatives this fall. They do not expect that the Republicans will do anything like this well, but point out that there would be some advantages to such a change. For one thing the Democratic majority in the house would not be so unwieldy and topheavy. For another it would put, as they express it, the "fear of God" in the hearts of the surviving Democrats. So these survivors might be brought to heel much more easily on White House commands.

"But suppose the Republicans should actually get control of the house?" one of them was asked.

"That is almost impossible," retorted the Democrat. "But suppose they did? Wouldn't that put the Republicans on the spot before the country? What could they do except snipe at the President and the New Deal? I think actually it would be far from an unmixed evil. I think a house for the next two years controlled by the Republicans would do more to insure a sweeping Democratic victory in 1940 than anything I can imagine."

Interest in the senate battles this fall is mostly personal. Nothing could shake the grip of the Democrats on the senate except a crop of upper house funerals far in excess of any reasonable probability.

Stumbling Block

Nothing would surprise anyone who has been watching the stalemate on the wage-hour regulation bill, but it is quite apparent that the magic formula which would open the door to its enactment has not been found.

Secretary Perkins remains the chief stumbling block. Not because of anything she has done about it, but because of where to put the administration of the act, and the discretion about tempering the wind to the shorn lambs—in this case the sections of the country and the particular industries which might be favored with differentials—is the chief problem on which agreement is not in sight.

If Miss Perkins were entirely satisfactory to William Green, president of the American Federation of Labor, to John L. Lewis, head of the C. I. O., and to congress, the bill would go through like greased lightning. To put it another way, if Miss Perkins were to resign tomorrow, and the President should appoint Edward F. McGrady in her place, passage of the bill would happen within 36 hours.

But—there is no likelihood of that. Lewis and Green are not willing to trust Miss Perkins. Congress is not willing to trust her. So the alternative would seem to be an independent board or commission to administer the law. This is where the power of Green in congress becomes important. Green sticks to the position he took two months ago that he would not trust such a board. His shins are still too much barked up by the national labor relations board, which he says, favors the C. I. O. as against the American Federation of Labor.

The way around that, apparently,

would be to permit no discretion at all in the administration of the act, to pass a law specifying that no workers could be made to labor more than a given number of hours a week, nor paid less than a given amount per hour or per week.

Seek Magic Formula

This would be all right if it were not for the sections of the country and the particular industries which think they must have a differential. The only way to have a law and to permit such exceptions in its enforcement is to vest discretion in some administrative body.

Solution of this problem requires a magic formula. Administration experts have been busy trying to evolve this formula ever since, but it is still undiscovered. The President is not willing to humble Miss Perkins in order to get the law through. No other solution has been suggested which would come within a mile of success.

It might be found tomorrow. The President still hopes that it will be found before the end of the present session. But he is not as optimistic as he was. In fact, there are indications that he has become convinced the bill will not pass this session, though he is still insisting on it.

The new committee appointed to study the situation, of course, is just a gesture. The same men appointed to that committee have been working on the problem as individuals for more than a year. Merely naming them to a committee is not going to clear up the fog. Nor will the fact that they meet as a committee help much. They have been conferring as individuals, and as members of the house labor committee, for these many months. There is no magic in the word "committee," and, short of Ed McGrady, there is no magic in anything else that has been suggested.

Electric Industry

Every now and then something crops up to make the dispassionate observer wonder if Franklin D. Roosevelt really hates the electric industry as much as it believes. Most recent among these developments is the letter which J. D. Ross, one-time government ownership executive in Seattle and now big boss of Bonneville, wrote to a Mr. Neal in Knoxville. The sum and substance of this letter was that it was good policy to buy out the existing private companies, and to pay a fair price.

There has been considerable question as to whether this was not a bad slip on Mr. Ross' part, one calculated to get him into pretty serious trouble with the President.

The answer seems to be that there is, so far, no indication that it has. The further answer is that very recently Mr. Roosevelt, discussing the Supreme court decision approving public loans and grants to local communities for government ownership power plants and electric distribution systems, said that he assumed municipalities and other local governments contemplating such projects would negotiate with the privately owned units now supplying them with a view to avoiding duplication.

