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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

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UNCLE SAM AT YOUR SERVICE. RELEASE: Monday, October 6, 1930.

NOT FOR PUBLICATION

SPEAKING TIME: 10-1/2 minutes.

ANNOUNCEMENT: The Veteran Inspector has been visiting his chief in Washington. He had quite a talk with him and is going to summarize it in today's UNCLE SAM AT YOUR SERVICE chat. The Inspector's subject is: "How the Food and Drugs Act Benefits the Farmer". But whether you are a farmer or not, you are invited to hear him. The talk is one of the regular series broadcast each Monday by Station_____, in cooperation with the United States Department of Agriculture. All right, Mr. Inspector---

--ooOoo--

I was in Washington the other day and while there I called on my chief, W. G. Campbell.

Mr. Campbell is really as much of a veteran inspector as I am. Both of us entered the service of what is now the Food and Drug Administration in 1907, passing the first Civil Service examinations for inspectors under the food and drugs act. In the 23 years since then, Mr. Campbell has gone up. He became chief of inspectors with headquarters in Washington. He became assistant and then acting chief of the Bureau of Chemistry. He finally became Director of Regulatory Work, which title also means chief of the Food and Drug Administration. So he is still my chief.

I found Mr. Campbell in his sunny office in the new Department of Agriculture building on the Mall. He hadn't changed much. He still has that direct and forceful way of speaking, of driving into the center of things.

Mr. Campbell told me that he has heard some of these service talks of mine and that while he supposed I was better at sampling butter or examining cocoa beans than at speaking before the mike, still he had enjoyed many of them. "Now, why don't you talk direct to the farmers," he asked, "and tell them just how the enforcement of the Food and Drugs Act helps them?"

"A good idea," I said--- "and I'll do it if you will let me quote you?"

"The facts are what count," said Mr. Campbell, "not who says them. I am

a lawyer and you'll have to excuse me if I bring legal terms into your talk. I leave it to you to make things clear to your radio audience. So let's just sit here and talk the thing over for a few minutes."

And so we just sat there and talked things over.

Now, any law that helps the consumer is bound, in the long run, to benefit the producer. And the pure foods law is no exception---as certain producers who have always worked in accordance with the law can testify. By producer, I mean not only the manufacturer, but the farmer. And Mr. Campbell pointed out that the farmer, who used to live mainly on the food he produced on his own land, is now using more and more food produced on the other fellow's land and put up for him in cans, or bottles, or packages. Yes, the husbandman is going to the store and the market. The menu is not so simple as it used to be. You'll find plenty of foods on the farm table that were never grown on that farm. And so we come to what is probably the most obvious way in which the Food and Drugs Act helps the farmer. That is: the law encourages the production of purer foods, more honestly labeled and more wholesome and more appetizing than they used to be. The law not only encourages this---it requires it, and sets a penalty which those who violate the law must pay.

"The farmer, however," said Mr. Campbell, "has an interest in effective food-law enforcement not shared by the city dweller. With the exception of foods that come from the water, the farmer produces all the raw material for our food needs. Now, farm products which are canned or preserved or otherwise put up for the buyer, are subject to adulteration. And any kind of adulteration debases a food product. Misbranding does the same thing. Adulteration and misbranding, which affect the quality of a food and the honesty of the claims made for that food, are likely to cut the demand for such food. In other words, the demand for products of the farm is almost directly proportional to the freedom of the manufactured product from adulteration and misbranding. And that demand comes right back to the farmer. The farmer, then has a most direct and vital interest in effective food law enforcement. It's not only a matter of health with him---as it is, also, with the city dweller ---it's a matter of dollars and cents. He produces the raw materials. He benefits or suffers in direct proportion to how well they sell. And everybody knows that high-quality foods enjoy a better market than low-quality foods. The pure food laws foster the production of high-quality foods."

Farmers, of course, produce the fruits and vegetables that go into cans and bottles as canned goods and preserves. It would be easy for me to show how improved and more sanitary methods of putting these foods up have stimulated the sale of these products. But I take it for granted that all farmers will understand that an increased consumption for canned goods and preserves leads to greater profits for the farmers who produce the raw materials for the canning industry.

