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UNCLE SAM AT YOUR SERVICE

Monday, July 1, 1935

(FOR BROADCAST USE ONLY)

Speaking Time: 10 minutes

ANNOUNCEMENT: Station _____ brings you the regular weekly report from the Food and Drug Administration of the United States Department of Agriculture.

---ooOoo---

Last Monday our official reporter took us down to the South Atlantic and Gulf States, to show us how shrimp are caught, and canned, and labeled. Today we learn about salmon -- a little history, the names of the five common varieties, and how to read the labels on canned salmon.

Have you any idea when the salmon was first used as food? According to your official report, the first record of salmon known to the human race was made between ten and fifteen thousand years before the birth of Christ. And that first record is a piece of reindeer bone, on which is carved the picture of a salmon. This piece of reindeer bone was found in the Pyrenees Mountains of southern France, not many years ago.

Many centuries after the caveman carved his picture of a salmon on a reindeer bone, the Chinese were catching salmon in the Yangzte river. Of course, the fish in the Yangzte river were not known as "salmon" -- what they were called I do not know.

And that brings up the question of how the salmon came by its present name. Here's the story, still quoting your Washington reporter:

"One afternoon, about the year 56 B.C., Julius Caesar marched his victorious legions through Gaul, and when his tired warriors reached the bank of the Garonne river, where they were to make camp, they saw a silver horde of glistening fish, leaping and jumping in the sunlight. These silvery fish were new to the Romans, who named them 'Salmo,' probably from the Latin word salire (s-a-l-i-r-e) which means 'to leap.' Soon this delicious seafood was being served on the tables of Roman epicures."

And now we'll pass quickly from ancient history to modern, and our text is not a prehistoric piece of reindeer bone, but an up-to-date report from the Food and Drug Administration.

"The salmon canning industry," I'm quoting your report, "was started on the Pacific Coast in 1864. Two men from Maine built a small cannery on a scow. Their pack that first year -- 1864 -- was only a few thousand cans. Canned salmon proved so popular that more canneries were opened -- on the Columbia River where salmon was plentiful.

"Three years later, in 1867, the United States bought Alaska, and came into possession of a vast supply of salmon. Now there are more than a hundred canneries scattered along the Alaskan coast.

"The salmon industry is an isolated one, largely located in Alaskan waters, seasonal in operation. Canning takes place during only a very brief Alaskan summer.

"For many years, inspection of canned salmon has been one of the major projects of the Federal Food and Drug Administration. Canned salmon wasn't so wholesome, in the early days. Every year it became necessary for officials to recommend the seizure of large amounts of the annual pack -- because the fish had undergone decomposition, rendering it unsuitable for food. The Food and Drug Administration developed highly trained specialists, who could tell, by examining a few samples, whether the pack was clean and wholesome.

"More and more, as their pack was examined every year by Government officials, the salmon packers came to realize that the requirements of the Food and Drugs Act are such that nothing but sound, fresh, edible fish can be packed. Every year, under rigid inspection, the salmon pack became more satisfactory. Nowadays the housewife can take it for granted that the canned salmon she buys is clean and wholesome.

"However, the Food and Drug Administration takes nothing for granted, when it comes to food products. Every year officials find a small minority of packers, who through carelessness, indifference, or ignorance have packed fish which is not suitable for distribution.

"Alaskan salmon comes into the United States mostly through two ports -- Seattle and San Francisco. Annually, the Seattle and San Francisco stations of the Food and Drug Administration examine a tremendous number of cans, representing various shipments. Food and Drug inspectors make a tour of the canneries in Alaska every year. Although the Administration does not have a large enough force to maintain a continual inspection in these plants, they are examined at different times by experienced inspectors, who can get a very good idea of whether the cannery is being operated in a way to guarantee a sound food product. At the present time, Food and Drug inspectors report that the canneries are in a gratifying condition.

"This inspection of canneries does not . . . by any means complete the attention given to the canned salmon supply. Representative samples are analyzed by specialists regularly, and every effort is made to guarantee the public sound, wholesome, clean fish."

And now a word to homemakers, about reading labels on canned salmon. There are five varieties of salmon. Here they are, in the order of their relative quality:

Chinook, the largest of the salmons, very rich in oil, and especially popular for salads because of its attractive color and soft texture.

Red salmon, or Sockeye, also well adapted to salads and to eating as it comes from the can. It may also be used for sandwiches and cooked dishes, although other kinds of salmon, costing less, are equally suitable.

Coho, an excellent all-purpose fish.

Pink salmon, smallest of all the salmons, with a distinctive delicate flavor. The flakes are small, and range from a light to a deep pink in color. Over half of the entire American pack consists of Pink salmon, and because it's so plentiful, the price of Pink salmon is relatively very low.

Fifth, and last, the Chum, or Keta, the cheapest of all salmon, and the basis for many a nourishing and inexpensive dish.

"You should be able," according to your reporter, "to buy Red salmon cheaper than Chinook, Coho cheaper than Red, Pink cheaper than Coho, and Chum salmon cheaper than all the rest.

"Ordinarily," (I'm still quoting,) "you will find on the labels of canned salmon the terms Chinook, Red, Coho, Pink, and Chum, indicating the variety. When you see the name Salmon on a label, without a species name, you will be justified in concluding that the salmon in the can is one of the less desirable species.

"The terms Alaska, Columbia River, and so on, used on salmon labels, mean only the place of production. The labels on Chinook salmon often carry such terms as Spring Catch, or Fancy. As a matter of fact, the Spring Catch or Fancy grade of Chinook salmon is a much better grade of fish, better in color and higher in oil content, than the fall catch, generally referred to as Choice.

"Now, after you have learned the names of the five varieties of salmon -- Chinook, Red, Coho, Pink, and Chum -- you are well on the way to being an intelligent buyer of canned salmon. But there's one more thing to learn, if you are to get your money's worth. Be sure to read the label for the quantity-of-contents statement. Most cans of salmon contain one pound, or one-half pound. However, there are many brands put up short of these quantities. The labels may read $15\frac{1}{2}$, $7\frac{1}{2}$, or $7\frac{3}{4}$ ounces. Read the label, if you want to know the variety of salmon you're buying, and how much is in the can."

--ooOoo--

CLOSING ANNOUNCEMENT: You have just heard the regular weekly report, "Uncle Sam at Your Service," presented by Station _____ in cooperation with the Food and Drug Administration, United States Department of Agriculture. Listen in again next Monday for another interesting report of how the Food and Drug Administration protects your food and drug supply.

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U. S. Department of Agriculture

UNCLE SAM AT YOUR SERVICE

Monday, July 8, 1935.

(FOR BROADCAST USE ONLY)

Speaking Time: 8 Minutes.

ANNOUNCEMENT: Station _____ brings you the regular weekly report from the Food and Drug Administration of the U. S. Department of Agriculture.

--ooOoo--

Friends, every business, no matter how serious it is, has some lighter moments. Thus it is with the federal Food and Drug Administration, engaged in the serious business of keeping your food and drug supply safe and wholesome.

One of these lighter moments arrived at the Food and Drug Administration not long ago, simultaneously with the arrival of a letter from a gentleman in the Far West. The gentleman was asking for advice on labels. He had a formula for a certain product, and he had a name for it -- in fact, he had two names for it. Two names for the same product.

Let's call these names "Wate-On" and "Wate-Off." They're not the real names, but they're the same idea. You can guess without my telling you that "Wate-On" was a preparation for increasing weight. When the other name, "Wate-Off" was applied to the product, it became a preparation for reducing weight.

The only thing that stayed the same was the formula. Whether you wanted to increase your weight with "Wate-On," or reduce with "Wate-Off," the preparation was the same -- wheat embryo, gelatin, dehydrated milk, dehydrated egg yolk, and dextrose.

Now Food and Drug officials are disposed to be literal-minded. They point out that the real virtue of this wonder-working formula was that the directions accompanying the use of "Wate-On" advised a generous diet, and the directions for the use of "Wate-Off" advised a starvation diet. The literal-minded Food and Drug officials point out that you can get practically the same results by over-eating, or by starving yourself, and thereby save yourself the price of "Wate-On" or "Wate-Off."

"The manufacturers of this product," states your official reporter with the Food and Drug Administration, "were naive to say the least, in submitting two labels for the same preparation, one designating it as a reducing agent, and the other recommending it for under weight and mal-nutrition. However, this is only a self-evident fact -- that most of the so-called reducing foods are in reality foods which would add weight rather than decrease it, if eaten in sufficient quantity."

And that's that . . . Now let's see what other problems Uncle Sam's Food and Drug Administration has been dealing with lately. Here's something interesting -- I ought to announce this item with a fire siren:

"A magnificent bonfire was started at a Detroit dump, when the United States marshal piled high three tons of decomposed canned shrimp, covered them with kerosene and ignited the mass. Exploding cans were hurled in the air to a height of one hundred feet."

Some fireworks! All because three tons of canned shrimp did not comply with Uncle Sam's regulations concerning wholesome sea food. . . .

Well, it looks as if condemned food of any kind comes to a sad end. Out in Chicago, according to this next item, three hundred and thirty cans of condemned cream were poured into the sewer.

Referring again to your official report: "Still in the front rank of food law violations are tomato products made from moldy or otherwise unfit material. Thirty-three lots were seized in May.

"Other foods confiscated for violation of the law were dried peaches; thirty-four sacks of decomposed coconuts; four hundred cases of decomposed bottle olives, also short weight; 875 gallons of unfit cream on the way to butter makers; 38,000 pounds of moldy, rancid, and filthy butter; two shipments of canned anchovies; four of decomposed canned tuna; and four hundred pounds of fresh shrimp, which wasn't as good as it should have been."

Other seizures included a practically worthless imitation lemon flavor, honey adulterated with acidified sugar sirup, and various lots of canned vegetables.

Now about drugs. . . Quoting your Washington correspondent: "Federal inspectors are persistent in keeping after staple drugs, narcotics, and anesthetics which have deteriorated and in which it is therefore dangerous to place reliance. In May, inspectors seized three cylinders of 'laughing gas,' (nitrous oxide to your dentist), which had been contaminated with other gases. They also seized one shipment of below-standard adrenalin; two shipments of belladonna extract, and a large stock of a dozen different drugs which had deteriorated."

Patent medicines involved in seizure proceedings during May included "Sip-O" for coughs, bronchitis, bronchial asthma, whooping cough, sore throat, catarrh, hay fever and hoarseness; "Walter's Radiant Hair Rejuvenator" for scalp and hair diseases; and "Dr. Goudy's Magic Liniment" for eczema, lockjaw, snake bite and barb-wire cuts.

"In all cases," quoting your reporter, "the Government alleged that the claims for the medicines were false and fraudulent since they could not be realized. The labeling of a reducing preparation, called 'Slim,' was also held

to be false and fraudulent, since it represented the product as harmless and safe to use, in spite of medical evidence of the dangerous character of the drug it contained -- the drug known as dinitrophenol (di-ni-tro-phenol)."

You may recall that back in December your official reporter called your attention to the extreme danger of using drugs which are offered as weight reducers. The Food and Drug Administration and medical authorities have issued repeated warnings on this score.

Now let's see what's next --

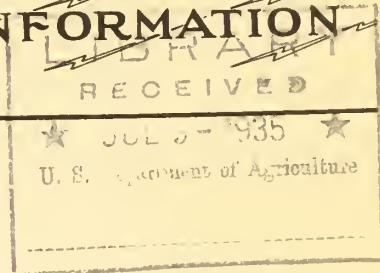
"A baking company in Colorado was fined \$660 for having made four shipments of wrapped sliced bread which was short weight. A coffee company in Mississippi was fined \$100 for making two shipments of a product labeled 'Big Indian Coffee and Chicory,' but consisting of coffee, chicory, and twenty per cent of a roasted cereal."

"Well . . . today's report from the Food and Drug Administration gives you some idea of what a big job it is to see that the public gets a safe and wholesome supply of foods and drugs, and to see that labels tell the truth, whether they're on foods, or drugs -- or on preparations which claim to reduce or to increase your weight.

And that reminds me of the plump lady who went on a diet. One day a friend saw her enjoying a comfortable man-size meal. "Lizzie," said the friend, in shocked tones, "I thought you were on a diet!"

"I am," said Lizzie. "I've already had my diet. Now I'm having my dinner."

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UNCLE SAM AT YOUR SERVICE

Monday, July 15, 1935

(FOR BROADCAST USE ONLY)

Speaking Time: 10 minutes

ANNOUNCEMENT: Station _____ brings you the regular weekly report from the Food and Drug Administration of the United States Department of Agriculture.

--ooOoo--

Your report from the Food and Drug Administration last Monday, you will recall, dealt with some of the foods and drugs and reducing preparations seized during the month of May because they violated the federal Food and Drug law.

In that list were certain food products of special interest to federal officials because the manufacturers did not know -- or perhaps they forgot -- the meaning of the word "adulteration." In the month of May, Food and Drug officers had to seize thirty-seven shipments of macaroni, spaghetti, noodles, and similar products, because they were "adulterated," and that's a violation of the law. They were adulterated in that the manufacturers added soybean flour and yellow color.

Now regardless of the source or the nature, "added yellow color" in such products constitutes adulteration. It may enhance the beauty and appeal of macaroni and spaghetti and noodles, but the Food and Drug Administration says "added yellow color" conceals inferiority, "a form of adulteration which no form of labeling can correct." The color, by the way, in the food products seized, was a yellow vegetable dye, tumeric.

By using this mixture of soybean meal and yellow color, manufacturers were able to imitate the rich golden yellow color of egg noodles, although the noodles had never even seen an egg. The manufacturers had made merely a cheap colored imitation of egg noodles, which in plain terms was a fraud.

In coloring the macaroni and spaghetti, the manufacturers were not so reckless; in fact, they added only a little color -- just enough to give the macaroni and spaghetti the delicate creamy color that is characteristic of the very highest grade. As a result, they were able to sell unsuspecting consumers a low-grade product at the price of a high-grade product -- until Food and Drug officials caught up with them.

An interesting sidelight on this case concerns the man who advised the noodle and macaroni manufacturers to put added color in their products. He assured his clients that the food chemists would never be able to detect the fraud. It is reasonable to suppose that the adviser is now a sadder and wiser man.

According to your official report, "The Food and Drug Administration repeats its stand that wherever the presence of an artificial color conceals inferiority, the food containing it is illegal. In products where added color does not conceal inferiority, the fact of the presence of artificial color must still be declared on the label of the food containing it."

It's hard to see how manufacturers can misunderstand those words -- but they do. During May, federal officials seized four lots of domestic vegetable oils masquerading as imported olive oil. The color used was green, in imitation of certain types of olive oil, and the artificial flavor was one which suggests olive oil.

And now we come to a more serious item, in today's report from the Food and Drug Administration. The next three items, in fact, concern food poisoning. Evidently there are people who didn't hear the advice of Dr. A. C. Hunter, federal official, about taking care of food in the summer time.

Sixty-two people in a hospital on Welfare Island, New York City, developed symptoms of food poisoning after eating salmon which had been smuggled from an open container in the kitchen. Of course, in the time before the fish was eaten, it was held without refrigeration, and in conditions which favored the growth of bacteria. That's the first food-poisoning item.

