

Good Evening, Everybody:

1 (The House of Representatives
2 this afternoon passed the Philippine
3 Independence Bill. There was only a
4 forty minute debate, and the majority
5 was heavy. 306 of ~~xx~~ the members
6 votes to give the Philippine Islands
7 their independence, while only 47 said
8 no.)

9 This took place right after
10 a strong statement had been made public
11 in which Secretary of ~~xx~~ State Stimson
12 told what he thought of the idea.

13 The Secretary of State ~~was~~ set forth
14 what he thought of the matter in a
15 letter to Senator Hiram Bingham, of
16 Connecticut, Chairman of the Senate
17 Insular Affairs Committee.

18 (The New York Evening Post
19 quotes Mr. Stimson as declaring that
20 if Congress passed ~~the~~ bill for
21 Philippine independence, it would
22 disturb the equilibrium ~~of~~ the Far East,
23 and would give an irreparable blow to ~~our~~
24 foreign influence.) He added some
25 strong words to the effect that it would

1 be a demonstration of ~~xxx~~ selfish
2 cowardice and futility on our part.
3 Also - it would inflame the most
4 dangerous possibilities.

5 Briefly, on the question of
6 Philippine independence the Secretary
7 of State is - agin it.

8 But in spite of all these strong
9 words, the Lower House passed the
10 bill today and now it goes to the Senate
11 where it may have harder sledding.

1 In London where a series of
2 diplomatic conversations are on between
3 the heads of the British and French
4 governments, there was a whole lot of
5 complicated palavering today. The New
6 York Evening Post declares that the
7 Anglo-French conversations are
8 proceeding with great intensity. Prime
9 Minister Tardieu had a long confab with
10 Sir John Simon, the British foreign
11 secretary, and then he had another
12 prolonged pow-wow with Prime Minister
13 Ramsay MacDonald. *When this was over Mr. Mac Donald*
said that much progress had been made.

14 The London Press declares today
15 that the following questions are being
16 discussed: The reparations, disarmament,
17 tariffs, the proposed Danube Federation,
18 and the naval agreement between France
19 and Italy.

20 Well, there's a list of controversial
21 subjects on which a couple of statesmen
22 could go on talking for a year or so, *and*
23 *then some.*

1 Over in Russia a second 5-year
2 plan has been launched. The Soviets
3 claim that ~~the~~ first 5-year plan has
4 been completed a year earlier than
5 anticipated, and so a second one is
6 under way. The Cincinnati Post prints
7 an article by Eugene Lyons, the United
8 Press correspondent, who declares that
9 a conference of the Communist party
10 has mapped out figures for the second
11 5-year plan. We read that the Red
12 leaders have decreed just what huge
13 quantities of various goods Soviet
14 Russia must produce -- 250 million tons
15 of coal, 22 million tons of pig iron,
16 130 million tons of wheat, and so on.

17 The correspondent adds that it
18 is enormously difficult to tell just
19 what is being accomplished over the
20 immense spaces of Soviet Russia. The
21 scene of the giant industrial
22 operations is so vast that it is hard
23 to form a picture.

Crawford
Medical
Director, ~~Institute~~
Life Extension
Institute.
April 4, 1932
P. 5.

On Friday night we had a guest speaker, Professor Irving Fisher, of ~~the~~, and what he's had to say seems to have stirred up quite a bit of interest. Professor Fisher is co-author of one of the most helpful books the printing presses have ever ground out. The volume is called How to Live, and it's precisely what it tells us - how to live our lives in a way that will give us the greatest health, vigor, efficiency, and happiness. ~~In his~~ ~~the Professor tackled that same~~ ~~subject in a brief way, and folks have~~ ~~writing in asking for more~~ ~~information.~~

Well, that ~~seems to~~ suggested that it would be a good idea to have another expert tell us something on the subject. ~~how to live.~~ The book - How to Live -

21 was prepared from the vast store of
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23 Extension Institute, ~~xx~~ so we couldn't
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RETAKE

Dr. J. Ramoer

Crawford.

Medical

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April 4, 1932 -

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22 information accumulated by the Life
23 Extension Institute, ~~xx~~ so we couldn't
24 get a more authoritative speaker than
25 Dr. J. Ramser Crawford who is medical

1 director of the Institute. ~~I have~~
2 ~~asked Dr. Crawford to give us a few~~
3 ~~pointers and useful bits of advice.~~
4 So here's the ^{well known} ~~xxx~~ microphone, doctor,
5 and how about a prescription or two.

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1 In his talk on Friday,
2 Professor ~~Irving~~ Fisher referred to ~~xxxx~~
3 sixteen rules of hygiene. As I listened
4 to Professor Fisher's interesting talk
5 it occurred to me that the radio
6 audience might like to hear those
7 fundamental rules for good health. ~~so~~

8 ~~I am going to give them to you now.~~

9 They are divided into four
10 groups. The first ~~group~~ relates to
11 air; the second ~~group~~ to food; the third
12 ~~group~~ to poisons, and the fourth ~~group~~
13 to activity.