A single illustration, taken from a related field, should prove the value in dollars and cents of the pure food law to the farmer. Farmers grow apples. Pure apple cider vinegar is pressed from apples. The vinegar-making plants use many carloads of apples, produced by farmers and fruit growers, every year. Now there is a certain chemical that has been quite commonly used as an adulterant of so-called apple-cider vinegar and that is ACETIC ACID. Under the pure food laws, only a certain small quantity of this acid is allowed in certain kinds of vinegar. But a Federal inspector found a certain manufacturer illegally adulterating his vinegar with excessive quantities of acetic acid and selling the product as apple-cider vinegar. It would be easy to show how this adulteration cheated the apple grower out of a legitimate market for his product. The Government stopped that adulteration and brought the manufacturer who was guilty to terms.

"The Food and Drug Administration, which enforces the Food and Drugs Act," said Mr. Campbell, "is a regulatory unit. It conducts researches into matters made necessary by the needs of law enforcement. Its service work is important, but incidental to its regulatory operations. But I believe that it is just as important to teach a man how to avoid breaking the law as it is to punish him when he breaks the law. This educational phase of the Food and Drug Administration's work is well illustrated by a disastrous freeze that hit the Rio Grande Valley, Texas, last January. They grow a lot of fine citrus fruit in the Rio Grande Valley and that serious freeze damaged a large part of the citrus crop produced in the section. A frozen orange or grapefruit may look all right a very short time after it was frozen. But the freezing causes a physical breakdown of the fruit and in a few days the fruit will dry out and not be fit to eat. Well, some growers will ship frozen fruit if they can get away with it. But the majority of the growers in the Rio Grande Valley saw that shipping frozen fruit would give the Valley a black eye. They realized that they probably wouldn't have another freeze for some time---even though the weather is as tempermental as a ham actor playing Macbeth. And so, when an inspector of the Food and Drug Administration was sent from the New Orleans laboratory to the Rio Grande Valley, he didn't have a very hard time convincing most of the growers that it would be bad business to ship frozen fruit. In cooperation with the State authorities of Texas and the leaders of the citrus business in the Valley, he launched a large-scale educational campaign aimed to show just why frozen fruit should not be shipped out. He helped the growers judge their fruit to find out if the frost had injured it enough to harm its food value. He urged the growers voluntarily to destroy damaged fruit---since it would be seized by the Federal inspectors if it was shipped out. Well, the Government did seize 18 consignments of grapefruit and 1 of oranges---but the growers voluntarily picked an immeasurably larger quantity from the trees and destroyed it. They sacrificed the slim chance of immediate profit for the substantial promise of future profit. They destroyed some frozen fruit and saved the reputation of their Valley. The Government is just as interested in the well-being of the producer as it is in that of the consumer.

"Farmers raise livestock," continued Mr. Campbell, "and sometimes livestock gets sick. Sick stock is not profitable. Farmers want to keep their

stock healthy. There are reliable cures or preventatives for many livestock diseases on the market. But there are certain diseases for which science has found no cure. And so long as we have disease in the world, we'll have quack corn-doctors who will try to prey upon the gullibility of people who cannot be expected to know all about medicine and surgery. Well, we have had plenty of fly-by-night quacks in the livestock-remedy business. But the pure food laws put a lot of them out of business and is making those who are still in it either get out of it or reform their methods. Hundreds of seizures of fraudulently labeled stock remedies have been made since the law was passed. Thousands of remedies have been brought into conformity with the law, without legal action, through changes in formulae or through removal of dishonest and fraudulent statements from the labels.

"Similar work has been done by the Administration, under the Insecticide Act, to bring up to legal standard products relied upon by the farmer to protect his animals and crops against insect and fungus pests. As a result," added Mr. Campbell, "our insecticides and fungicides are, in the main, honestly labeled and reliable in action."

At this point, I reminded Mr. Campbell that I had just about 10-minutes' work. I reminded him of the value of radio time---a value he is familiar with since he speaks into the mike quite often himself. He said that he could go on much further, but that he did not want to forget the Import Milk Act, approved in February, 1927, which regulates the importation of milk and cream into the United States for the purpose of protecting the dairy industry of the United States from competition with low grade imported milk and cream, and of protecting the public health. Dairymen are farmers and this Act, enforced by the Food and Drug Administration, stimulates the dairy industry by encouraging the production of better milk. This, in turn, stimulates the demand for more milk. And that will never disappoint a dairyman . . . .

--ooOoo--

ANNOUNCEMENT: That concludes the Veteran Inspector's service talk for today. He will go on the air with another account of how your government protects your table and medicine cabinet next Monday. Meanwhile, he reminds me that he will be glad to furnish printed information on matters spoken of today if you will write him in care of Station _____.