The next concerns a group of six people in Minnesota, who were stricken with acute symptoms of food poisoning in less than three hours after eating their evening meal. The meal included hamburger, canned spinach, bread, cake, and coffee. The local Board of Health examined samples of food left from the meal, and found that the poisoning was caused by bacterial contamination of the hamburger. The hamburger had not been kept under proper refrigeration, and had reached the decomposition stage. . . Well, that's not a very pleasant topic -- but after all, we're only hearing about the hamburger -- not suffering the pangs of food poisoning, after eating it. The meat, by the way, was safe and wholesome when it came from the market; careless handling at home caused the trouble.

The last food-poisoning item takes us to Maryland, where five families in the same vicinity suffered ill effects after eating canned meat. Inspectors who conducted the investigation learned that the meat had been distributed to 19 hundred families, and that only five families were made ill. Which brings us right back where we started from -- the proper care of food in the home. The meat had evidently not been kept under proper refrigeration, after the cans were opened.

This is the proper time and place, it seems to me, for a review of Doctor Hunter's advice to homemakers, on how to help prevent outbreaks of food poisoning in the home.

In the first place, Doctor Hunter explained that the bacteria which cause illness of the type popularly known as "ptomaine poisoning" can not stand much heat. A thorough boiling will kill them. If food is contaminated after cooking, you can reduce the growth of the bacteria to a minimum by proper refrigeration.

As for canned goods -- if you open a can of meat or vegetables or other food, and keep it for a few hours, after opening, be sure to take the same precautions as to refrigeration and re-cooking that you do with freshly prepared foods. If you cook foods, be sure to heat them to the boiling point -- don't be satisfied with a hasty "warming-over."

Be especially careful with custard mixtures. Prepare the custard only as needed, cook it sufficiently, and keep it under refrigeration, unless you intend to serve it right away.

While we're on the subject of warnings, I may as well repeat the warnings given recently by the Food and Drug Administration after two people died, in Atlanta, Georgia, from eating gravy loaded with fluorides (flu-or-ides) probably in the form of an insecticide or rat poison. Nobody knows how the fluoride got in the gravy, but it was probably added, by accident, to the flour, or other thickening agent.

This is the warning, regarding poisons in the household, issued to homemakers:

"Poisons such as garden and domestic insecticides are today almost a household necessity. They should, however, be securely locked up or be carefully stored beyond the reach of children, and should always be kept away from food.

"A package of poison on the pantry shelf is as dangerous as a loaded gun. Someone comes along who doesn't know the package contains poison -- that the gun is loaded -- and the result is injury or even death. The same precautions are important in food stores, restaurants, and food factories.

"The Federal Caustic Poison Act requires that certain alkali and acid poisons be labeled plainly, in large type, to lessen the danger of accidental poisoning. However, there are many other poisons, such as those found in insecticides and some silver polishes, which are deadly if taken in sufficient quantities. The Federal law does not require that these articles be conspicuously labeled as poisonous.

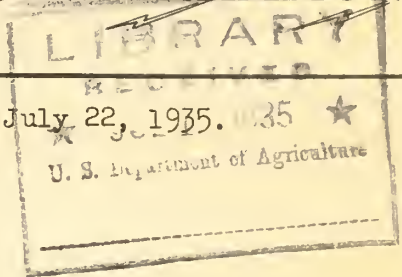
"Many manufacturers voluntarily use warning labels, or put their poisonous preparations in containers of distinctive shape, or in bottles with rough exteriors studded with points or knobs, to warn the user even in the dark. However, poisons of the insecticide type are frequently sold in bulk form, in bags. A careless person may easily mistake arsenical insecticides for flour, and there is danger of the poison getting into food, unless the packages containing it are locked up, or at least put away carefully after use. To prevent accidents, the cautious homemaker should store all poisons in a safe place."

And so concludes the warning from the Food and Drug Administration.

--ooOoo--

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Radio Service



UNCLE SAM AT YOUR SERVICE

Monday, July 22, 1935.

(FOR BROADCAST USE ONLY)

Speaking Time: 10 Minutes.

ANNOUNCEMENT: Station _____ now brings you the regular weekly report from the Food and Drug Administration of the United States Department of Agriculture.

---oooOooo---

Ladies and gentlemen, your official correspondent in Washington is evidently a mind reader. Just before today's report from Washington arrived, I was planning to write a letter to the Food and Drug Administration. I wanted to get the facts about a news item I read the other day. You probably read it too -- the story about the twelve women in the San Francisco region who were reported stricken blind, after using a certain fat-reducing drug.

Well, today's report answers all my questions -- so I won't have to write that letter. Which is just as well, because it's too hot to write letters this month.

Now, going back to the news item. It interested me particularly, because the "anti-fat" drug the women were taking was dinitrophenol (dye-nye-tro-pher-nol), which you've heard of before, if you're a regular listener to these Monday reports from the Food and Drug Administration.

Back in December, you may recall, your correspondent sent you a report containing this warning:

"The reducing racket has a group of new and dangerous drugs, dinitrophenol (dye-nye-tro-pher-nol) and related compounds. Racketeers are selling these drugs in fat reducers in spite of reports of deaths caused by their compounds. Reducing agents containing these drugs are endangering the lives of patrons. The Federal Food and Drugs Act cannot prevent the sale of products of this type, dangerous though they may be. All that the Food and Drug Administration can do is to warn the public that these reducing compounds are dangerous."

That was the warning issued in December. I looked it up -- just to be sure I'd quote it correctly.

And this is the story I read in the newspapers a week or two ago -- a news item from San Francisco: "Research workers of Stanford University Medical School here today were endeavoring to learn whether dinitrophenol, newly developed 'anti-fat' drug, was responsible for the temporary blindness of twelve San Francisco Bay district women who have been stricken recently.

"All of the women. . . had taken the drug in an attempt to reduce. . . The blindness resulted from the formation of cataracts over the eyes, but it was not yet known whether the cataracts were caused by the drugs or by malnutrition, unbalanced diet, or other factors.

"It was estimated one million persons in the world, including about one hundred thousand American women, are using the new drug. . ."

Well, your correspondent evidently saw this same story, and lost no time in getting the facts for us, for here's an official statement, issued by the Stanford Medical Society:

"Dinitrophenol," (I'm quoting the official statement) "has been prescribed by members of the medical profession at intervals since 1885 as a stimulant to metabolism. Much experimental and clinical work has been done on this drug by numerous investigators here and abroad, and they're all in essential agreement. It (dinitrophenol) has been widely used recently in the treatment of obesity. During the past few weeks there have been reported certain cases of disturbed eye sight in patients who have taken this drug. Cases of cataract have been reported to the medical profession through recent society meetings. It is not certain whether these cases are due to the drug, malnutrition, unbalanced diet, or other factors. There is no experimental evidence to suggest such an untoward effect from this drug. For the present, the authorities at Stanford medical school are not advising the clinical use of the drug."

That's the first statement, from the medical authorities at Stanford University. Here's another, which will be of interest to everybody who's on a reducing diet:

"Certain cases of cataracts have developed in patients who in the past have been taking dinitrophenol for reduction. It is not certain that dinitrophenol is responsible for these cataracts, since there is no previous experimental nor clinical evidence to indicate that the drug may have any such action. Patients who are trying to reduce their weight are extremely apt to take an unbalanced or restricted diet, or a diet which does not contain the necessary vitamins. Such abnormal diets are known to cause cataract. These factors must be considered in explaining the occurrence of these cataracts, and until it is definitely proven whether it is the drug or a diet or other factors which are responsible, the use of it (dinitrophenol) should be curtailed to these cases where its need is imperative."

Well, that's that. If you're among the one hundred thousand women in America who are reported to be using dinitrophenol as a reducing agent, just remember the warning of the Food and Drug Administration.

In particular, Government officials warn you against using this drug and related compounds if you are suffering from chronic rheumatism, alcoholism, tuberculosis, or diseases of the heart, liver, or kidneys. Like many other drugs, dinitrophenol may serve a useful purpose when the dosage is properly adapted to the individual patient, but only a skilled physician can determine the proper dosage.

Now the rest of today's report is a brief discussion of all the fat-reducing preparations on the market today. Your correspondent classifies them roughly in three groups.

In the first group are those that reduce by starvation -- the preparations which contain nothing but wholesome food substances, pleasantly flavored, usually sold in small containers for a dollar or more. The directions usually accompanying these high-priced fat-reducers tell you to do without breakfast and lunch, and replace these meals with a glass of liquid made by dissolving a teaspoonful or so of the product in a glass of water. "Obviously," says your official correspondent with the Food and Drug Administration, "if a person decreases the amount of food he eats, a reduction in weight will almost always result."

The second group of fat-reducing products includes those which contain powerful laxative drugs. They may have some limited fat-reducing action, by rushing the food through the body so rapidly that it does not have an opportunity to be digested and absorbed. Quoting your report: "The continued use of purgative drugs is not calculated to improve the health of the user. On the contrary, serious injury may result."

The third group of reducing preparations brings us back to dinitrophenol, and other products which speed up the burning of the body fat to the point where the fatty tissue is actually utilized. Drugs in this class include thyroid, as well as dinitrophenol. These substances are extremely dangerous, as you have been previously warned, and have caused a great deal of serious harm. They should never be used except under the direction of a competent physician, who can carefully regulate the dosage and watch their effect.

Today's report concludes with this statement: "Since the present Federal Food and Drugs Act does not now have jurisdiction over products of this type, dangerous though/^{they} may be, all that the Food and Drug Administration can do at present is to warn the public that they are dangerous."

And I shall conclude with a statement you've heard before, in connection with flesh reducers that contain dangerous drugs: It's up to the consumer to read all labels carefully, to avoid preparations he knows to be harmful, or about which he knows nothing, and when in doubt, to consult a physician.

* * *

ANNOUNCEMENT: You have just heard the regular weekly broadcast, "Uncle Sam at Your Service," presented by Station _____ in cooperation with the Food and Drug Administration of the United States Department of Agriculture. Listen in again next Monday for another interesting report.

Dear Sir,
I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the above matter.

The same has been referred to the proper authorities for their consideration and they will be glad to hear from you again.

I am, Sir, very respectfully,
Yours truly,
[Signature]

[Address]

UNCLE SAM AT YOUR SERVICE

(FOR BROADCAST USE ONLY)

Speaking Time: 10 minutes

OPENING ANNOUNCEMENT: Station _____ now brings you the regular weekly report from the Food and Drug Administration, United States Department of Agriculture.

--ooOoo--

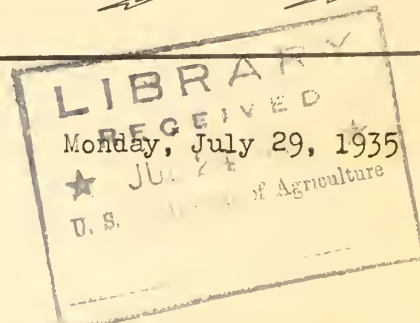
Friends, this is the brow-mopping season -- the time of year for long cooling drinks -- limeades and lemonades; grape juice, orange juice, root beer, gingerale, and pop.

Pop..... There's an unassuming word, if there ever was one. Why, I wondered, as I read this report about soft drinks -- why is pop called pop? Who first called it pop? Well, Webster ought to know. I consulted Webster. But no -- this modest word has no history. According to Webster, pop is merely "a beverage which expels the cork with a pop from the bottle." Only that and nothing more.

But the Food and Drug Administration doesn't dispense with pop and other beverages so easily as Webster does. It's the job of Food and Drug officials to see that non-alcoholic beverages, and beverage products, largely consumed by children, are fit to drink. Every year we use billions of bottles of soft drinks. Into these bottles go tons of sugar, millions of pounds of fruit acid.

If I didn't know that your official correspondent with the Food and Drug Administration is a person of integrity, I'd doubt these figures -- they're far beyond my comprehension. But here they are, my friends. Into our soft drinks, every year, go 250 thousand tons of sugar, 5 million pounds of fruit acid, 50 thousand pounds of harmless artificial color, a million gallons of flavoring extract, and 400 million gallons of carbonated water..... Does that make you thirsty?

Mr. J. W. Sale, beverage expert in the federal Food and Drug Administration, says that practically all non-alcoholic beverages belonging to the soft drink class consist of sugar sirup, carbonated water, and small quantities of other ingredients that make the drink pleasing to sight, smell, and taste. The sugar sirup is usually made with cane or beet sugar, acidulated with fruit acids, such as citric and tartaric. The carbonated water gives the drink a pleasant, sharp taste, and the bubbles make it look refreshing.



CHAPTER IV

The first part of the chapter discusses the importance of maintaining accurate records of all transactions. It is essential to ensure that every entry is properly documented and that the books are kept up to date. This not only helps in the preparation of financial statements but also provides a clear audit trail for any inquiries.

The second part of the chapter deals with the various methods of recording transactions. It covers the double-entry system, which is the most widely used method, and explains how debits and credits are used to record each transaction. It also discusses the use of journals and ledgers to organize the data.

The third part of the chapter focuses on the closing process. It explains how the temporary accounts, such as revenues, expenses, and dividends, are closed to the permanent accounts, such as retained earnings. This process is crucial for starting a new accounting period with a clean slate.

The final part of the chapter discusses the importance of reconciling the books. This involves comparing the company's records with external statements, such as bank statements, to ensure that they agree. Any discrepancies should be investigated and corrected immediately.

Most soft drinks are colored. The colors used are the certified dyes, quite harmless, and suitable for use in beverages and other foods. It doesn't take much coloring matter to color a soft drink -- your correspondent says that the ordinary seven-ounce bottle of artificially colored soda contains about three-hundredths of a grain of added coloring matter -- about as much as you could put on the head of a pin.

Now, what about the many flavoring substances used in soft drinks? Some are extracts of aromatic substances taken from plants. Cloves, for example. Vanilla beans and citrus fruit peel also yield valuable flavors; still others are furnished by seeds, roots, barks, stems and leaves of different plants. Fruit juices are also used. Then there are the synthetic, chemical flavors, such as esters, higher aldehydes, and alcohols.

Now, after briefly outlining what's in the soft drinks we consume, at the rate of billions of bottles a year, your correspondent discusses adulteration and misbranding. However, before we go into that -- let me quote a few facts from a leaflet enclosed in today's report -- a leaflet entitled "Labeling of Beverages and Beverage Materials under the Federal Food and Drugs Act."

First, "beverages and sirups, or bases for the manufacture of beverages, should be prepared in a sanitary manner..... and should contain no added poisonous or other added deleterious ingredients which may render them injurious to health. Their labels should bear no statements, designs, or devices which are false or misleading in any particular, and should bear a statement of quantity of contents which should be plain and conspicuous...."

And here are a few facts about fruit juices. "Fruit Juice," (I'm still quoting) "is the unfermented liquid obtained from the first pressing of sound, ripe, fresh fruit or its pulp.... Grape juice is the unfermented juice of sound, ripe grapes.... Orange juice is the unfermented juice of sound, ripe, sweet oranges.... Sugar, acid, or artificial color added to grape juice, loganberry juice, or other fruit juices, should be plainly declared upon the label. Articles labeled as grape juice, loganberry juice, or as the juice of any fruit, are adulterated if they contain added water. The labels of these products may bear appropriate designs of fruit, such as clusters of dripping grapes...."