14 In group one the rules are:-

15 First: Ventilate every room
16 you occupy.

17 Second: Wear light,
18 loose and porous clothes.

19 Third: Seek out-of-door
20 occupations and recreations.

21 Fourth: Sleep out-of-doors
22 if you can.

23 In group two the rules are:

24 First: Avoid overeating
25 and overweight.

1 Second: Avoid excess of high
2 protein foods, such as meat, flesh
3 foods, eggs, also excess of salt and
4 highly seasoned foods.

5 Third: Eat some hard, some
6 bulky, some raw foods daily.

7 Fourth: Eat slowly and taste
8 your food.

9 Fifth: Use sufficient water
10 internally and externally.

11 In group three the rules are:

12 First: Secure thorough
13 intestinal elimination daily.

14 Second: Stand, sit and walk
15 erect.

16 Third: Do not allow poisons
17 and infections to enter the body.

18 Fourth: Keep the teeth, gums
19 and tongue clean.

20 In the last group the rules are:

21 First: Work, play, rest and
22 sleep in moderation.

23 Second: Breathe deeply; take
24 deep-breathing exercises several times
25 daily.

1 Third: Keep serene.

2 The application of these
3 rules to one's daily life must be varied
4 with each individual. I would not
5 suggest nor even infer that one should
6 find it necessary to keep the rules
7 close at hand for ready reference to
8 guide him in his daily routine. Rules
9 of health should not become burdensome.
10 The daily life of the average individual
11 would probably rate well above 50% when
12 judged by these rules as a standard. It
13 is suggested as a practical method that
14 the individual lay out for himself a
15 daily or weekly schedule correcting at
16 first his most obvious faults. After a
17 time the rules are ~~x~~ obeyed automatically
18 just as one brushes his teeth; or just
19 as one walks to business without having
20 to think he is walking.

21 The first step in a well
22 planned health program should be a
23 periodic health examination. In conclusion
24 may I ~~xx~~ suggest that every man, woman and
25 child go to a physician for a periodic
health examination at least once a year.

~~Thank you.~~

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Well Doctor I especially like
HAWAII that keep serene idea. I succeed in doing 10
it pretty well except ground the first of the month when the
bills come in. But here's something not so very serene.

In Hawaii today court convened.

And right now one of the most
sensational trials ^{of our day} is getting under weigh.
It is what they call "the honor slaying
case."

A brilliant staff of lawyers
headed by Clarence Darrow, ~~appeared~~ is now
in court to defend ^{ing} Mrs. Fortescue, her
son-in-law Lieutenant Masseur, and the
two sailors, Edward Lord and Albert Jones.

The details of the defense are
being kept a secret, and a United
Press dispatch in the Pittsburgh Press
declared that there is still a large
gap of black uncertainty concerning
what happened after Mrs. Fortescue,
her son-in-law, and the two sailors,
got hold of the Hawaiian who was accused
of having assaulted ~~xxx~~ Lieutenant
Masseur's wife, ~~who is also~~ Mrs.
Fortescue's daughter.

Some think that the plan of the
defense is to plead insanity, while
others surmise that the ~~defense~~ ^{it} will be
a plea of accidental slaying.

6

1 Anyway, the day is young in
2 Honolulu right now, and that celebrated
3 trial is ^{going on.} ~~under way~~. Huge crowds
4 ~~made~~ gathered to catch a glimpse of the
5 defendants, and the police were
6 compelled to hold back the mobs of
7 would-be spectators.

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1 From the Massachusetts coast
2 comes word that Colonel Lindbergh
3 was at the controls of a big
4 amphibian plane that was cruising
5 along near the shore. Two fishermen
6 claim positively that they recognized
7 the world renowned aviator. They
8 relate that the plane landed. It had
9 several occupants aboard, and these
10 asked the fishermen whether they had
11 seen a yacht, which they proceeded
12 to describe. ~~and~~ So the supposition,
13 as related in the New York Sun, is
14 that Colonel Lindbergh has been flying
15 in search of a yacht ~~presumably~~ in
16 connection with the tragic disappearance
17 of the most famous baby in the world.
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~~LADIES AND GENTLEMEN:~~

1 Here's a request number. L. G. Carr
2 of Penn Yan, New York, writes asking me
3 to give the vote in the Literary Digest
4 Prohibition Poll for Penn Yan, Yates
5 County, ~~New York~~. He adds that Yates
6 County was the first to go dry. I don't
7 know whether Mr. Carr means the first
8 county in the State to go dry, or ⁱⁿ the
9 whole country. He also mentions that
10 Yates County was the home of the Kenka
11 Grapes, which were famous for making wine
12 in the old days.

13 "I'll make a bet", he writes, "that
14 the vote for Penn Yan is still dry".

15 ~~Max~~ Well, Mr. Carr is almost right.
16 The vote for Penn Yan is mighty near a tie
17 but the Wets have a shade the ~~best~~ of it.
18 ~~The~~ Drys crash through with 373 votes
19 but the ⁱⁿopponents ~~just barely~~ nose them
20 out with 388.