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service

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UNCLE SAM AT YOUR SERVICE Monday, October 13, 1930.

NOT FOR PUBLICATION

SPEAKING TIME: 10 minutes.

ANNOUNCEMENT: The Veteran Inspector has just come in--- all ready to start on his UNCLE SAM AT YOUR SERVICE talk for today. He tells me that he is going to talk about remedies--- what they can do, what they can't do--- again today. With pointers on reading the labels on medical products. His talk comes as the latest of his regular Monday series, broadcast by Station_____ through the courtesy of the United States Department of Agriculture. Mr. Inspector---

---oOo---

Just one year ago, I told you the story of the bearded buckboard quacks and the corn doctors and the medicine-show professors who traveled around the country professing to relieve the ills of mankind at so much per relief.

I told you how they used to tie up at the town hitching-post and attract the citizenry with magic tricks that seldom came off before proceeding to sell them some snake oil preparation which they guaranteed to cure almost anything from warts to tuberculosis.

And I told you that the Food and Drugs Act, which went into effect January 1, 1907, put a lot of these fellows out of business. It was on August 27, in 1907, that the Government started the first legal battle involving a drug under the new law. This case involved a certain so-called HEADACHE CURE and BRAIN FOOD which one of the quacks was selling. A food and drugs inspector bought a sample of this stuff and had it analyzed. And the Government chemists found that it contained a large quantity of coal-tar chemical, called ACETANILID. Now acetanilid will ease pain all right, and induce sleep--- but unfortunately it also depresses the heart and is a poison if taken in sufficient quantity. The stuff was labeled as harmless. It was downright dangerous. The Food and Drug officials took action in that case because the preparation was being sold contrary to the legal restrictions of the Food and Drugs Act which is designed to protect the buyer from fraud and from deception.

Well, sir, the Government's food and drugs officials have been at work along this protective line ever since. Thousands of fraudulent drugs and medicines have been removed from the market since those days 23 years ago. And this vigorous prosecution of the pure food and drug laws has certainly changed the complexion of the drug and medicine trade. You are not likely to pay for a bottle of well water, burnt sugar, and some

vile-tasting herb--- under the delusion that it will cure your ills--- these days. But we still have quacks. They are using different tricks, yes--- . . . they are operating less openly--- but they are still present.

Let me show you. And let me show you, at the same time, just how we drugs officials act when we find violation of the Food and Drugs Act in the drug and proprietary-medicine business. . . .

Since I started out with an alleged headache cure, let's take a recent case and see if there has been any change here.

About February 20, 1929, the United States attorney for the District of Delaware filed in the District Court of the United States for that district a liberal paying seizure and condemnation of 30 packages of large cartons and 60 packages of small cartons of a certain preparation that claimed to expel pain. The stuff had been shipped into Delaware from Pennsylvania. A few months later, the product was destroyed, since no claimant appeared for it. It was seized and destroyed because, under the Food and Drugs Act, it was mislabeled. One of the reasons why the Federal officials considered this great pain expeller, as the makers called it, misbranded was because the manufacturer claimed that the capsules were "an effective and harmless substitute for narcotics and contain no harmful drugs." The manufacturer claimed, further, that this preparation had curative or therapeutic value for such a variety of painful ills as neuralgia, face-ache, Grippe, lumbago, gout, neuritis, and all aches and pains of any nature. The makers also recommended their capsules for influenza, chills, back-ache, and hacking coughs. The Government contended that this product contained no ingredient or combination of ingredients capable of producing the effects claimed.

You'll notice that the manufacturer of this no-ache preparation had at least one thing in common with the buckboard corn-doctors of an earlier day. He was not at all modest in his claims for what his product would do. And by the way--- there's a valuable fact in that. Whenever you find a medical preparation on the market, posing to cure almost anything, count at least one million before you buy it. There are no cure-alls in this world.

People who suffer from hay fever are quite notable for their diligence in the search for a cure. And I don't blame them. A friend of mine has tried everything, from inhalers to cough drops. But I hope he has not tried a certain product which I am going to tell you about now.