Whew! It's inhuman to read about "clusters of dripping grapes" on a hot day like this! Excuse me while I take a drink -- of unadulterated water.

Now let's see what a fruit-ade should contain, under the Federal Food and Drugs Act: "Beverages labeled orangeade, lemonade, grapeade, etc.... should contain a characterizing amount of actual juice of the fruit named on the label. The presence of added fortifying ingredients, such as citric or tartaric acids, artificial color, etc., should be plainly declared on the labeling."

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Fifth paragraph of faint text.

Sixth paragraph of faint text.

Seventh paragraph of faint text.

So much for the fruit-ades. Read the label and you'll know what you're buying. Next, carbonated beverages, and beverage flavors.... Here are definitions for such popular drinks as gingerale, sarsaparilla, (I used to call that sassprilla), root beer, birch beer, and cream soda. "Gingerale," if you're interested, "is the carbonated beverage prepared from ginger ale flavor, harmless organic acid, potable water, and a sirup of one or more of the following: sugar, invert sugar, dextrose; with or without the addition of caramel color."

Ginger ale flavor, by the way, is "the beverage flavor in which ginger is the essential constituent....."

Now, what should you look out for in the way of adulteration? The fact is, bottled drinks are seldom adulterated these days. There was a time when filth got into such beverages through polluted water or sirup, dirty bottles, or dirty crown caps. But, nowadays, with improved machinery and bottling methods, such adulteration is very rare. Occasionally, Food and Drug inspectors do find adulteration in the form of metallic impurities, or other added harmful ingredients, but they take steps immediately to correct such unlawful practice. And occasionally they find ingredients which are regarded as wholly unfit for general food use. Some of these are saccharin, salicylic acid, boric acid, formaldehyde, hydrogen peroxide, and uncertified dyes.

According to your official reporter, "You may rest assured that the Food and Drug Administration is doing everything possible to protect you by keeping such objectionable ingredients out of drinks and foods..... Remember that the courts, when considering the use of questionable ingredients, have been strict in their interpretation of the law. The Supreme Court has held in effect that since food is consumed 'by the strong and the weak, the old and the young, the well and the sick,' any food which, because of any added poisonous, or other deleterious, ingredient may possibly injure the health of any of these, will 'come within the ban of the statute.'"

Now a word about misbranding. Probably the commonest form of misbranding is to label beverages so as to convey the impression that they contain more fruit or fruit juice than is actually present. For example -- fruitades, such as orangeade, lemonade, and grapeade, are supposed to be made of fruit juice, sugar and water. Therefore, drinks which are labeled as fruitades, but which do not owe their fruit character to fruit juice, but merely to fruit extracts, or artificial flavors, are considered misbranded. Other important grounds for legal action, because of misbranding, are the presence of undeclared harmless preservatives, undeclared harmless artificial color, and undeclared added fruit acid.

"One of the interesting results of the strict enforcement of the Pure Food Law," says your official reporter, "has been a greatly increased use of fruits in beverages. A beverage-sirup manufacturer, who once flavored his product entirely with essential oils, now buys thousands of dollars worth

The first part of the report deals with the general situation of the country. It is a very interesting and comprehensive survey of the country's resources, its population, and its economic and social conditions. The author has done a great deal of research and has gathered a wealth of material which is presented in a clear and concise manner.

The second part of the report is devoted to a detailed study of the country's agriculture. It discusses the various crops grown, the methods of cultivation, and the problems which are connected with the industry. The author has also made a study of the country's stock-raising industry, and has shown how it is affected by the various conditions of the country.

The third part of the report deals with the country's industry and commerce. It discusses the various industries which are carried on in the country, and the methods of production. It also discusses the country's trade with other countries, and the various problems which are connected with it.

The fourth part of the report is devoted to a study of the country's education and social conditions. It discusses the various schools and colleges which are maintained in the country, and the methods of instruction. It also discusses the various social problems which are connected with the country, and the methods of dealing with them.

The fifth part of the report deals with the country's government and politics. It discusses the various forms of government which have been tried in the country, and the methods of administration. It also discusses the various political parties which are active in the country, and the methods of election.

The sixth part of the report is devoted to a study of the country's history and culture. It discusses the various events which have shaped the country's history, and the various customs and traditions which are still maintained.

of orange juice a year. This is just another instance of how the continued operation of the Federal Food and Drugs Act protects the consumer, and encourages the producer and ethical manufacturer."

That's all -- and if you don't mind, I think I'll have another drink -- of water.

--ooOoo--

CLOSING ANNOUNCEMENT: You have just heard a regular weekly report, "Uncle Sam at Your Service," presented by Station _____ in cooperation with the Food and Drug Administration, United States Department of Agriculture. Listen in again next Monday for another interesting report of how Uncle Sam protects your food and drug supply.

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UNCLE SAM AT YOUR SERVICE

Monday, August 5, 1935. .

(FOR BROADCAST USE ONLY)

Speaking Time: 10 Minutes.

ANNOUNCEMENT: Station _____ now brings you the regular weekly report from the Food and Drug Administration, U. S. Department of Agriculture.

---ooOoo---

Friends, I'm going to ask you some questions today. I have here a long list -- prepared by your official correspondent with the Food and Drug Administration. If you can answer all of them -- if you know the answer before I tell it -- then you may consider yourself well-informed about Uncle Sam's Food and Drug Administration. If your score is perfect -- 100 per cent, you've been a most faithful listener to this series of talks.

Question Number One: "The Food and Drug Administration is part of what Federal Department of the United States Government?"

Answer: The United States Department of Agriculture. That was an easy one -- just to make everybody feel well-informed to start with.

Question Number Two: "What is the most important job of the Food and Drug Administration?"

Another easy one. The most important job of the Administration is of course the protection of your food and drug supply -- the enforcement of the Federal Food and Drugs Act.

Third question: "When was the Food and Drug Law enacted?"

In 1906. Your correspondent should also have asked who is known as the father of the Food and Drug Law? -- The answer is Dr. Harvey W. Wiley.

Fourth question: "What else does the Food and Drug Administration do, besides enforcing the Food and Drugs Act?"

Now they're getting harder. . . Anybody know the answer? Well, in addition to enforcing the Food and Drugs Act, the Administration is entrusted with the enforcement of five other statutes. Five others.

Fifth question: "What are these five statutes?"

They are the Insecticide Act, the Caustic Poison Act, the Import Milk Act, the Tea Act, and the Naval Stores Act.



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Sixth question: "How does the Insecticide Act help the ordinary citizen?"

Answer: By protecting him against misbranded and adulterated insecticides, fungicides, and disinfectants.

Seventh question: "How does the Caustic Poison Act help the homemaker?"

Answer: The Caustic Poison Act requires that containers of certain caustic or corrosive substances, suitable for household use, shall bear conspicuous and easily read labels. Among other facts, the label must contain the common name of the caustic or corrosive substance, and the word Poison, in letters of a specified size and style. Also, the label must contain directions for treatment of accidental personal injuries.

Question Number Eight: "What are the requirements of the Tea Act? What happens if teas do not meet these requirements?"

The Tea Act requires that every shipment of tea offered for entry at any port in the United States must be sampled and examined. Teas that fail to meet the Government standards of quality, purity, and fitness for consumption are denied entry into the country.

Ninth question: "What are the requirements of the Import Milk Act?"

You may know the answer to this one, if you're in the dairy business. The Import Milk Act requires the examination of samples of foreign-produced milk and cream entering the United States, and inspection of dairies and cattle in foreign countries sending us milk and cream.

Tenth question -- if you know the answer to this one, you're pretty good: "What are the requirements of the Naval Stores Act? What are naval stores?"

By the way, I asked somebody at home that question, and she said the question was too obvious to answer because everybody knows what Army and Navy stores are! Score nothing, for that answer.

Here's the correct answer: The Naval Stores Act provides for Federal inspection and grading of rosin and turpentine. Naval stores, of course, meaning rosin and turpentine. The production of these naval stores goes back to many centuries before the time of Christ, when the natives of Asia manufactured pitch and oil from the gum of pine trees growing along the shores of the Mediterranean. This gum, along with tar pitch, received the name "naval stores" when these products were used in building and repairing ships. The name still clings, although present day naval stores, as I said before, are turpentine and rosin, used in the manufacture of articles that have nothing to do with ship building.



Now, my hearties, how are you holding up under the strain? Here's one I don't believe more than one out of a hundred can answer correctly: "When was the Tea Inspection Act passed?" Ten years ago? Twenty? Fifty?

The answer: In 1897. But even before 1897 the Government was taking good care of our tea supply. As early as 1883 an Act was passed "to prevent the importation of adulterated and spurious teas."

Next -- you ladies who've been making iced tea lately should know this one: "What are the three main kinds of tea?"

Answer: Green, black, and oolong. Do they all grow on the same tea bush? Well, they could. The color depends on the way the leaf is cured. Green tea is unfermented; black tea is fermented; and oolong is semi-fermented.

Next question: "Where do most of our green teas come from? Black teas?"

Most of our green teas come from Japan and China. Our black teas, and we drink much more black tea than green, come from China, Ceylon, Indian, Java, and Sumatra. A great deal of our oolong tea, by the way, comes from the Island of Formosa.

On with the questions: "Is Orange Pekoe flavored with orange?"

No. The word "orange" in "Orange Pekoe" has nothing whatever to do with scent or flavor. It refers to color -- the color of the ends of the newer tea leaves, and to the tips or leaf buds.

"What is the origin of the word pekoe?"

It comes from the Chinese word "pak-ho" -- spelled p-a-k-h-o, meaning "white hair," and refers to the fine down on the tea leaves.

Next question: "What is English Breakfast tea?"

Answer: China black tea, fully fermented.

Question: "What is Gunpowder Tea?"

Answer: China green tea, unfermented.

Last question: "What is scented tea?"

The answer to that one might be -- the pretty little basket of tea your Aunt Susan brings home to you after she's visited Chinatown. But of course you can get scented tea even if you have no Aunt Susan who visits Chinatown. Scented tea is a mixture of tea leaves and small amounts of dried jasmine or other flowers. When brewed, scented tea has a slight perfume and flavor of the flower.



But no more questions today. School's over. Next Monday, as usual, you'll have another report from your official correspondent in Washington, D. C., who is responsible for today's questionnaire.

* * *

ANNOUNCEMENT: You have just heard a regular weekly talk, "Uncle Sam at Your Service," presented by Station _____ in cooperation with the Food and Drug Administration, U. S. Department of Agriculture.



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U. S. Department of Agriculture

UNCLE SAM AT YOUR SERVICE

Monday, August 12, 1935.

(FOR BROADCAST USE ONLY)

Speaking Time: 10 Minutes.

ANNOUNCEMENT: Station _____ presents a regular weekly talk, "Uncle Sam at Your Service," in cooperation with the Food and Drug Administration, U. S. Department of Agriculture.

---ooOoo---

Friends, there is something new under the sun.

Have you ever heard of a pie made of common garden peas? Neither had I, until I read today's news items from the Food and Drug Administration. They say -- and I suppose "they" refers to the people who have actually eaten the pie -- that it tastes something like pumpkin pie.

But here's the news item: "The Seattle station of the Food and Drug Administration reports that peas are exploited widely now as the coming crop of the State of Washington. One distributor of dried and split peas has developed a formula for pie which he expects to make popular. It is said to have a taste similar to pumpkin pie."

And here's another item, that shows how "up and coming" are the growers of the Pacific Northwest. In Oregon, reports a Food and Drug inspector, he found an agricultural service company spraying insecticides on peas, by airplane. By this method, the growers expect to control two enemies of garden peas -- the weevil and the aphid. Wherever the vines are infested with weevils, and dusted with poisonous insecticides, the peas are allowed to develop into seed, and are not used for food.

Now, to Colorado, where the Denver station of the Food and Drug Administration reports an outbreak of food poisoning, which resulted in the death of four persons. The victims were the father, mother, and four children of a family living in New Mexico. The family had eaten potatoes, dry beans, hominy, home-canned chillies, and home-canned tomatoes. Suspicion pointed to the home-canned chillies. A sample, sent to the University of Colorado medical school, proved to contain the deadly botulinis bacteria. The physician who took care of the family declared their symptoms to be typical of botulism.

Quoting your weekly report: "The bacteria that cause botulism are widely scattered throughout the soil. The spores are extremely resistant to heat, but the toxin is destroyed by boiling for 20 to 30 minutes. The home canner will avoid danger from botulism if she follows five fundamental rules:

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"First, use only clean, sound raw materials.

"Second, follow the most recent instructions for processing, making sure that this instruction applies at whatever altitude you are doing your canning. The federal Bureau of Home Economics issues rules for home canning that are based on the most recent scientific research. These rules are in a Farmers' Bulletin, Number 1471, called Canning Fruits and Vegetables at Home. You may get a copy of this bulletin by sending your name and address to the U. S. Department of Agriculture, Washington, D. C.

"Third, throw away all defective cans and glass containers. Fourth, carefully examine all foods for signs of spoilage, and fifth, throw away, untasted, all food showing signs of spoilage."

Follow these rules, homemakers, and your home-canned foods will be safe and wholesome.

Next item. . . . Well I see the next two items concern milady's eternal quest for beauty. She must have curly hair, if curly hair improves her looks, and she must reduce, if she thinks she's overweight.

However, no longer can you use a certain permanent wave solution, which formerly accompanied a sample of a certain sachet. Food and Drug officials in Philadelphia examined the permanent wave solution, and they found it to contain over five per cent of ammonia. In violation of the Caustic Poison Act, the label bore no warning of poison. Neither did the label carry an "antidote statement." Officials seized 46 sets of the combination products.

Just last Monday, your official reporter explained the provisions of the Caustic Poison Act, which is enforced by the Food and Drug Administration. The Caustic Poison Act, you will remember, requires that containers of certain caustic or corrosive substances, suitable for household use, shall bear conspicuous and easily read labels. The label must contain the common name of the caustic or corrosive substance, and the word "Poison." Also, the label must contain directions for treatment of accidental personal injuries.

So much for the permanent wave solution. The next item concerns a nurse in a Kansas City hospital, who sought to reduce by using that dangerous drug, dinitrophenol (dye-nye-tro-pher-nol). You've been warned against using this drug so many times, during the past two years, that I hesitate to add any more warnings. Just last month your official reporter with the Food and Drug Administration sent you a detailed account of the illness of twelve women in the San Francisco region, who were stricken blind after using dinitrophenol as a reducing agent. Until the cause of the blindness is definitely known, the authorities at Stanford suggested that -- I'm quoting this -- "the use of dinitrophenol should be curtailed to these cases where its need is imperative."



Going back to the nurse in the Kansas City hospital -- she wasn't stricken blind, after using dinitrophenol as a fat reducer, but she has acquired the illness known as jaundice.

What does it profit you, ladies, to lose a few pounds, or even many pounds, if it doing so you acquire the jaundice?

Now let's leave Kansas City -- and the nurse with the jaundice -- and take the train for Buffalo. Here we'll call on the Food and Drug officials, and see what they've been doing about the cold pack of the enormous crop of strawberries harvested this season in the Buffalo station territory. According to your Washington correspondent: "The cold-pack firms inspected were found to be packing berries of good quality as a whole." That's good news.