The point seems to be that President Roosevelt does not go anything like so far as either George W. Norris, Nebraska senator and daddy of TVA, or Representative John E. Rankin, the Mississippi utility biter. Rankin has said frankly, many times, that because of their past sins he would, in buying out privately owned utilities, pay only second-hand junk value for the properties.

Roosevelt's "prudent investment theory" applied to the price which should be paid for any utility is pretty tough, the utility men think, and their opinion is shared by most men who have ever been in business, but it is a lot better than Mr. Rankin's idea. In fact, it is not very far from correct to say that Roosevelt is about half way between John Rankin and J. D. Ross in his idea as to what would be a fair price for any privately owned utility.

Check on Prices

There are plenty who think that Roosevelt is not really eager to have the entire electric industry of this country public-owned and operated—that all he wants is enough of it so operated to be a check on the prices charged by the privately owned companies.

Roosevelt believes strongly in the social value of cheap electricity. Those who hold the view just stated believe that cheap current, and not public ownership, is his real objective. Tinctured a little, of course, by the enemies which gradually develop in such a long fight.

It must be remembered that this fight has not been going on only since he entered the White House. Most of the bitterness was engendered before that, when, as governor of New York, he did some things which irritated the utilities, and as a result of which many of their executives supported other candidates for the Democratic nomination in 1932. Which last, of course, is something that could not be overlooked.

There are a good many impartial observers, folks who think government ownership is always an economic crime, who wish devoutly that the privately owned utilities would test this theory out by marking down their rates. It might cost them some money, though even this is debatable, as evidenced by the records of the privately owned electric company in Washington.

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WHAT to EAT and WHY

C. Houston Goudiss Discusses CARBOHYDRATES and FATS

Foods That Provide Motive Power For the Body Machinery ★ ★

By C. HOUSTON GOUDISS
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THE human body might be compared to a framework filled with machinery. It takes food to build the framework, food to run the machinery and food to keep it working efficiently and this food must be of the proper type.

Last week, I discussed the body building proteins and explained how to distinguish between those which build and repair body tissue, and those that are adequate for maintenance, but not for growth. It is equally important that you should learn something of the fuel foods which are necessary to fire the body engine and furnish motive power to propel the body machinery.

Fuel Foods Keep Us Alive

The body could not function in the absence of fuel foods any more than a machine could run without power, or a car without gas.



Every breath requires an expenditure of energy, and so does every movement—from the beating of the heart to the winking of an eye. Even in repose, the body machinery is kept functioning only by an ever-present supply of fuel. For, as long as life continues—even when you are lying perfectly still—you need fuel to carry on the internal work of the body.

Activity Demands Energy Foods

Every type of daily activity, including work and exercise, requires additional fuel. If you walk slowly, you expend twice as much energy as when you sit still. And when you walk fast, you may use up four, five or six times as much energy.

The chief fuel, or energy producing foods, are the carbohydrates—that is, the starches and sugars; and fats. Protein also has some fuel value, but its primary function is to build and repair tissue.

Carbohydrates are quick burning. They might be compared to the flare of a match in a dark room, which gives bright light for an instant, but is soon extinguished. Fat, on the other hand, burns slowly, like a lamp whose wick is turned low.

Danger of Inadequate Fuel Supply

Recently there has been a tendency to minimize the importance of the fats and carbohydrates, due to the craze for dieting. Some of the results of disregarding the absolute necessity for these foods are extreme irritability, and a greater susceptibility to fatigue, nervous diseases, tuberculosis and other infections.

Too Much Fuel Causes Overweight

It is true, however, that an excess of fuel foods will tend to produce overweight. For if we assimilate them, and do not utilize their potential energy

Your Food Is Your Fate

THE third of the series of articles entitled "What to Eat and Why," written by C. Houston Goudiss, the eminent food authority, author and radio lecturer, appears in this issue.

In these articles Mr. Goudiss tells how you can be strong, beautiful, wise and rear healthy children by combining the right food materials in the diet. He points out the vast influence which food wields over one's life.

The housewife and mother who desires to know what foods will benefit her family the most will do well to read these articles week by week and make a scrapbook of them for ready reference.

in muscular effort, they will be stored—as fat—usually in most inconvenient locations! On the other hand, an excess of any food is a detriment. Therefore the goal should be enough, but not too much, of all necessary foods.