In March, 1929, the United States attorney for the Northern District of Texas filed in the District Court of the United States for that district a libel praying seizure and condemnation of 20 dozen bottles of a preparation which went under a name that means, The Present. This preparation had been shipped from Indiana into Texas. The article was labeled in part: "For coughs, croup, flu, pneumonia, hay fever, asthma, catarrh, bronchitis, tuberbulosis, laryngitis, and all troubles arising from the nasal and respiratory tract." It was claimed to aid digestion. "Hay fever sufferers, do not hesitate--- get it now!" shouted the type on the carton. You were supposed to inhale the fumes. The Government, acting under the Food and

Drug Act, contended that this product was misbranded in a false and fraudulent way in that the product contained no ingredients nor combination of ingredients capable of producing the effects claimed. And the U. S. marshall seized the bottles and had them destroyed.

Another case of what we call bear-oil advertising takes me back to the old days of that interesting character I mentioned in the beginning of this talk: the traveling medicine-man. But this case is up-to-date, only one year old, and it concerns a certain preparation that sold under the name of Old Indian Fever Tonic. On or about July 31, 1929, there were condemned and seized 18 bottles of this Fever Tonic in Jacksonville, Florida. Analysis showed that the preparation contained MAGNESIUM SULPHATE, QUININE SULPHATE, a small amount of ARSENIC, ALCOHOL, and WATER colored with a pink dye and flavored with oil of cinnamon and other aromatics. This Fever Tonic was seized, for one thing, because the package contained no statement as to the quantity or proportion of alcohol the contents contained; Furthermore, the product was misbranded under the law because there were false and fraudulent statements as to the curative powers of the stuff that were not borne out in practice. This Old Indian Fever Tonic was claimed to be good for Malarial fever, chills and fever, typhoid fever, other fevers, and for flu, LaGrippe, measles, jaundice, neuralgia, and so on. It was the same old story. And on September 17, 1929, no claimant having appeared for the property, it was ordered by the court that the product be destroyed by the United States marshall.

I have been reading the latest printed copy of NOTICES OF JUDGMENT UNDER THE FOOD AND DRUGS ACT--- very instructive reading. And I could summarize for you, dozens of other seizures in the drugs and medicine field which have been made in the last year. Here's a case where a Distemper remedy was misbranded and seized. Here's the story of a menthol inhaler for which exaggerated claims were made. And headache wafers--- nasal cream--- citrate of magnesia--- and other preparations, come in for attention. I might say that you can get a copy of this September number of NOTICES OF JUDGMENT UNDER THE FOOD AND DRUGS ACT if you want it.

I have told you the story of certain present-day patent medicines partly to show you how the Federal food and drugs officials act and partly to put you on your guard against the kind of falsely labeled products I have spoken of. It is not a sad story. Where one such preparation as I have described appears on the market today, scores were on sale or peddled from house to house 23 years ago. So far as drugs are concerned--- and by DRUGS, I also mean MEDICINES--- so far as drugs are concerned, all the Food and Drugs Act, as it is now written, can do is to keep fraud off the labels. But that's quite a lot. It has taken hundreds of worthless, or downright harmful, preparations off the American market. Contrary to the opinion of some people, the Act does not require that drugs shall be harmless. If it did, practically all drugs would go off the market and these drugs are very useful when used properly and skillfully. But the Act DOES require that drugs and medicines shall be labeled CORRECTLY and that no claims be made for them that cannot be borne out in actual use. The buyer should use common sense in interpreting what the label says--- and buy accordingly. There are plenty of reputable drug manufacturers in the United

States. Some of the finest and most public-spirited men we have are in that business. But there are always others. And the Government has issued thousands of notices of judgment on drugs. As a result, bear oil in fraudulent medical statements on labels is going the way of the swamp-weed doctor and the old shell game. And I guess nobody is very sorry, either. . . .

--oOo--

ANNOUNCEMENT: You have just heard the Veteran Inspector, the U. S. Department of Agriculture's radio representative at Station_____, tell how the Government protects the medicine buyer. He will have a talk on another phase of his work for us next Monday. You are all invited to hear him.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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UNCLE SAM AT YOUR SERVICE. RELEASE: Monday, October 20, 1930.

NOT FOR PUBLICATION

SPEAKING TIME: 10 minutes.

ANNOUNCEMENT: This is the day and hour when your Veteran Inspector brings you his weekly talk describing how Uncle Sam protects your food and drug supply. As you know, these talks are broadcast each Monday under the title, UNCLE SAM AT YOUR SERVICE. The Inspector is going to read some of his mail today and show how recent talks on reading food and drug labels have benefitted buyers everywhere. His talk is sponsored by the United States Department of Agriculture. And now here is the Inspector---

---ooOoo---

A lady who lives in San Francisco writes me as follows---

"I go to the store for some preserves. I see two bottles. One costs, say 25 cents--- the other 29 cents. The bottles seem to be the same size. Which is the better buy?"