But there were some queer goings-on around two of the cold-packing firms. Inspectors found one of these firms storing rejected berries in a cold storage plant. Now, why would anybody want to store strawberries that had been rejected? Well, the manager of the cold-packing firm couldn't give a satisfactory explanation of what he intended to do with these rejected berries, so the State inspector condemned the whole lot, around a thousand pounds, and immediately destroyed them.

Another firm was found to be pressing juice from rejected strawberries. Now homemakers, you know more about these subjects than I do -- why would a firm want to use the juice from strawberries that weren't good enough to pack? That's what the inspectors wanted to know. They were told that the man who was actually doing the pressing intended to use this juice in making jelly for his own personal use. The firm disclaimed having anything to do with it. But the inspectors were not satisfied -- especially when they found that the man had more than 100 gallons of juice, which seemed to be something in excess of the personal needs of any one man. Even though he was extraordinarily fond of strawberry jelly.

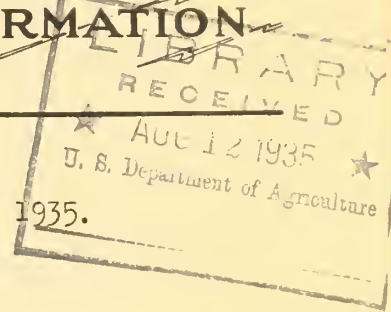
Well, the inspector didn't take any chances on this inferior juice getting on the market. He condemned and destroyed the 100 gallons.

But that's enough news for today. Just one more thing -- if you are interested in the bulletin I mentioned, which gives the rules for canning food at home, remember that you can get a copy from the U. S. Department of Agriculture, Washington, D. C. "Canning Fruits and Vegetables at Home" is the title.

---ooOoo---

ANNOUNCEMENT: You have just heard the regular weekly report, "Uncle Sam at Your Service," broadcast by Station _____ in cooperation with the Food and Drug Administration of the U. S. Department of Agriculture. Listen in again next Monday for another report of how Uncle Sam protects your food and drug supply.





UNCLE SAM AT YOUR SERVICE

Monday, August 19, 1935.

(FOR BROADCAST USE ONLY)

Speaking Time: 10 Minutes.

ANNOUNCEMENT: Station _____ presents a regular weekly talk, "Uncle Sam at Your Service," in cooperation with the Food and Drug Administration, U. S. Department of Agriculture.

--ooOoe--

More news items today, ladies and gentlemen, from your correspondent with the Food and Drug Administration.

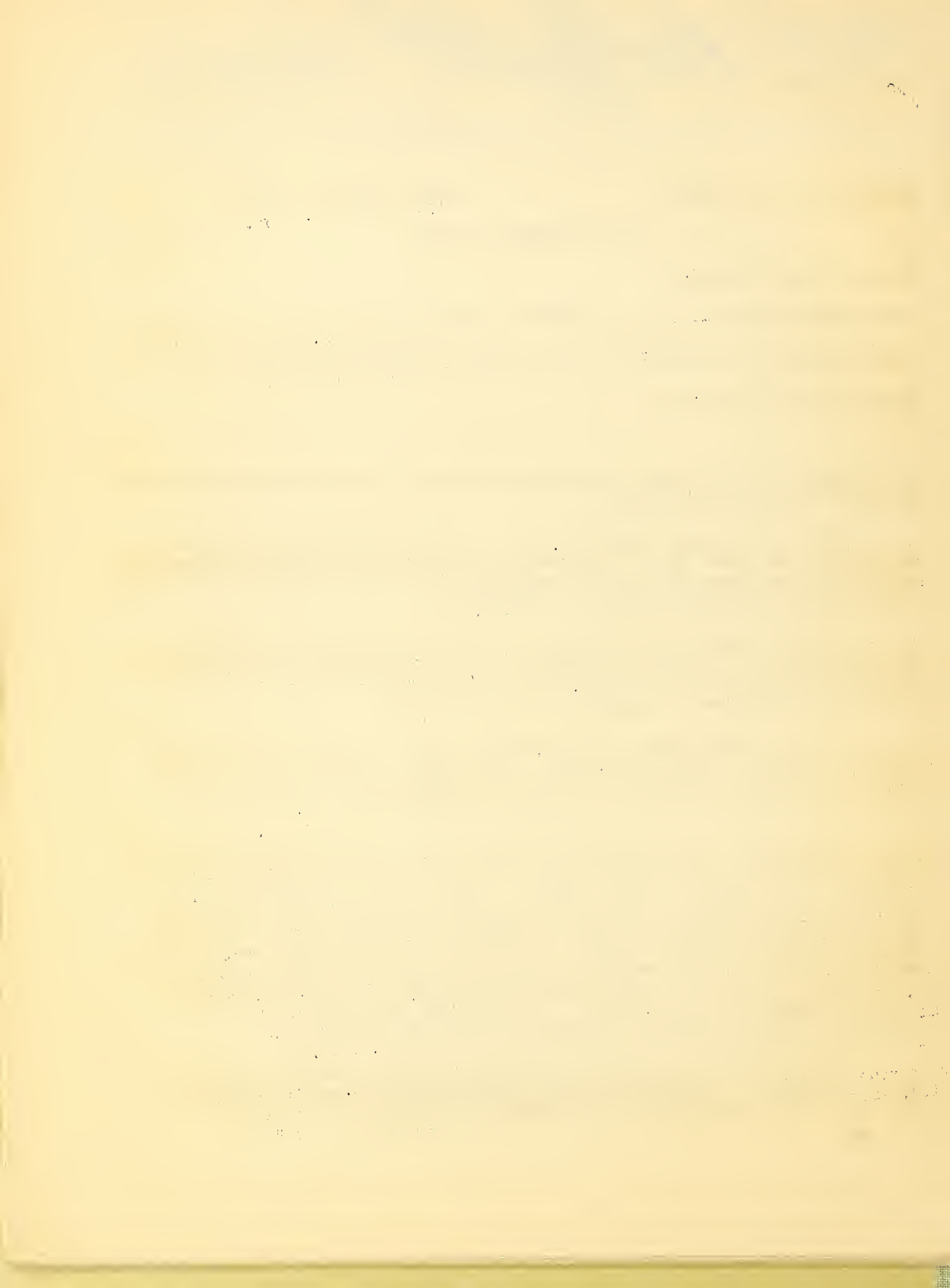
First and foremost, they've moved. On one of the hottest week-ends of this summer, the staff of the Food and Drug Administration left the ancient old building they've been living in for many years, and set up business in the newest Department of Agriculture building at Washington.

It took a hundred and fifty men -- working two days and two nights, in three shifts -- to move the apparatus, records, furniture, and the "Chamber of Horrors" exhibit to the new quarters. And the move is cause for general rejoicing with everybody, including your correspondent.

"No more," writes your correspondent, "will I be forced to climb long flights of stairs in the old building. There was an elevator, yes -- a huge one -- the elevator Noah used when he got the pachyderms on the ark. But the elevator has never been the same since the elephants went up two by two.

"Many a race I've had with that lumbering piece of machinery," continues your correspondent. "My practice was to ring for it, then wait patiently until I heard a heavy wheezing in the basement. That meant the thing was making up its mind to come after me. Then, after a gentle swaying of the ropes proved that it had actually begun to move, I'd poise on the first step of the first flight of stairs, so that we'd have an even start, and then climb three flights while the elevator slowly ascended, its joints creaking. At the top, I'd wait for it, just to be sure it could still make the grade. I'll miss that old elevator," says your correspondent. "The new ones take me up and down so smoothly and so silently that I hardly know when I've arrived. . . .

"But let me tell you about the Chamber of Horrors exhibit. It's not so bad as it sounds -- although it may be haunted by the ghosts of people who have died, after taking some of the nostrums on display in the exhibit."



Well, friends, perhaps I'd better stop here to explain what the "Chamber of Horrors" is, for the benefit of you folks who've never heard of it before. The "Chamber of Horrors" is a collection, made by officials of the Food and Drug Administration, of fraudulent food products and medicines, of dangerous drugs and cosmetics, many of them still on the market. If you've been to Washington during the past two years, perhaps you saw this exhibit.

Referring again to your weekly letter: "One of the newer additions to the 'Chamber of Horrors' shows you to what lengths a manufacturer will go, to put his product on the market. This particular product was originated by a man whose title was: Doctor of Suggestive Therapy. His nostrum is a dark brown medicine, a vegetable compound, for fourteen serious diseases. Each bottle carries the same list of the same fourteen diseases, and the same ingredients are used to cure any or all of them. Bear with me while I read the list: 1, diabetes; 2, high blood pressure; 3, anemia; 4, Bright's disease; 5, dropsy; 6, tuberculosis; 7, liver; 8, nervousness; 9, skin diseases; 10, ulcerated stomach; 11, arthritis; 12, rheumatism; 13, gall bladder trouble; and 14, asthma.

"The ingredients are always the same -- sugar, alcohol, and plant extracts, and Epsom salts. Each bottle sells for three dollars. The ingredients are worth scarcely twenty cents.

"Here's the way this medicine business is run. If you are suffering from diabetes, you are sold a bottle which has a circle drawn around '1. Diabetes.' If you are suffering from tuberculosis, you are sold a bottle which has a circle drawn around '6. Tuberculosis.' And so on . . .

"A young girl, who had been taking regular insulin treatments for diabetes, and getting along very well with them, was persuaded to give up this rational treatment and take the dark brown medicine instead. She died. Her death certificate shows diabetes to be the cause of her death.

"Here's an interesting sidelight on the business of selling this 14-in-one medicine. A salesman who was making fifty cents on each bottle increased his daily earnings by diluting the nostrum with coffee -- thereby selling more bottles.

"Incidentally, the 14 diseases listed on each bottle are not the only ailments the nostrum claims to cure," says your official reporter. "The manufacturer himself sold it to a cripple, suffering from gangrene. Such dangerous frauds cannot be satisfactorily controlled by our present Food and Drug Administration."

Well, friends, it's hard to believe that anybody could be persuaded to buy this stuff. And yet -- listen to these figures. In 1934, over 13,000 bottles of this medicine were sold -- 13,474 bottles. At three dollars a bottle, mind you! The net profit, in 1934, was \$7,237.99. . . And it's still being sold in many States.

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Now, referring again to your weekly report:

"Women who visit the 'Chamber of Horrors' exhibit are always particularly interested in the reducing preparations, especially those which contain that dangerous drug, dinitrophenol (di-nitro-phenol). These preparations, as you know, are causing a great deal of serious harm, not always recognized by the consumer.

"Another exhibit that draws the attention of women visitors is the picture of the woman who was made totally blind, after using an eyelash dye known as Lashlure. The pictures are 'before' and 'after.' She was a very comely lady -- before the fatal day she allowed a beauty parlor operator to use Lashlure on her eyelashes.

"Still another exhibit that draws the crowds is the medicine claimed to be a cure for diabetes. You've heard about this one -- it is made from the common weed called horsetail. In colonial days, our great-grandmothers used this weed to scrub their powter ware. 'Scouring rush,' they called the weed. Well, whatever the name, horsetail or scouring rush, it has no curative value whatsoever. Yet this nostrum sells for twelve dollars a bottle. In the 'Chamber of Horrors' you can see a bottle of the medicine, the testimonial letters written by persons who took the stuff and claimed they were cured of diabetes, and -- the tragic end to the story -- death certificates of these same people. They died of diabetes."

And now, friends, a more cheerful news item. Quoting your correspondent:

"The Food and Drug Administration has added two new Divisions, with a Doctor Nelson as chief of each. Dr. E. M. Nelson is chief of the New Vitamin Division, and Dr. Erwin E. Nelson is chief of the new Pharmacological Division.

"Dr. E. M. Nelson will have charge of the vitamins -- that is, his Division will check the claims and help establish standards for foods and drugs for which claims of vitamin potency are made.

"The other Doctor Nelson -- Dr. Erwin E. -- will have charge of testing certain rather new products -- glandular preparations, for example, that have been put on the market in recent years. He will also investigate the effect of poisons and impurities present in foods, and test the effects of new synthetic chemicals, used in foods and medicines. The problem of spray residues on fruits and vegetables is now the most pressing work of the new Pharmacological Division. But more about these new divisions later," concludes your correspondent, "after I have talked with Doctor Nelson -- and Doctor Nelson."

* * *

ANNOUNCEMENT: You have just heard the regular weekly report, "Uncle Sam at Your Service," broadcast by Station _____ in cooperation with the Food and Drug Administration of the U. S. Department of Agriculture. Listen in again next Monday for another report of how Uncle Sam protects your food and drug supply.



UNCLE SAM AT YOUR SERVICE

Monday, August 26, 1935.

(FOR BROADCAST USE ONLY)

Speaking Time: 10 Minutes.

ANNOUNCEMENT: Station _____ presents a regular weekly talk, "Uncle Sam at Your Service," in cooperation with the Food and Drug Administration of the U. S. Department of Agriculture.

* * *

In last Monday's report, friends, your official correspondent in Washington promised to tell you more about the work of one of the new Divisions recently added to the Food and Drug Administration -- the Vitamin Division, with Dr. E. M. Nelson in charge.

Says your correspondent: "I called on Doctor Nelson, the vitamin authority, last week, in his new office in the South Building of the United States Department of Agriculture. Books and reports were piled high on the floor -- in packing boxes and spilling out of packing boxes. I didn't look at the titles of all these publications, but I assume that they all deal with vitamins. I've read Einstein's theory of relativity in words of one syllable," continues your learned correspondent, "and I hope that some day Dr. Nelson will have time to write a 'Book of Vitamins' in words of one syllable."

Now that's not a bad suggestion, friends. If we're going to buy foods and medicines and cosmetics fortified with vitamins, we'd better learn all we can about these mysterious substances that science says we can't get along without. Take Vitamin D, for instance -- that's the one with the best press agents -- Vitamin D has appeared in scores of products during the past few years.

Let's name a few of these products alleged to be fortified with Vitamin D -- bread and cereals and cheese; biscuits, wafers, ice cream; yeast, of course; canned vegetables and fruit juices; carbonated soft drinks; beer and wine and malt preparations; peanut butter; soda fountain sirups; face creams; chewing gum.

Now I know that Vitamin D is very important, especially for children. I'm not a scientist, but I do know that if Vitamin D is lacking in the baby's diet he's likely to develop rickets and show bone deformities for the rest of his life. Here's what your official correspondent says about Vitamin D:

"In the building of bones and teeth, calcium and phosphorus are required. However, unless Vitamin D is also provided, bones and teeth will not develop normally, and stunted growth and rickets may result. Only a few foods contain Vitamin D in large enough quantities to be considered good sources.



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But foods can be enriched with Vitamin D. A chemical substance, ergosterol, is changed into Vitamin D by ultra-violet light. Foods containing ergosterol are often exposed to the rays of an ultra-violet lamp, and thus enriched with Vitamin D.

"There's still another way of supplying Vitamin D to a food product, and that is by adding irradiated ergosterol or concentrates of Vitamin D from such products as cod liver oil. Also, human skin contains a small quantity of ergosterol which may be changed into Vitamin D by ultra-violet light. This explains how rickets may be prevented and cured by exposing the skin to sunlight containing ultra-violet rays."