21 We have a couple of second reports.
22 ~~We have heard from~~ Newark, New Jersey,
23 ~~before, but here are the latest figures:~~

24 For continuance 1,954

25 For repeal 19,223

~~A second report on~~ Memphis, Tennessee, ~~is~~ 1,573 Wet and 5,328 Dry.

New Albany, Indiana, ^{is new on the list:} ~~sends in~~ 517 ~~votes~~ in favor of Prohibition, ~~and~~ 1,614 against.

Bellefontaine, Ohio, ~~xxxxxxxxy~~ 477 say the 18th Amendment is okay and 724 say it isn't.

In Wilkinsburg, Pennsylvania, 323 are ~~Wet~~ ^{Dry}, and 736 ~~Dry~~ ^{Wet}.

Waco, Texas, 821 favor things as they are and 1,018 want a change.

Portsmouth, Virginia, 460 are for continuance, and 1,372 for repeal.

At Clarksburg, West Virginia, there are 682 ~~Wets~~ ^{Dry} and 1,397 ~~Dry~~ ^{Wets}.

Appleton, Wisconsin, is overwhelmingly ~~xxxxxxxxy~~ Wet, 223 are for continuance and 1,553 for repeal.

~~We now return to our program.~~

4

1 At Quincy, Massachusetts, a ship
2 put into port today, battered and
3 almost a wreck. Its crew of twenty-
4 eight officers and seamen were just
5 about ready to collapse.

6 It was the coaling steamer,
7 William C. Atwater, which was caught in
8 a wild storm off Cape Cod and struck a
9 sand bar to the south of Sow and Pigs
10 Reef, one of the most dangerous
11 sections along the coast. The forward
12 part of the ship's bottom was ripped
13 out, and the forward hold was flooded.
14 The raging seas swept ceaselessly over
15 the decks.

16 There was a wild panic aboard.
17 The sailors were young and green. They
18 were wild with fear. ^Q~~the~~ United Press
19 wire ^{to}~~to~~ the Buffalo Times tells how the
20 youngsters went to the skipper and got
21 on their knees and begged him to head
22 the ship in ^{shore}~~port~~ and run her aground, so
23 that they could take to the life-boats.
24 The skipper told them it was no use.
25 If he beached the ship ~~in~~ not a man would

^{ever}
get ~~ashore~~ through that raging surf.
The only hope was to keep going
and try to make port.

The young sailors kept up their frantic pleading. They were in an ugly mood. The Captain ^{drew} ~~got out~~ his ^{gun} ~~pistol~~, and used that as an argument. "Back to your ^{posts}" he commanded. "No more nonsense."

Well, the pistol seemed to be about as deadly as the storm. The sailors ^{obeyed,} ~~were frightened and went back to their posts.~~

And the brave old skipper was right -- he was able to bring the battered, half-sinking ship safely to port, although he admits that with ten miles more to go she would have taken a plunge to the bottom. So it was a close call.

1 There ~~is~~^{is} a lively tempest-in-a-
2 teapot at Columbia University. A mass
3 meeting of students was held today,
4 and a stirring address was made by
5 Reed Harris, former editor of the
6 Spectator, the under-graduate newspaper
7 of the University. It looks as if there
8 may be a students' strike at Columbia,
9 beginning next Wednesday. Anyway, there
10 were plenty of red-hot speeches, and
11 quite a bit of ripe fruit was thrown.

12 The student editor has been in
13 the limelight frequently during recent
14 months. He attacked just about ■
15 everything from football to
16 paleontology. He thought everything was
17 all wrong, and he spoke his mind to
18 that effect in the college newspaper.
19 Apparently his flaming prose got too
20 hot for the college authorities, because
21 now he has been expelled, and that has
22 provoked a lot of super-heated protest.

23 The New York World-Telegram
24 tells how the college newspaper has
25 come out with a statement that Editor

1 Reed Harris had smashed his head
2 against the bulwark of entrenched
3 traditionalism. And those are strong
4 words, especially the part about *the*
5 "smashed head." Anyway, there was an
6 indignation meeting today, and the
7 boys whooped it up most indignantly.

8 A proposal was made for the
9 students to go on a strike. The voting
10 seems to have been exceedingly noisy
11 and confused. But there is a
12 possibility that some of the lads
13 anyway, may try to call a strike on
14 Wednesday.

15 In the huge crowd of students
16 there were plenty who didn't agree with
17 ■ Editor Harris and his friends. It
18 was they who hurled volleys of ^{apples and apple cores} ~~tomatoes~~
19 and ^{assorted} ~~various other~~ vegetables ~~and~~
20 ~~fruits~~ at the speakers. ~~who were turning~~
21 ~~loose all the indignation.~~

22 Well, I see Announcer Howard
23 Peery winding up over there with an
24 apple core. So I'll duck and say so long
25 until tomorrow.