A fair question. Every buyer is interested in getting the most for his money--- or her money, as the case may be. And such questions as these--- coming in in large numbers--- impress me with the fact that buyers are becoming more interested in what they buy and more practical in the way they buy.

Preserves are a food. And they are an important food in these days when people are eating more fruits and vegetables. Buying information---read-the-label information--- dealing with such commercially-manufactured foods is desirable. More and more people are asking for such information.

The lady in San Francisco should read the label on the preserves before she hands her money over. The bottle of preserves selling for 25 cents may contain less food and, possibly, a poorer quality food than the one selling at the higher price. The lower-priced container may contain less than that selling for the higher price. But if you will look for the statement of contents on the label of such foods, you will know how much is in each bottle. And if you will read the label carefully, you will discover which of the 2 bottles contains pure preserves, meeting the Government standard and which, perhaps, contains pectin and acid in place of part of the fruit that has been artificially colored or flavored. For departure from the Government standard must, under the Federal pure food laws, be explained on the label.

The food and drugs act, you know, in addition to definite prohibitions of injurious and debasing forms of adulteration, imposes certain positive labeling requirements which, if fully understood by the buyer of foods and drugs, would be of great economic value. If the consumer, furthermore, fully understands the limitations of the law, he will be better able to protect himself in his purchases by giving full value to those label declarations subject to control, and by discounting any advertising matter of an extravagant kind not subject to the jurisdiction of the law.

Two of Uncle Sam's foods officials: W.R.M. Wharton in New York, and W. W. Vincent, in San Francisco, have, for several months, broadcast a special series of read-the-label talks over a chain of radio stations. And I have been looking over some of the fan mail these men have received. All these letters testify to the dollars-and-cents value, and the health value of the talks. Now I am not going to quote from some of their letters today for PROPAGANDA purposes. The pure food laws need no defense. But these letters show how some buyers have been helped by reading food and drug labels. And I think they will show you how such a practice can help you.

Quite typical of the general tone of these letters are the words of a Pennsylvania lady. "Permit me," she writes, "to offer my thanks for the instructive talks over our radio station. They are helpful to my home-making and care of my family. This is also to request any printed matter containing the information brought out in the talks. I shall be pleased to add this material to my kitchen library so that I may continue to study the reading of labels."

A druggist in a New Jersey town echoes the Pennsylvania lady's request for information. And he adds a comment which I think is quite important. This gentleman says that he would be glad to get enough copies of read-the-label circulars so that he could distribute them to his customers. As a druggist he naturally wants to stimulate trade in high-quality drug products. He writes that he thinks it is important to enlighten the layman concerning the whys and wherefores of the changes in nomenclature and labeling of so many manufacturers' products, especially in the drug merchandising field.

Here's a lady who lives in Nebraska and who has seven children. Naturally she is interested in giving them the very best food. She has been listening to read-the-label talks for several weeks and says that they have been of very practical benefit to her when she goes to the store.

Another lady in New Jersey is the legislative chairman of a club of 200 women and she wants to receive copies of printed read-the-label information to distribute to her club members. Club members, by the way, in all parts of the country, are taking over label-reading as a definite club project. The same thing is true of many of our high schools and colleges. I have before me a letter from an instructor in domestic science in a middle western high school. She says that every day a read-the-label talk is broadcast, she tunes her classes in on that talk and also invites the class in general science to hear it. An instructor in a western university writes for specific information

on the drug standards approved by the Food and Drug Administration of your Government and on how the Federal pure food laws, as applied to drugs, are enforced.