Well, after reading that explanation, I don't believe we can have a book about vitamins in words of one syllable -- not so long as we must include words like ergosterol, and quintuplet words like ul-tra-vi-o-let.

How, what are the natural sources of Vitamin D? Direct exposure to sunshine stands first and foremost. If you have a family of young children, you probably know this list of foods by heart -- but here it is, as supplied by your official reporter. The natural food sources of Vitamin D are fish-liver oils and egg yolk -- both excellent sources; and salmon, sardines, butter, liver, cream, oysters, and milk.

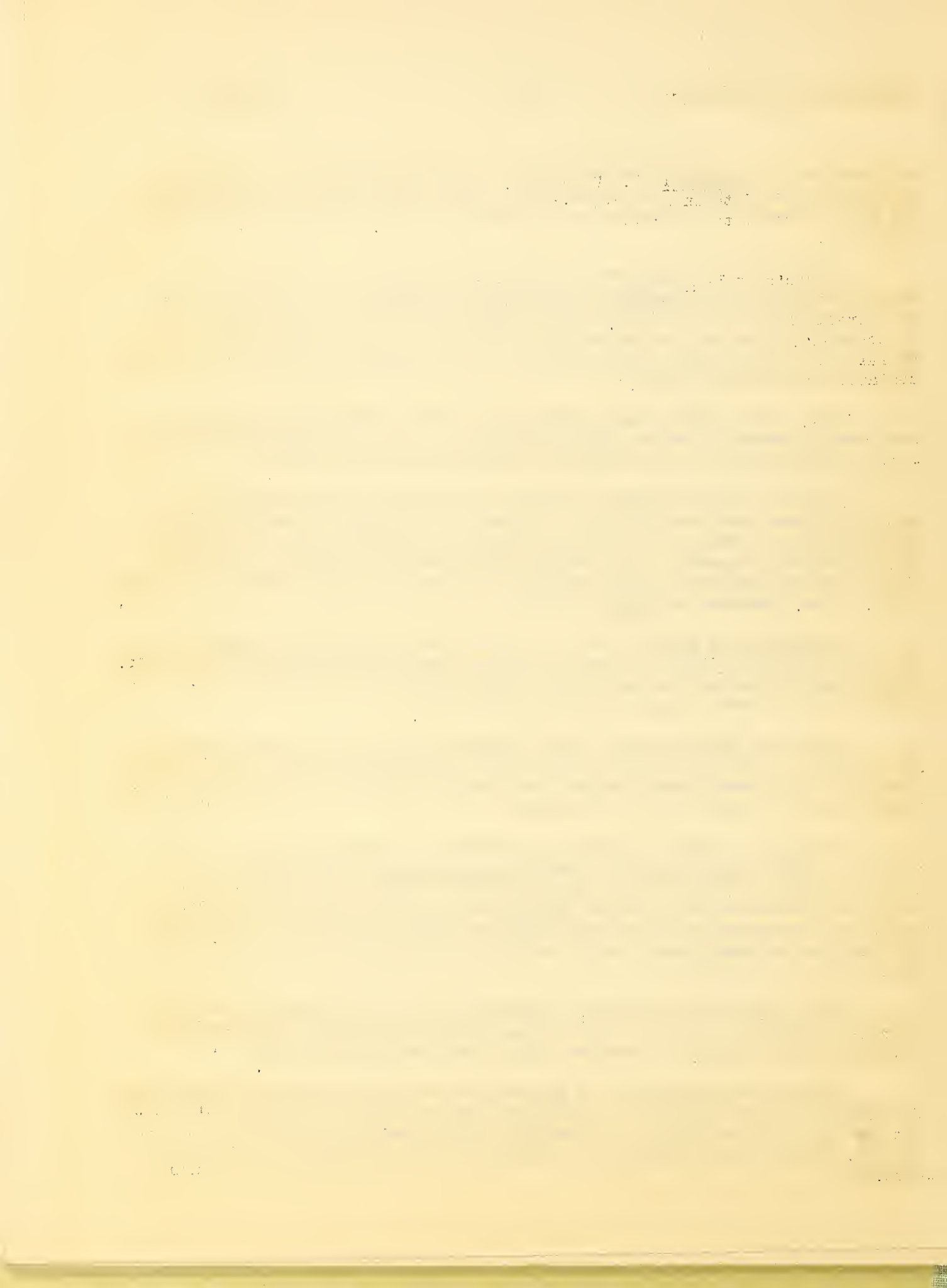
In unfortified milk, Vitamin D is found only in relatively small amounts. And since milk has been the standby of infants and young children for lo! these many years, it was quite natural that Vitamin D milk should appear on the market, and that many claims should be made for it.

What about these claims? Will Vitamin-D milk do all its manufacturers say it will? Does your normal healthy child need Vitamin-D milk? Do you and I need it? Here's what Doctor Nelson, the vitamin authority of the Food and Drug Administration, has to say on the subject:

"We have no reason to question the value of Vitamin-D milk for young children, where physicians have prescribed some form of this vitamin. But there will have to be much more research before we will know just how much value this fortified milk has for general use. So far, most of the research work with irradiated foods has been done with small animals, and we have not yet had time to check these results carefully in practical feeding tests with children and with adults."

Still quoting Doctor Nelson: "Science has not yet established whether Vitamin-D milk has a logical place in the dietary of children beyond the age at which rickets occurs, or whether adults need the fortified milk.

"Science has practically no information as to the Vitamin-D requirements of adults and older children; it does not know how much Vitamin D can be stored in the body; it does not know the extent to which sunshine contributes Vitamin D; and it does not know the Vitamin-D content of many of our natural foods."



And here's a more optimistic note, from Doctor Nelson: "There is no evidence to show that a significant number of adults are suffering from a deficiency of Vitamin D. In fact, there is no satisfactory clinical evidence to show that adults need additional Vitamin D, if they get a reasonably good diet. A person who eats an egg a day probably has no reason to be concerned over his needs for this vitamin, even if he eats no other food which supplies it." Well, here's a bit of a statistic for you -- we in the United States eat around one-hundred million eggs every day.

But now, back to Vitamin-D milk. Because it is such a convenient form in which to supply Vitamin D in the diet of babies and young children, its merits for general use are likely to be overstated. So says Doctor Nelson. Remember, though, he also says you have no reason to question the value of Vitamin-D milk for your children, if your physician prescribes it.

Some time ago, Doctor Nelson spoke before the International Association of Milk Dealers, when they met in Cleveland. Here's what he said about fortified milk. Quoting Dr. Nelson: "I have nothing but commendation for an industry that is constantly striving to improve the quality of its product. The fortification of milk with Vitamin D is a venture into a new field in which milk dealers are made to share a new responsibility. In the past your chief concern with health problems has been one of dispensing a natural product which is free from disease-producing organisms. If you alter that product to increase its nutritive value to the extent of preventing disease, your obligation to milk consumers assumes a different aspect. If the manufacture of Vitamin-D milk is going to be of greatest value to your industry and to the milk consumer, it behooves your Association to make a careful survey of the proper place of such milk in our dietaries."

That's all of the quotation. . . Doctor Nelson went on to say that he sincerely hoped that the practice of fortifying milk for infants with vitamins would practically eliminate infantile rickets -- but -- (it's always the little words that count for most) -- BUT, science will have to know more about Vitamin D before the practice of fortifying milk with this vitamin is on a sound basis. . .

In the meantime, Science marches on -- and the Vitamin Division of the Food and Drug Administration, under Doctor E. M. Nelson, will do all it can to protect the public, by checking the claims and helping establish standards for foods, drugs, and cosmetics for which claims of vitamin potency are made.

Mr. W. G. Campbell, chief of the Food and Drug Administration, said recently: "The vitamin field is one that has been widely exploited. The market has been flooded with many products of doubtful value, as well as many of unquestioned importance from a nutritive standpoint."

Well, from now on, from time to time, we'll hear more about these vitamin products -- both the good and the unreliable.

ANNOUNCEMENT: You have just heard the regular weekly report, "Uncle Sam at Your Service," broadcast by Station _____ in cooperation with the Food and Drug Administration of the U. S. Department of Agriculture. Listen in again next Monday for another report of how Uncle Sam protects your food and drug supply.



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U. S. DEPARTMENT OF AGRICULTURE

UNCLE SAM AT YOUR SERVICE

Monday, September 2, 1935

(FOR BROADCAST USE ONLY)

Speaking Time: 10 Minutes.

ANNOUNCEMENT: STATION _____ now brings you the regular weekly report from the Food and Drug Administration of the United States Department of Agriculture.

* * *

Four weeks ago, ladies and gentlemen, your official correspondent with the Food and Drug Administration prepared a list of questions, to test your knowledge of Uncle Sam's Food and Drug Administration.

Some of those questions were pretty hard. . . I took them home and tried them out on a person I consider rather well-informed -- but what she didn't know about the Food and Drug Administration: Well, to say the least, it was quite embarrassing.

She got some of the answers right. She knew that the chief job of the Administration is to protect our food and drug supply; she knew that the present Food and Drug law was enacted in 1906, and that Dr. Harvey W. Wiley is known as the "father of the Food and Drug law."

She also knew that the Administration is entrusted with the enforcement of a number of other statutes. Four other statutes, she guessed. The correct number is five -- the Insecticide Act, the Caustic Poison Act, the Import Milk Act, the Naval Stores Act, and the Tea Act.

Being a lady who likes to make tea, she did pretty well with the questions about the Tea Act. She knew that the U. S. Board of Tea Experts is composed of seven men, appointed by the Secretary of Agriculture, and that this Board includes one direct representative of the Government, and six members selected from the tea trade. She also knew the difference between black, green, and oolong tea, and she knew that "orange pelée" is neither scented nor flavored with oranges.

Well, all this is leading up to the fact that today's report from your official correspondent is another questionnaire, based on reports you've heard during the past few months. The first questions are about canned tuna fish -- if you heard the tuna fish report, you'll know the answers.

First question: "Where does most of our canned tuna fish come from?"

Answer: "From the warm waters of the Pacific, off the coast of Central America and Mexico."

Question Number Two: "Where are the tuna fish canneries located?"

Answer: "In a very small territory in Southern California. Most of the tuna are caught a thousand miles or so from the canneries."

9/2/35

Next question: "What is in a can of tuna fish, besides the fish?"

Answer: "A small amount of oil, usually cottonseed, and a small amount of salt."

Next: "How can you tell whether you're buying tuna fish, or a fish that's similar to tuna fish? That's easy. Read the label.

Next: "A product labeled as tuna fish must be prepared from one of four varieties of fish. What are these four varieties?" Answer: "Albacore or Long Finned tuna; the Blue Fin or Leaping tuna; the Yellow Fin tuna, and the Striped tuna."

Here's a good question: "Only one tuna fish that can be labeled 'White Meat Tuna.' What is it? It's the albacore, and I knew that before I looked at the answer.

Next question -- here's a good one for the lady who buys the groceries: "What are the three distinct classes of market tuna?" Answer: "White-meat tuna, which is scarce and expensive; light-meat tuna, the standard market product today; and Tonno, the Italian style pack."

You can guess the next question: "What is meant by Italian-style tuna?" And you can probably guess the answer: "Italian-style pack means that the tuna has been packed in olive oil."

If you're a conscientious label-reader you'll have no trouble with this one: "How many ounces of food in a can of tuna fish?" Answer: "The cans are generally marked as containing 13, 7, or $3\frac{1}{2}$ ounces of food. The law requires that the cans be as full of meat as practicable, with only enough oil and salt added to make a suitably flavored article."

* * *

Now we have a few questions about canned salmon. Let's see how many of you can answer this one: "What are the five varieties of salmon?"

Well, considering how much canned salmon we eat during the year, that one ought to be easy. . . . What are they -- the five varieties? Chinook, Red, Coho, Pink and Chum. . . . Which is the largest, and richest in oil? Chinook. The Chinook is the fish so popular for salads, because of its attractive color and soft texture.

I forgot to state, when I named the five varieties of salmon, that I was giving them in the order of their relative quality -- Chinook, Red (or Sockeye), Coho, Pink, and Chum (or Keta). As your official reporter told you once before, you should be able to buy Red salmon cheaper than Chinook, Coho cheaper than Red, Pink cheaper than Coho, and Chum salmon cheaper than all the rest. (You see why it pays to read labels, when you're buying canned salmon.)



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But here's the next question: "What do the terms Alaska, Columbia River, and so on, mean when used on a salmon label?" Answer: "They mean only the place of production."

Continuing: "What should you look for, on a salmon label, besides the name of the variety?" That's a question that deserves a hundred per cent correct answer -- after all that's been said about reading labels. Besides the name of the variety, you should look for the quantity-of-contents statement. That's the answer. Incidentally, it applies to all canned goods. Most cans of salmon contain one pound, or one-half pound. However, many brands are put up short of these quantities. The labels may read $15\frac{1}{2}$, $7\frac{1}{2}$, or $7\frac{3}{4}$ ounces. Read the label to learn what variety of salmon you're buying, and how much is in the can.

- - -

If you knew the answers to the tuna fish and salmon questions, and want to test your knowledge further -- what do you know about citrus fruits? Here's a stiff question: "With what four phases of citrus-control work is the Food and Drug Administration concerned?" The answer: "Arsenical sprays, natural coloring, artificial coloring, and frost damage."

Next: "Are there any legitimate processes for bringing out the natural coloring of mature, ripe oranges? If so, what are they?"

The answer: "There are two legitimate processes for bringing out the color of mature ripe oranges, that is, oranges that are ripe, but still green in color. These processes involve either holding the ripe fruit for a short time in a warm damp atmosphere, or treating it with ethylene gas. The treatment is entirely harmless."

Next question: "Does the Food and Drugs Act prohibit the use of harmless coal-tar colors?" No, it does not prohibit the use of harmless coal-tar colors, provided these colors do not conceal inferior fruit.

Next: "How can the consumer tell whether the oranges he buys have been artificially colored?" By reading the label, stamped right on the individual orange -- an ink stamp. If you don't care to buy oranges that have been artificially colored, you don't have to. After all, as your official reporter once stated, the Department of Agriculture isn't overly enthusiastic about the practice of coloring oranges with harmless coal-~~tar~~ dyes. The Department prefers the natural, unadorned color of the fruit.

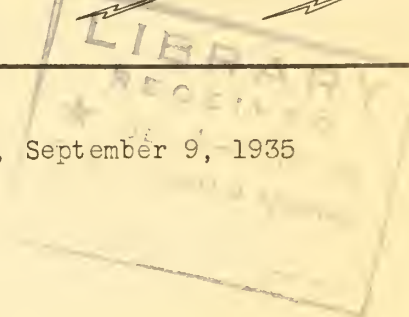
Well, that's enough questions for one day. I was hoping that your official reporter would include some questions about oysters, since the first of the "R" months is here, but it looks as if we'd have to wait a little longer for a report on oysters.

ANNOUNCEMENT: You have just heard a regular weekly talk, "Uncle Sam at Your Service," presented by Station _____ in cooperation with the Food and Drug Administration, U. S. Department of Agriculture.

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UNCLE SAM AT YOUR SERVICE

Monday, September 9, 1935

(FOR BROADCAST USE ONLY)

Speaking Time: 10 minutes.

