

Wed. December 18, 1963
Honolulu

STRIKES

From Honolulu tonight. Here is cheery news for those traveling home for Christmas - or those away from home as I am. The strike is called off that would have disrupted more than fifty railroads. Also, the International Association of Machinists has settled its differences with United Airlines.

Transportation for all, after all....

JOHNSON

President Johnson had quite a few things on his mind this morning at that surprise press conference. He began by emphasizing the importance he gives to Latin American Affairs. The President announcing that Ambassador to Mexico, Thomas Mann, whom he has just appointed Assistant Secretary of State, will also be made special assistant to the President.

Then President Johnson dealt with a question on his attitude to summitry; telling newsmen that any time a summit meeting with Premier Krushchev would help ease the cold war, he would be ready and willing to have one.

On spending, the President expects it will go up again next year. But he promises to cut every dime of ^{possible} waste.

On the succession to the Presidency - he says - he has reached a complete understanding with Speaker McCormack - the Speaker of course, being next in line.

Mr. Johnson feels he is not getting all he wants from that Foreign Aid Bill now before the Senate. But he is sure Congress will come up with enough to advance our National interests - even if only barely enough.

On a more personal note, the President hopes to spend Christmas, with his family - and, as he put it, communing with himself.

STUDENT

Reports out of Moscow tonight, say that student demonstration was not exactly a riot. Ghanaian and other African students demonstrating in an orderly way. But they were angry not only over the death of their fellow student, a tragedy which seems to have merely brought matters to a head; the students, four hundred strong are unhappy about their treatment in Russia. Discriminated against, they say. (The demonstration lasted four hours.)

Meanwhile, Tass, the official Soviet News Agency, says tonight that an autopsy on the dead student reveals that he was intoxicated and froze to death in the Moscow winter.

Khrushchev likes to talk about racial equality in the Soviet Union. But the students from Africa are hooting at him tonight.

NOTE

Britain, France and the United States delivered three identical notes today to the Kremlin. Short, incisive and unbelligerant. The notes merely repeated once more the allies basic right to free access to Berlin. Why this repetition? The notes are a united reply to Russian accusations last month that the U.S. was deliberately stirring up trouble on the Berlin Autobahn. You remember those incidents with the border police who wouldn't let the U.S. convoys through until they insisted "rather persistently"? Now the allies just want to underline their rights - in case of more trouble; their rights in West Berlin.

WALL

West Berlin police say tonight that over twenty-four thousand families, an estimated fifty thousand people, have managed to register so far, to visit their relatives in East Berlin this Christmas. Some waited all through the long cold night for the bureau to open this morning. Thousands were turned away because the lines were too long to be dealt with in one day. When the bureau closed at six P.M., eight thousand were still standing there, waiting.

The lucky ones - who were able to register - must be in line again tomorrow, to pick up their passes.

TIGERS

The Tigers of Narayanpore! That sounds like the title of a movie spectacular. But for that district of India, known as Narayanpore, its a frightening reality. The Tigers of Narayanpore are on the prowl again. The fearsome maneaters - that have terrorized Indian villages for ~~XXXXXX~~ centuries. The toll this year, in that area alone - seventy-five. As a result - the people have abandoned twenty-two settlements in an adjacent to the jungle.

Tonight, the Indian government is recruiting big game hunters to go after the man-eaters.

Several years ago when we were on a high adventure TV film expedition in Northern Assam - at the foot of the Himalayas - we were told by government officials that reptiles - the cobra, the krake, and the green russels viper - and man-eating tigers take the lives of some fifty-thousand people each year in India.

METABOLIC CLOCK

Have you ever heard of your "metabolic clock"? It's new to me also, scientists in this country, and in other parts of the world - Germany, Holland, Great Britain, Scandianavia and so on - for several years now have been studying the effect of jet flying on the human system. They now tell us - many travelers already guessed it - that some jet flying upsets what they call "man's metabolic clock". It all has to do with the sun, the moon, the solar system - the entire universe.

We live on a whirling sphere, and there are bodily rhythms and cycles to which your body and mind are adjusted, and the scientists now say that if you fly too fast, across too many meridians, it effects your sleep pattern and all of the organs and glands and functions of the body. Your "circadian rhythms" is the term they are using.

Fortune Magazine has a long, fascinating article on it. Telling how our Federal Aviation Agency has been making a study of this. Also scientists at the University of Minnesota, at M.I.T. and so on.

METABOLIC CLOCK - 2

If you cross two or three time zones, the effect is hardly noticeable, but when you go beyond that, things begin to happen.

Ever since I went to the hospital in Detroit - friends have been phoning, wiring and writing to me from all over the world, about the report that I had had a heart attack. I am grateful to all my friends, and I am also thankful to the scientists who have been studying the things I have just mentioned; the relation of man, and how all of us must keep in tune with the universe.

On my most recent trip, I crossed all of the twenty four meridians - some of them a number of times. The Fortune article points out that one night's sleep doesn't make up for this. If you rush around the earth, crossing too many meridians in a hurry, it may take you many days to get back in shape.

At any rate, I am delighted to tell you that it was just my metabolic clock that got out of rhythm, and it's

alright again.

Doctor Frank Brown, a professor at Northwestern University has been experimenting with oysters. He finds that just moving them from New Haven, Connecticut, to Chicago upsets their internal rhythms.

There are those who say all the world seems to be "my oyster". But, like the oyster - and my wife emphatically agrees with this - maybe I had better stay at home a little more than I have been doing in recent years.

Where am I now? Oh, on a beautiful Island in the Middle of the Pacific, taking it easy, - and I never felt better than I do here in Hawaii.

WEATHER

*Much of the Midwest is deep in drifting snow tonight
Another of those blizzards blowing off the Great Lakes -
burying Michigan with some twenty inches of it - perfect for
Michigan skiers. Giving Muskegon, Michigan a record of
Fifty-Six point eight inches for this month.*

*The East - shivering in bitter cold, with near zero
temperatures as far South as Oklahoma, and Alabama . But
to coin a phrase, its an ill wind --. Police report they
managed to catch a burglar by tracking his footprints in the
snow, in Alabama of all places.*

*Here in Hawaii, temperature an ideal 78. With a
gentle breeze blowing through the palm trees - and the
grass skirts.*