Since both carbohydrates and fats are energy foods, one might expect them to play an interchangeable role in the diet. To a certain extent, they do, although fat, being more concentrated, provides two and one-fourth times as much fuel value as an equal weight of carbohydrate.

But because of the variation in the way these materials are handled by the body, it is generally considered that health is best served when 40 to 50 per cent of the total energy value of foods is provided in the form of carbohydrate and 30 to 35 per cent in the form of fats.

Carbohydrates Are Quickest Fuel

Carbohydrates, which originate chiefly in plant life, are readily converted into heat and muscle energy. Foods rich in carbohydrates include bread, potatoes, macaroni, rice, cooked and ready-to-eat cereals, peanuts, dried and preserved fruits, sugars and syrup.

Sugar furnishes heat more quickly and more abundantly than any other food. But it has a tendency to dull the appetite and is also apt to cause fermentation. Therefore, a large measure of our heat and energy is best secured from starchy foods such as bread, cereals, macaroni and potatoes.

Quick energy can also be obtained from the easily digested sugars of fresh and dried fruits, such as prunes, apricots, raisins and fully ripened bananas.

Here is an interesting and important point which is frequently overlooked in unscientific reducing diets. Fat requires carbohydrates for its proper utilization by the body. That is why women who try to reduce without following a scientifically planned diet frequently become seriously ill as a result of cutting down on carbohydrates while overlooking the fats contained in milk, butter, and other foods.

Relation of Fat To Health

Fats are so necessary to the body economy that it is no exaggeration to say that without fat,

life, in its higher forms, is impossible. The noted Arctic explorer, Stefansson, found that he could exist satisfactorily on an all-meat diet, provided he ate liberally of fat. On a diet of all lean meat, he became violently ill within a week.

Besides furnishing concentrated energy values, fats help to create the fatty tissue which cushions the nerves and abdominal organs, and forms the pleasing contours of face and figure.

Because it leaves the stomach more slowly than proteins and carbohydrates, fat retards the digestion of these food groups somewhat, and thus gives staying power to a meal. At the same time it promotes the flow of pancreatic juice and bile, thus helping in the assimilation of other foods. Foods rich in fat include butter, cheese, egg yolk, cooking fats and oils, margarine, olives, pastry, peanut butter, most nuts except chestnuts and lichi nuts, various kinds of sausage and fried foods.

Anger Destroys Fat Reserves

Experiments have demonstrated why nervous, irritable individuals are usually thin, while those with a serene temperament often accumulate weight. It has been proven that anger and fright increase the amount of fat in the blood and remove a corresponding amount of fat from its usual storage place beneath the skin. A fit of anger may take off more fat than an hour's exercise, or two or three days of enforced diet. Thus the person who allows himself to become upset continually withdraws the fat reserve from his body. Such persons could profit, perhaps, by taking more of the fat-forming foods.

But whether the members of your family are good natured, or irritable, young or old, they need a constant supply of fuel foods—at every meal, every day. Fuel foods produce energy—and energy is the motive power of life and work and thought.
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"Home-Wrecking" Qualities of Poor Furniture Polish

How often a houseful of fine furniture and handsome woodwork is spoiled by the use of a poor furniture polish! There are many polishes on the market today—some fair, some good, others excellent for luster and long life of the finish! The best is non-greasy, because made with a fine, light-oil base! In time, furniture and woodwork can be ruined by the persistent application of a cheap, poor polish! Such polish will contain kerosene, harsh abrasives and harmful acids—destructive elements, that are unseen and unsuspected! The housewife may use one of these polishes, feeling that she is economically keeping her furniture polished—but this is poorest economy, if she values her furniture (and what housewife does not?). The furniture in a home constitutes the largest part of the furnishings—and will show up like "sore thumbs" when dried out, cracked or checked. This is just what occurs, when other than a reputable oil polish is used! Too, a quality oil polish is less expensive! Less is used at one time—for it's undiluted. The resultant glow is deeper, richer, more lasting! Best of all, the finish of the furniture and woodwork is properly "fed" and kept in prime condition! So beware of harsh, "bargain" polishes—through them, the furniture suffers!

When you clean house use O-Cedar—the polish that cleans and preserves your furniture.

WHEN YOU CLEAN HOUSE USE O-CEDAR—THE POLISH THAT CLEANS AND PRESERVES YOUR FURNITURE



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