ANNOUNCEMENT: Station _____ now brings you the regular report from the Food and Drug Administration of the United States Department of Agriculture.

--ooOoo--

Well friends, you're in for another "Information Test" today. This one seems to be directed to people who want to reduce their weight. Anyway, it begins with questions about the reducing racket. . .

"Reducing," states your official correspondent with the Food and Drug Administration, "is one of the most popular subjects these days. And some people aren't satisfied with a safe and sane exercise-and-diet routine. They don't want to reduce in a normal way, by using a balanced diet but going easy on the high-calorie foods -- fats, sweets, and starches. They'd rather buy a bottle of So-and-So's Slim-o or Whosit's Wate-Off, and hope that the pounds will slither away like magic."

Well, that's true enough. It's human nature, friends, to choose what looks like the easiest way. Besides, it takes will power to cut down on the fat meats and gravy, the rich pies and French pastries, and desserts heaped high with whipped cream. . . It's almost more than a man can stand, to give up all that, even though his friends begin to make fun of his "bay window," and to remind him that nobody loves a fat man. . . .

But there comes a time when it dawns on him that he ought to get his weight back to normal, for the sake of his health. Then he looks around for an easy way to reduce. His wife, too, although she'd never allow herself to put on so much weight as he has, wants to reduce just enough to look smart in her new fall suit. Well, let's hope they don't fall for the reducing preparations containing one of the new and dangerous drugs that racketeers are still selling, in spite of reports of deaths caused by their compounds.

And now let's look at this questionnaire, prepared for you by your official correspondent with the Food and Drug Administration.

First question: "Most all the fat-reducing preparations on the market today can be classified, roughly, into three groups. What are these groups?"

That's not so easy, unless you listened carefully to a recent talk on reducing preparations. Here's the answer: "The three groups are: First -- preparations that reduce by starvation; second -- those which contain powerful laxative drugs; and third -- reducing drugs, dinitrophenol (dye-nye-tro-phe-nol) and thyroid, which speed up the burning of the body fat."



Next question: "Describe the first group of fat-reducing products -- those that reduce by starvation."

Well, one thing I know without looking at the answer. They cost a dollar or more. Yes -- that's mentioned in the answer: "These preparations which reduce by starvation contain nothing but wholesome food substances, pleasantly flavored. They are usually sold in small containers for a dollar or more. The directions usually accompanying these high-priced fat-reducers tell you to do without breakfast and lunch, and replace these meals with a glass of water. Obviously," I'm still quoting from the questionnaire, "if you decrease the amount of the food you eat, a reduction in weight will almost always result."

Yes, that's obvious enough. . . It's quite obvious that if these fat-reducers cause you to lose weight, it's because they recommend that you do without breakfast and lunch.

Now, the next question: "What is the value, if any, of the second group of fat-reducing products -- those that contain powerful laxative drugs."

The answer: "Such products may have some limited fat-reducing action, by rushing the food through the body so rapidly that it does not have a chance to be digested and absorbed. The continued use of purgative drugs is not calculated to improve the health of the user. On the contrary, serious injury may result."

And the next question: "Describe the action of the third group of reducing preparations -- those that contain dinitrophenol and thyroid."

And the answer: "These products speed up the burning of the body fat to a point where the fatty tissue is actually utilized. These substances, dinitrophenol and thyroid, are extremely dangerous, and have caused a great deal of serious harm, not always recognized by the consumer."

Next: "When, if ever, is it safe to use substances containing dinitrophenol and thyroid?"

The answer to this one must be pretty important, because most of the words are underlined. Here's the answer: "They should never be used, except under the direction of a reliable physician, who can carefully regulate the dosage and watch their effect."

Well, we're reaching the end of our questionnaire -- here's the next to the last question: "What can the Federal Food and Drug Administration do, to keep dangerous fat-reducing preparations off the market?"

The answer: "Mighty little except to warn the public that they are dangerous. The present Food and Drugs Act does not now have jurisdiction over the general run of products of this type, dangerous though they may be, but the Food and Drug Administration does take action against such products whenever it finds legal justification for doing so."



And **the** last question: "What can the consumer do, to protect himself from flesh reducers that contain dangerous drugs?"

"He can read all labels carefully, he can avoid preparations he knows to be harmful, or about which he knows nothing, and when in doubt, he can consult a physician."

And here's where your official correspondent has written "Finis," to the questionnaire on fat-reducing preparations.

Now we have time for a few brief news items from the Food and Drug Administration. (After all, we can't answer these questionnaires unless we keep up with current events.)

First news item: "Short weight is one of the commonest violations of the Food and Drugs Act." (Remember that, folks, if your correspondent ever asks, "What's one of the commonest violations of the Food and Drugs Act?" "Short weight," you can answer -- just like that.)

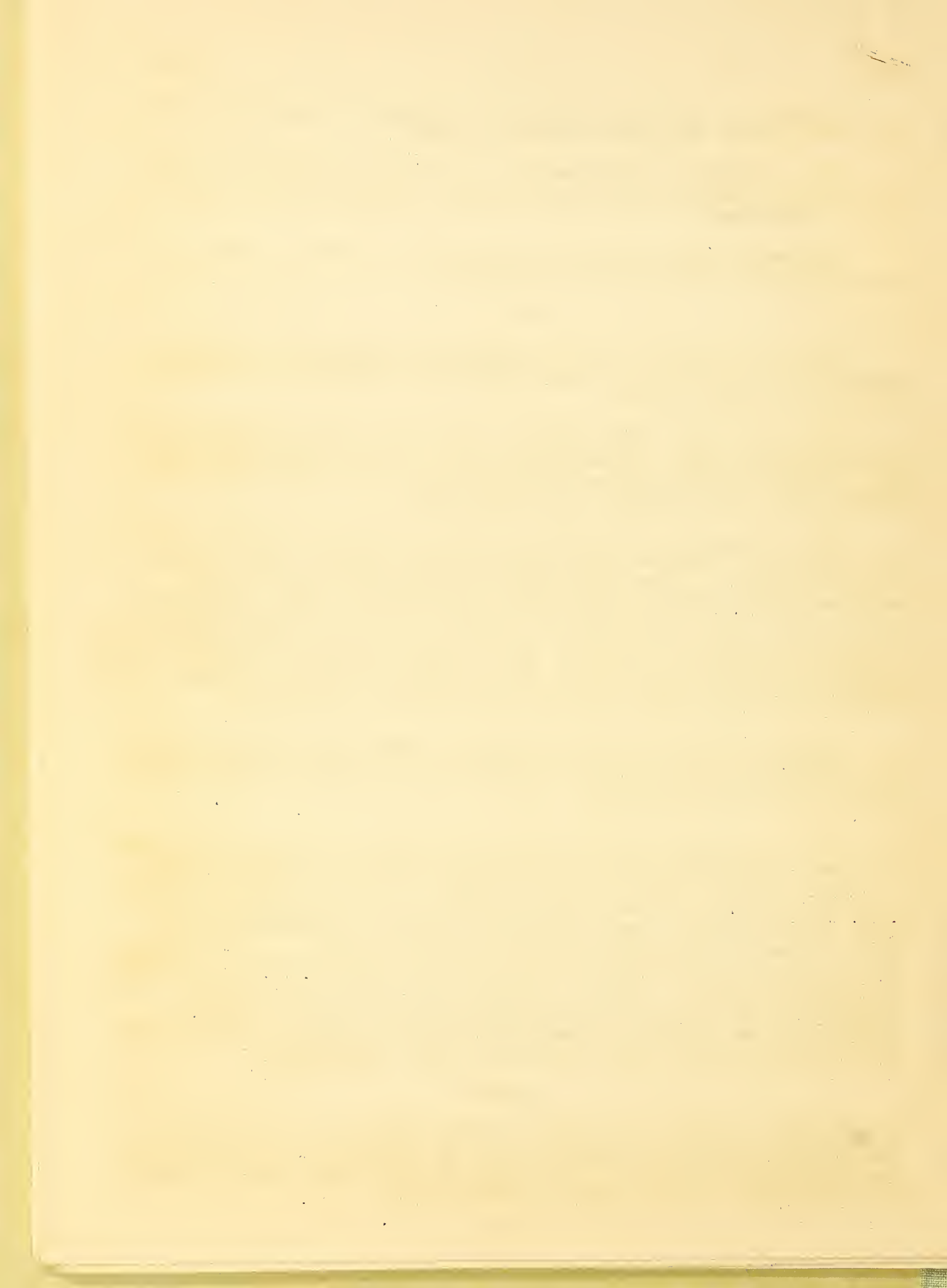
Referring again to your report: "During the month of July five interstate shippers of foods and stock feed were fined a total of more than \$500 for short weight. . . Also, during July, Food and Drug officials seized seventeen patent medicines bearing false and fraudulent claims. I won't read you the names of all these seventeen medicines, but they certainly did claim to do a lot of curing, considering the stuff they contained! For example, here's a product described as a germicide, "when in fact," quoting your report, "it was incapable of killing common germs. This product was offered for varicose veins, varicose ulcers, toe itch, and muscle, joint and nerve conditions."

Here's a preparation, made up mostly of seaweed, and offered for headache, neuralgia, neuritis, nervous prostration, low vitality, anemia, indigestion, liver and kidney troubles -- and eight other ailments. I won't suffer you to listen to the whole list.

Let's see whether you'd be interested in any of the rest of these patent medicines, seized because they bore "false and fraudulent medicinal claims." . . . Well, here's a salve, for croup, catarrh, pneumonia, tonsillitis, chest colds and sore feet. I wonder how many mothers put off rational treatment for their children, hoping to cure such serious diseases as pneumonia with this salve, composed of petrolatum, wintergreen oil and menthol. . . I'll mention just one more of these seventeen patent medicines which bore "false and fraudulent medicinal claims." This one, friends, is a product called "Slim." You've guessed it -- one of these reducing preparations -- a product containing dinitrophenol and labeled as a "safe" means of weight reduction, "which," says your official reporter, without wasting any words, "was untrue."

--ooOoo--

ANNOUNCEMENT: You have just heard the regular weekly report, "Uncle Sam at Your Service," broadcast by Station _____ in cooperation with the Food and Drug Administration of the U. S. Department of Agriculture. Listen in again next Monday for a report of dangerous fat-reducers.



Radio Service

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★ SEP 10 1935 ★
U. S. Department of Agriculture

UNCLE SAM AT YOUR SERVICE

Monday, September 16, 1935.

(FOR BROADCAST USE ONLY)

Speaking Time: 10 minutes.

ANNOUNCEMENT: Station _____ now brings you the regular weekly report from the Food and Drug Administration of the United States Department of Agriculture.

--ooOoo--

Ladies and gentlemen, right on the heels of last Monday's report from your official reporter in Washington, D. C. came a warning from Mr. W. G. Campbell, Chief of the Federal Food and Drug Administration.

You will recall that your correspondent had cautioned you against using certain dangerous fat-reducing preparations. Well, it seems your correspondent's warnings were not half strong enough. Listen to this statement, from the Chief of the Food and Drug Administration:

"Blindness from the use of dinitrophenol (dye-nye-tro-phenol) for reducing weight has not stopped the use of the drug, in spite of repeated warnings. The eye cataracts observed in dinitrophenol poisoning develop with a rapidity and malignancy hitherto unknown, and result in total blindness within a comparatively short time. This drug may produce acute poisoning, the symptoms of which are nausea, stomach and intestinal distress, sweating, flushed skin, high fever, rapid breathing, and muscular rigor followed by death. The drug also damages the liver, kidneys, heart and sensory nerves. It produces agranulocytosis (a-gran-u-lo-cy-to-sis) a blood disorder also noted in cases of poisoning with amidopyrine (a-need-o-pye-rin), a common ingredient of medicines for the relief of pain."

"The Food and Drugs Act," (still quoting Mr. Campbell) "is practically inoperative against this public health hazard. The only application of the law to these products" (that is --- these fat-reducers that contain dinitrophenol) -- "the only application of the law to these products is through some misstatement of fact, or some false and fraudulent curative claims in the labeling. In any event, the law can be invoked only when the product has been transported across a State line."

Yes, ladies and gentlemen, that's a fact I sometimes forget to mention -- the Food and Drugs Act applies to interstate commerce only.

Again, quoting your report: "There is little doubt," says Mr. Campbell, "that the cases of progressive blindness recently reported in California are the result of medication with dinitrophenol. It is to be regretted," he concludes, "that the present Federal law is silent with respect to the control of dangerous drugs."



I don't need to tell again the story of the twelve women in the San Francisco region, who were recently stricken blind after using a certain fat-reducing drug which contained dinitrophenol.

Now, here's what your official reporter with the Food and Drug Administration has to say about the products still on the market -- those containing dinitrophenol.

"Only one of these products," I'm quoting, "has been confiscated under the Food and Drugs Act. That one was 'Slim,' mentioned in the report sent you last week. 'Slim' was confiscated because of a label claim that it was 'safe to use,' whereas medical opinion is unanimous to the contrary. This proceeding was approved by Mr. Campbell, who stated that in the absence of affirmative control over dangerous drugs, and to achieve one of the essential objects of the Food and Drugs Act -- the protection of the public health -- it is the purpose of the Administration to take advantage on any available legal technicality in proceeding against all products containing dinitrophenol."

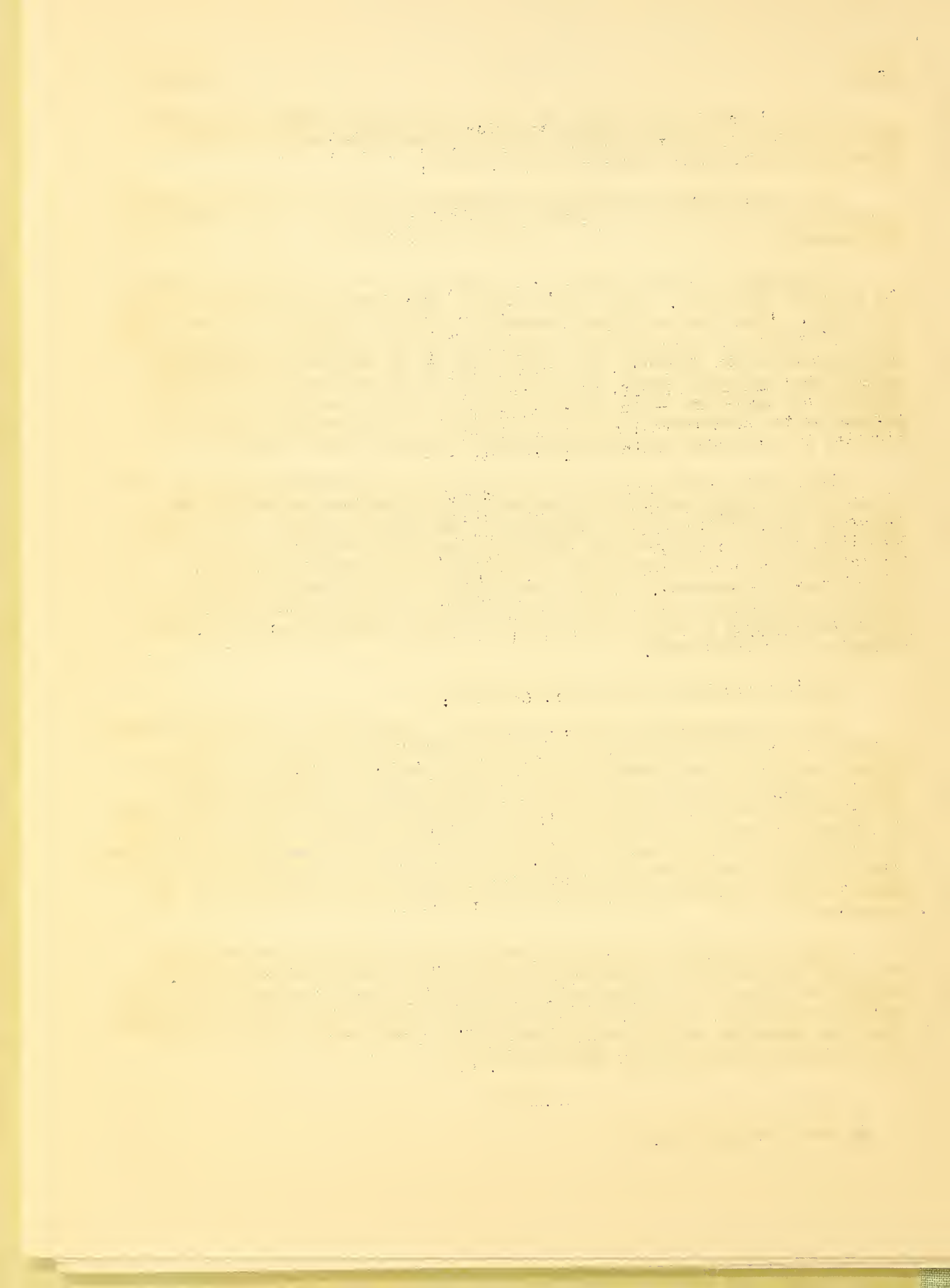
Now, ladies and gentlemen, the Food and Drug Administration has a list of some of the names under which fat-reducing preparations containing the dangerous drug, dinitrophenol, have been or are now being sold. If you want this list, write to the Food and Drug Administration, Washington, D. C. Ask for information on weight-reducers containing dinitrophenol -- spelled d-i-n-i-t-r-o-p-h-e-n-o-l. You've been warned, time and again, that fat-reducing preparations containing dinitrophenol are extremely dangerous. The person who insists on using them in spite of these warnings has no comeback. He knew the gun was loaded.

Here's a closing word from Mr. Campbell:

"It is interesting to note," he states, "that all the so-called reducing preparations on the market fall into three categories: first, the salts, crystals and herb teas, laxatives that deny the body the benefit of its food intake; second, products that depend for effect upon the stringent diets prescribed as part of the 'treatment'; and third, the unquestionably effective but dangerous articles containing thyroid or dinitrophenol, both of which act by speeding up the utilization of food. All of them are unwarranted impositions upon the public, which cannot evaluate claims made for the preparations, and cannot readily appreciate the harm that may result from careless use of the products."

And that concludes today's information about dangerous fat-reducers. Everybody who listens to these Monday reports will soon be an authority on how not to reduce, if our Washington correspondent keeps us posted on all the latest developments in the fat-reducing racket. And, if you want to know more about the dangerous weight-reducers containing dinitrophenol, write to the Food and Drug Administration, Washington, D. C.

Now a few news items.



The campaign for clean crabmeat goes on. Federal officials and responsible packers are eager to clean up the supply of crabmeat that comes from the Atlantic coast. In July, federal officials rounded up 3400 pounds of the contaminated crabmeat for Federal seizure.

Another campaign that still goes on is the "clean cream" campaign. Twenty-five hundred gallons of unfit cream and twenty-five thousand pounds of contaminated butter were seized recently. Also, 4500 pounds of butter were confiscated because they didn't contain as much butterfat as the law requires.

These weren't the only foods that got into trouble with the law. One lot of canned tuna was confiscated, one lot each of canned salmon, canned spinach, canned mustard greens, canned corn, canned tomatoes, apple butter. Turnip greens -- two lots of them, were confiscated. Also 465 crates of fresh blueberries, 25 barrels of frozen strawberries, and six barrels of dressed poultry.

Other food products were clean and wholesome enough, but they got involved with the law because they were "in the nature of economic frauds". For example, officials instituted proceedings against some canned peas and canned tomatoes that were below standard, and not labeled to indicate their "true character"; against macaroni and egg noodles colored with turmeric or artificial yellow color; against maple sirup adulterated with cane sugar sirup; against short weight grated cheese which contained starch, not declared on the label, and which also bore misleading label statements about its foreign origin.

All these "economic frauds", -- and others too numerous to mention -- are recent violations of the Federal Food and Drug law, which aims to take care of your food and drug supply.

And let me remind you again, friends, if you want to learn more about some of the dangerous weight-reducers on the market today -- those containing dinitrophenol -- write to the Food and Drug Administration, Washington, D. C.

---ooOoo---

ANNOUNCEMENT: You have just heard a regular weekly talk, "Uncle Sam at Your Service," presented by Station _____ in cooperation with the Food and Drug Administration, United States Department of Agriculture.

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UNCLE SAM AT YOUR SERVICE (FOR BROADCAST USE ONLY) Release Monday, September 23, 1933.

Speaking Time: 10 Minutes.

ANNOUNCEMENT: Station _____ now brings you the regular weekly report from the Food and Drug Administration of the United States Department of Agriculture.

--ooOoo--

At last, my friends, at long last, your official correspondent with the Food and Drug Administration has come across with that report on oysters I've been trying to get ever since the first day of September. A report on oysters, it seems to me, is always appropriate the very first day of the first "R" month.

According to legend, the oyster, "secret and self-contained and solitary," as Charles Dickens said, "annoyed by noisy noises," as somebody else said, was discovered by an American Indian, long before the white men came to the New World.

One day, so the legend goes, an Indian brave was lying on the shore of Delaware Bay. Not just dreaming, as you or I might have been -- but looking with eagle eyes into the water, ready to spear any fish that might suddenly appear. While the Indian brave waited for the fish, he saw a queer-looking little stone in the water -- a stone that seemed to be slightly divided.

"Aha!" said the Indian brave. "Squaw like stone for mantle piece." Or something like that. Anyway, he reached for the stone, which suddenly clamped tight on his finger. The brave "howled in dismay," and with his tomahawk, "he cleft the trap with a mighty blow and forthwith put his finger into his mouth to relieve the numbing pain. The look of anguish changed to astonishment and then to pleasure, for he had discovered the delicious flavor of one of the finest natural gifts to man --- the oyster."

And there, ladies and gentlemen, you have the touching story of the American oyster -- which might never have been discovered if an Indian brave had not decided to take home a nice gift for his wife. . . .

Well, now that I've told you what I know about oysters, let's refer to your regular weekly report from the Food and Drug Administration. I can assure you that your official coorespondent will give you only practical information. In fact, if he heard the story of the Indian brave, he'd probably say: "Have you any authentic reason to believe those are the facts?" After all, I have no reason to believe they're not the facts. . . .



Now, referring to your report. . . . In the first place, "oysters contain protein of excellent quality. There are very few foods that contain in the average serving larger quantities of iodine, copper, or iron than are provided by a serving of oysters. They also contain vitamins A, B, and D".

Next important fact: "Mollusks of the group that includes oysters are called bivalves, because they have two shells or valves. Oysters of Atlantic and Gulf coasts are all of one species, Ostrea virginica -- variously known as Blue Points, Buzzard Bays, Cape Cods, Rockaways, Cotuits, Lynnhavens, Saddle Rocks, and so on. The name 'Blue Point' was originally applied to the small oyster which grew in Great South Bay, Long Island, near Blue Point. Nowadays, especially in restaurant menus, the name 'Blue Point' is quite generally applied to any small oyster.

"The term 'Lynnhaven' was originally applied to the very large oysters from Lynnhaven Inlet, near the Virginia Capes. The name is now applied to any large oysters, regardless of where they originated."

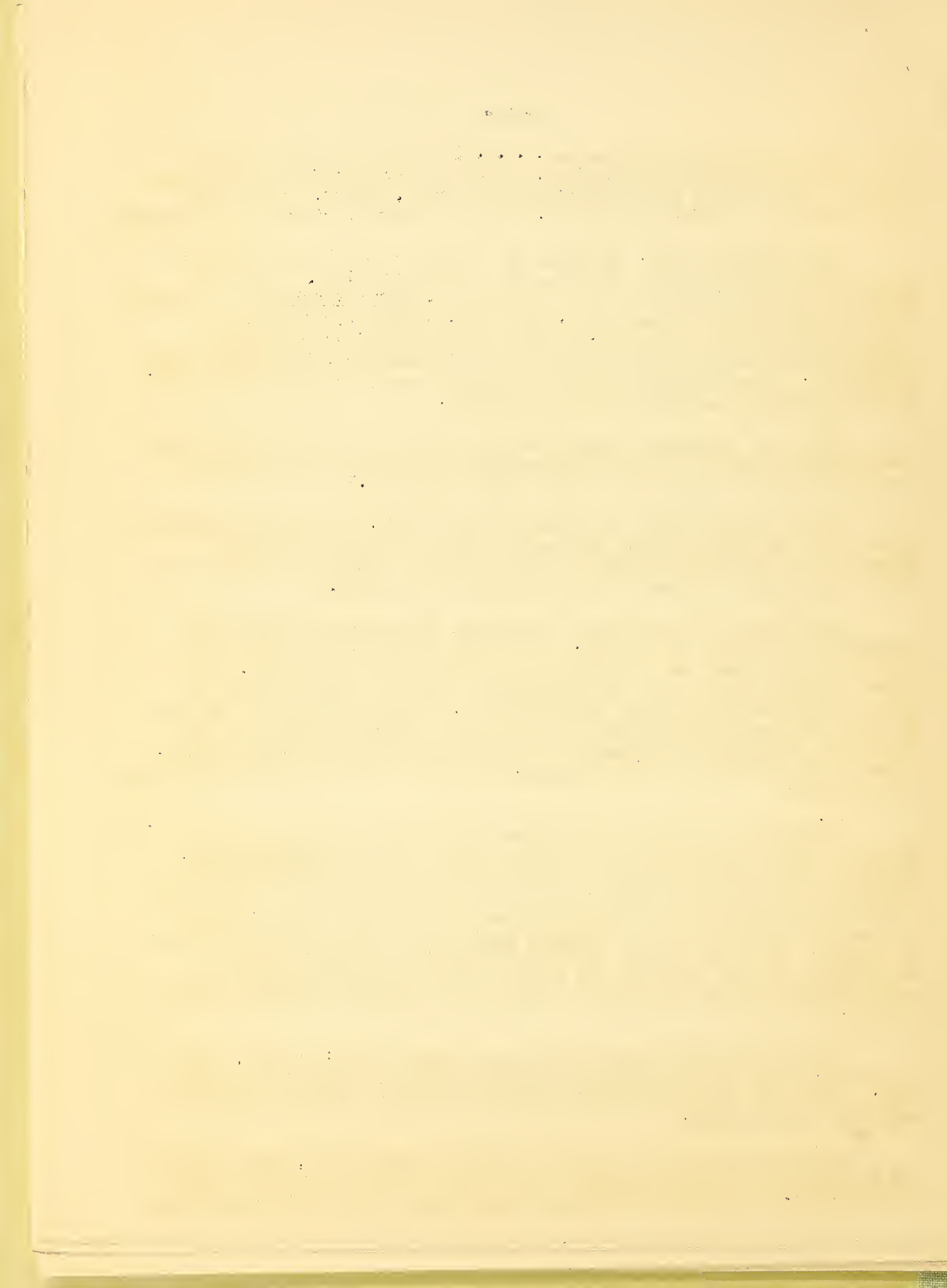
On the Pacific Coast, according to your report, you find the species of oyster known as Ostrea lurida, much smaller than the Eastern oyster. Wherever they come from, according to one authority, "American oysters are almost universally conceded to be the finest in the world."

The methods of cultivating, harvesting, and handling oysters vary somewhat in the different regions. In certain sections, oyster beds are leased from the State and the oysters are cultivated by the lessee. In other sections, oysters just grow naturally on beds or reefs, and can be gathered by anyone who has the proper license. Because conditions vary so, the Food and Drug Administration has had to make extensive studies in all the oyster regions of the country, to establish just and fair legal regulations for the industry. It's a big job, you know, to keep the oysterbeds clean and sanitary.

It's also a big job, as the dealers and shippers can tell you, to keep the oysters clean and wholesome while they're in the shucking house. Federal and State authorities do what they can to regulate and control conditions upon the growing grounds, and State officials promulgate regulations to govern sanitation in the shucking houses. But the real responsibility for sanitary conditions in the shucking house rests squarely upon the dealer or shipper. Of course Federal and State authorities cooperate with the dealer, but, quoting your official report, "it is the dealer himself who must assume the burden of keeping a clean house in order to deliver a clean product."

Now here's a fact I never knew before reading today's report. Did you know that the oyster hibernates during the winter? Just like the brown bear. Cold water above the oyster beds brings about a resting or dormant condition in the oyster.

Oysters on beds in the waters of New York, Connecticut, Rhode Island, and Massachusetts usually hibernate from the latter part of November until late in April. The oysters in Maryland and Virginia may not hibernate until



a month later. Hibernating oysters, say the authorities, are bacteriologically clean. That is, within the shell! Of course mud does collect on the outside of the shell. Oyster men must be careful, even during the hibernating season, that the water over the oyster beds is clean.

Now what about this tradition that you shouldn't eat oysters during months without an "R"? Why should we taboo this delicious bivalve during May, June, July, and August? As a matter of fact, I know one oyster lover who says he always has eaten oysters during "Jurly" and "Orgust," and he always will.

But to go back to the tradition. A little research shows that it is a tradition "of great and venerable age." It was first put on record in 1599 by a certain Doctor Butler, the vicar of an English country parish. The writer I consulted must have resented this tradition, for he wrote, "but Doctor Butler can hardly be considered an authority of sufficient weight to bind the human race for all time to come!" He ended that statement with an exclamation point, too -- showing he felt strongly on the subject.

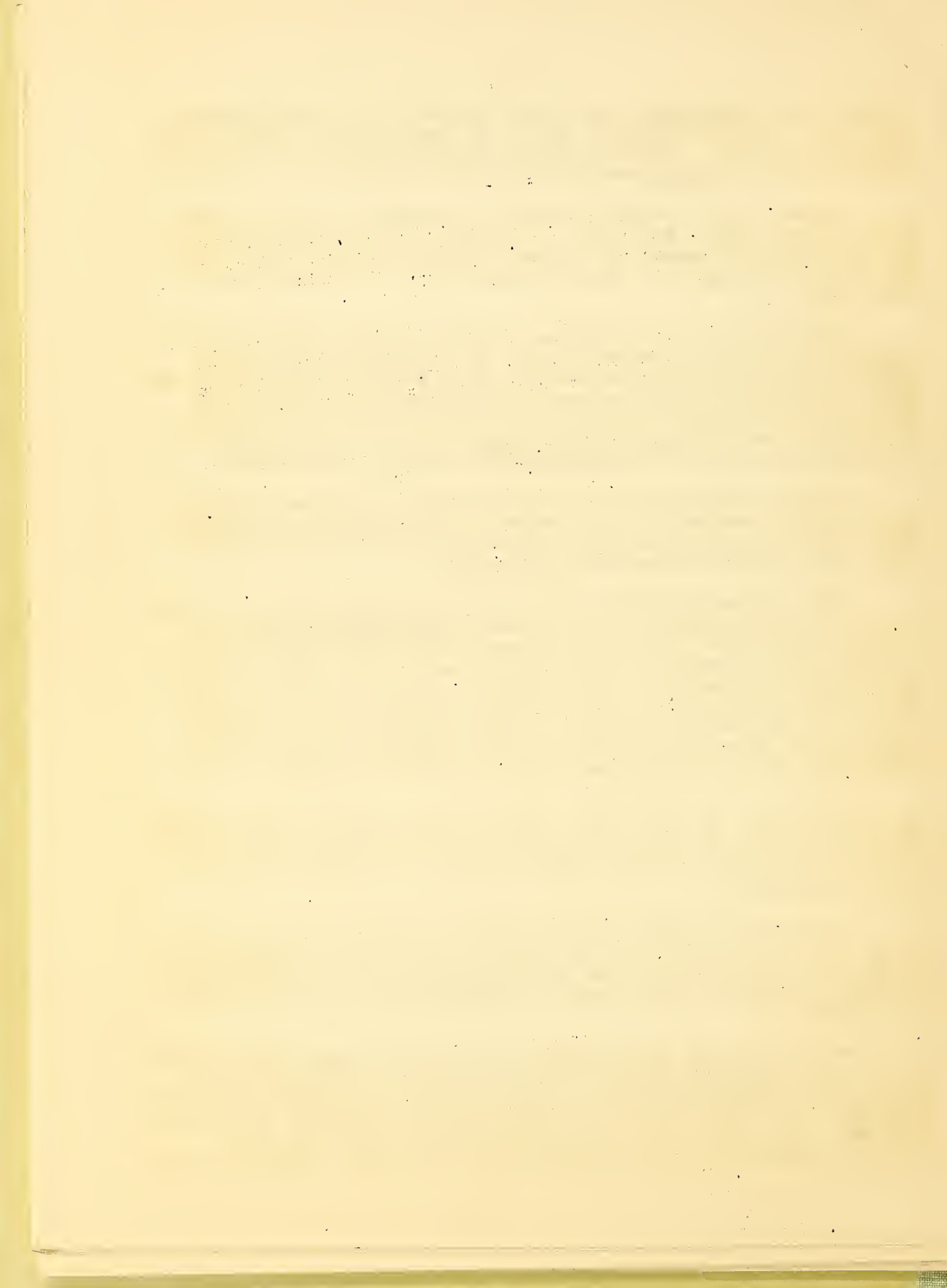
The real reason that oysters are not eaten in the summer is because that is usually considered a closed season to permit spawning and reproduction. Oysters are just naturally a cold weather dish, and there would be little market demand for them during hot weather.

Well, friends, I've been putting off the sad moment as long as possible, but now it becomes my duty to tell you what an absent-minded packer can do to a nice fresh oyster. You know, of course, that shucked oysters require a certain amount of washing to free them from sand, bits of shell, and other impurities. This process is called "blowing." It need not take more than three minutes. But once in a while -- and the reliable oyster men deplore this fact as much as we do -- once in a while a packer becomes so absent-minded that he leaves his oysters in the blower longer than three minutes; considerably longer, in fact, than it takes to clean the oysters.

Now oysters like fresh water. You can lead an oyster to water and you can make him drink. He laps it up. The more fresh water the oysters absorb, the more they increase in size. Finally, they reach the stage where they're so full of tap water that they are what the Food and Drug Administration calls "adulterated."

You know what the "Eff and Dee A" thinks of "adulterated" food products. It's part of their job to see that you and I don't pay oyster prices for tap water. Maybe they're fond of oysters themselves, and hate to see us sacrifice the delicious salty flavor of a natural oyster for the flat taste of a watered one.

Some time ago, an oyster company in the East was charged with adulterating oysters with water. When the case was tried, the judge praised the Food and Drug Administration for its zeal in behalf of the public. The judge condemned the fraudulent practice of selling water as oysters. But he dismissed the case. Why? Because the total solids of oysters vary under different conditions, and from different areas and no legal standard has yet



been determined for them.

Says your correspondent: "Officials of the Food and Drug Administration cherish hopes that some day we shall have standards for oysters, as we now have for other foods. In the meantime, Federal officials and responsible oyster men continue the campaign to prevent the sale of adulterated oysters."

That's all, fellow-epicures. Wasn't it Diamond Jim Brady who used to go into a Broadway restaurant, and order two or three dozen Lynnhaven oysters, each measuring six inches from tip to tail? After he had consumed these three dozen, he'd order another dozen or so, just to relieve the monotony. I'll bet Diamond Jim would have been madder than a hornet, if anybody had dared bring him any watered oysters.

---ooOoo---

ANNOUNCEMENT: You have just heard a regular weekly talk, "Uncle Sam at Your Service," presented by Station _____ in cooperation with the Food and Drug Administration, U. S. D. A.



UNITED STATES
DEPARTMENT
OF AGRICULTURE

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U. S. Department of Agriculture

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UNCLE SAM AT YOUR SERVICE

Monday, September 30, 1935

(FOR BROADCAST USE ONLY)

Speaking Time: 10 minutes

ANNOUNCEMENT: Station _____ now brings you the regular weekly report from the Food and Drug Administration of the U. S. Department of Agriculture.

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Ladies and gentlemen, how about a cup of tea? Tea with lemon, tea with cream and sugar, or just plain tea.

You haven't been drinking as much tea as formerly. In fact, during the past year you used just about one million pounds less than in 1934. And in 1934, you used ten million pounds less than in 1933. As you can see, we are not yet a nation of tea-drinkers.

The story of the origin of tea is something like the story I told you last week about the American oyster. Both were discovered quite by accident.

Long ago, according to legend, almost three thousand years before the time of Christ, the Chinese Emperor Chin-nung discovered the beverage tea. One day this celebrated scholar and philosopher was cooking his supper over a fire, made of branches of the tea plant, and some of the leaves fell into a dish of water. Thus was made the first pot of tea.

Chin-nung liked his tea. It was this Chinese emperor who said: "Tea is better than wine, for it leadeth not to intoxication, neither doth it cause a man to say foolish things, and repent thereof in his sober moments."

Now, for the time being, I want you to forget about Chin-nung, and consider me an authority on tea. I have just completed a study of the annual tea report of the Food and Drug Administration, which, as you've heard before, enforces the National Tea Act, and sees that only good tea enters the United States.

As I said before, tea imports have fallen off a million pounds during the past year. In fact, tea imports have been decreasing for some time.

"With the exception of 1921," I'm quoting your official report, "less tea was examined in the fiscal year 1935 than in any other year in the past fifteen." The fiscal year, you should know, ended June 30, 1935.



Now before I quote further, perhaps I'd better remind you that the United States Board of Tea Experts includes seven members, appointed by the Secretary of Agriculture. The members of the Board for 1935 are from San Francisco, Seattle, Chicago, Boston, Philadelphia, and New York City.

The Board includes one direct representative of the Government, and six members selected from the tea trade. The representative of the Government is Mr. Charles F. Hutchinson, Chief Tea Examiner, New York City.

What are the duties of the U. S. Board of Tea Experts? Well, some of the time they sit around a big revolving table and sample many, many cups of tea. In more dignified language -- (this is the language of your official correspondent with the Food and Drug Administration) -- the seven members of this Board are "charged with the duty of preparing and submitting to the Secretary of Agriculture standard samples of tea, with which all teas entering the United States are compared as to purity, quality, and fitness for consumption, under the tea inspection act of March 2, 1897. The Board of Tea Examiners met last February in New York City, and selected the tea standards which went into effect the first day of May, 1935."

Now for a bit of a review, for those of you who were on vacation when we had our last tea program. What are the three main kinds of tea? Green, black, and oolong. The color depends on the way the leaf is cured. Green tea is unfermented; black tea is fermented, and oolong is semi-fermented.

Most of our green teas come from Japan and China. Black teas, from China, Ceylon, India, Java, and Sumatra. Oolong -- at least a great part of it -- from Formosa.

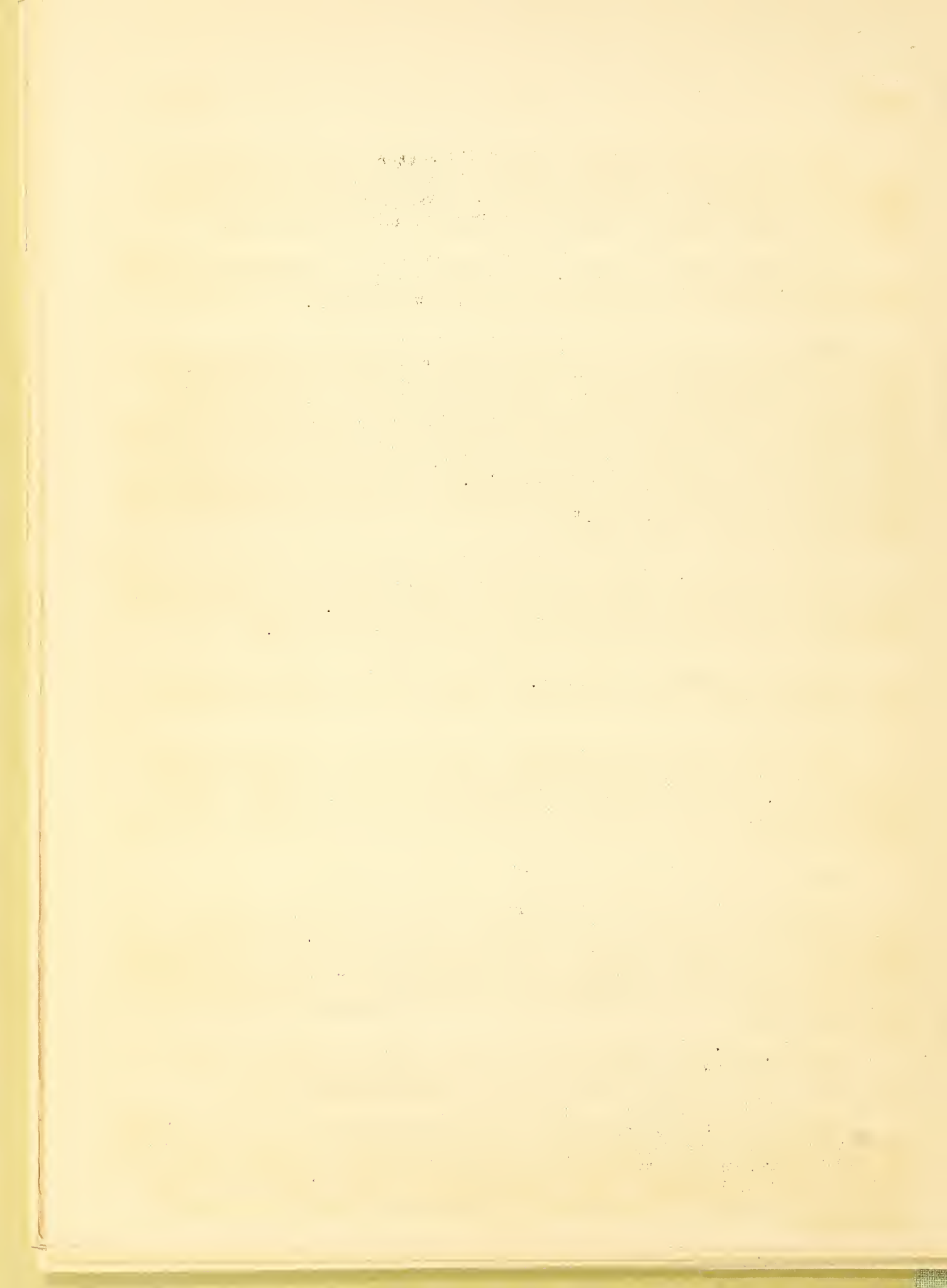
Now, even though I'm an authority on tea, by virtue of having studied this annual report from the Food and Drug Administration, I've just learned something new. Have you ever heard of African tea? Well, I hadn't, until I read this report. I just naturally associated tea with the Orient -- not with the Dark Continent.

Here are some more facts, from your official reporter:

"Although the decrease in tea imports in the year 1935 was about a million pounds, not all varieties of tea have shown a decrease. In fact, some have shown a considerable increase. The largest increases are in Japan Black and Formosa Black teas, the Japan Black increasing about five hundred times over the amounts examined in the previous year, and the Formosa Black increasing about ten times."

Now that's news. I knew we were drinking much more black tea than green, but I didn't know the black tea was so overwhelmingly popular.

Quoting again from your report: "Other varieties of tea, each of which showed an increase, are: Ceylon, Ceylon Green, Java, Canton Oolong, Japan Black and Green (Mixture), Japan Ceremonial, African and Azores. African tea," explains your correspondent, "like Japan Black and Formosa Black, is a relatively new black tea, but the quantity of African tea examined each year is increasing."



Here's an interesting point. A few years ago, when the Government tea experts met to select standards, there wasn't enough Formosa Black and Japan Black to get excited about. There were no official standards for these teas. But, in the fiscal years since 1933, the volume of Formosa Black tea examined has increased forty times. And, as I said before, the amount of Japan Black imported in 1935 was almost five hundred times as much as in 1934. These teas, by the way, are like the fully fermented black teas coming in large quantities from India, Ceylon, Java and Sumatra.

But to go on with the story. Since these relatively new Black teas were arriving in increasing amounts, the United States Board of Tea Experts decided we must have standards for them. So at the February meeting, they selected standards for both Formosa Black and Japan Black teas. The Secretary of Agriculture approved these standards, and they're now being used to judge all shipments of this type of tea that come to the United States.

Did I say that we drink more black tea than green or oolong? Well, we drink a lot more. Here are the figures. The total quantities of green teas decreased, during the last fiscal year, by about three million pounds; oolong, by about eight hundred thousand pounds. But as for black teas, the total amount of black teas examined increased, and by a little more than three million pounds!

Considered by countries, according to your report, there was an increase in the total of tea which came from China. Less tea was imported from the other regions, with the exception of Africa and Azores.

Well, friends, there's not much more I can tell you about the tea industry, except to give you some interesting facts about the amounts of tea rejected, because they did not measure up to Government standards of quality and purity. Formosa Black had the greatest amount of rejections. India and Ceylon had the lowest. Quoting your official report:

"While Formosa Black showed also the highest percent rejection for purity, Indian and Ceylon came second and third, respectively, in the amounts rejected for this reason."

And that's all, about tea imports, since I can't actually show you this annual report from the Food and Drug Administration. I wish you could see this list of all the varieties examined last year -- strange names, some of them: Ping Suey Green, Lapseng Souchong, Scented Canton, Jasmine, Scented Orange Pekoe, Chin Yuen, Pouchong, Japan Ceremonial, Ceylon-India-Java-Sumatra.

If I quote much more of this tea report, I'll be buying a ticket for a trip around the world, stopping in the tea countries for a first-hand view of the tea gardens. So long -- I'm off for a cup of Souchong.

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