It is easy to understand how mothers of families, and fathers of families, find use for information which tells them definitely how to buy foods and drugs more economically and more safely. When you go the store for a can of salmon - or a can of peas - or a bottle of vinegar - or some of the many medicines and drugs on sale - you naturally want to get the grade or the standard you pay for. And the days when buying such things was rather a dangerous occupation are pretty much in the past. It's true that there are still manufacturers of food and drug products who are not obeying the Federal pure food laws 100 per cent - but the vast majority of manufacturers are now honest and are trying to obey these laws to the best of their ability. I can prove this by quoting dozens of letters received by the Food and Drug Administration from manufacturers and dealers all over the country. Here's a letter from a leading advertising agency in New York State: "Your efforts to get consumers to look for real buying information on packages have aroused considerable interest in this company," says the letter. "This company numbers several important manufacturers of packaged food products among its clients. I believe that you will be interested to know that the manufacturer of a certain (named) product is about to release a read-the-label advertising campaign in over 300 newspapers, telling women of the advantages of reading the label on a bottle of a certain product. This educational campaign represent a sincere endeavor to do what I believe you are trying to do, and one of its unusual features is to refer in paid space to the products of other food manufacturers who tell women to read labels."

A baker in a small New York town writes me that he thinks the Government is performing a real service, not only to the buyer but to the producer of foods and drugs, in getting out this read-the-label information. He says that he personally has profited in many ways and that he even tells his customers to check most carefully on the labels of all foods and drugs that they buy. Another merchant in a small town in Pennsylvania writes that she is not only interested in better-buying campaigns for the sake of her own family, but she is also conscientious about her customers and wants to sell them the best she can buy. Reading the labels has helped her to buy for her customers more intelligently.

I am always ready to send printed information on this matter of reading the labels to anyone who requests it. Thousands of copies of leaflets and other printed matter have been sent out in the past month, and thousands are going out every day. You are entitled to your copies and I will gladly mail them to you if you will write me in care of this radio station. If you would rather, address your requests to the Food and Drug Administration, United States Department of Agriculture, Washington, D. C.

Now you might gather from all this that eternal vigilance is the price of safety when buying foods and drugs. It is, of course, in a way, but I want to repeat that it is not easy today to find a definitely unwholesome, unhealthy, or highly objectionable food on the average market. Manufacturers generally want the food and drugs act enforced. The want it enforced for their own protection as well as for the protection of the public. There is only a small group that desires to profit by unfair competition. This group, however, is still active and it has considerable influence. You label-readers everywhere can help your Federal inspectors and other food officials most substantially by reading the labels before you buy and by insisting that you get exactly what you pay for. I have tried to show you in a very few letters how some buyers are assisting the Government and themselves in this way. In later talks I will continue with specific information on reading labels on the different foods and drugs which are on the everyday market.

---ooOoo---

ANNOUNCEMENT: You have just heard your Veteran Inspector's latest service talk broadcast by Station _____, through the courtesy of the United States Department of Agriculture. He reminds me to tell you that you can get further information on label-reading by writing him at this station or by directing your letter to the Department of Agriculture at Washington. Next Monday he will continue his UNCLE SAM AT YOUR SERVICE series with another talk on some phase of the Federal food and drugs act.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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UNCLE SAM AT YOUR SERVICE. RELEASE: Monday, November 3, 1930.

NOT FOR PUBLICATION

SPEAKING TIME: 10 minutes.

ANNOUNCEMENT: And now we introduce the Veteran Inspector, who brings another UNCLE SAM AT YOUR SERVICE talk to you. The Inspector is an official spokesman of the United States Department of Agriculture at Station_____. For more than one year, he has been telling you how Uncle Sam enforces the pure-foods law. Today, he is going to explain how the government's regulatory work under the law is backed up by careful, exact, and painstaking scientific analyses and tests. Mr. Inspector.....

- - - - - -

Are you familiar with laboratories? Are you on speaking terms with test-tubes, retorts, Bunsen burners, microscopes? Do you recognize slides, pipettes, air-ovens, Ehrlenmeyer flasks when you see them.

Well, some folks do and some folks don't. But we who are engaged in the enforcement of the Federal food and drugs act have to be familiar with laboratories. You see, we have to analyze foods and drugs chemically, and in other ways very often to find out just where they may violate the spirit and the letter of the law. We also analyze them in order to formulate standards of excellence for such products. You may not know it, but the spirit of the pure-foods laws is educational as well as corrective.

Anyhow, the Food and Drug Administration maintains 17 laboratories, in leading cities of the United States and one in Porto Rico. There are also extensive laboratories in Washington, the Administration's headquarters. And I thought you might want to take a sight-seeing trip---without cost and without ballyhoo--- through some of these laboratories with me today.

Which city shall we choose? New York. Chicago. New Orleans. San Francisco. Seattle. Savannah. Baltimore. It really doesn't matter much. So let's take what the photographers and tabloid editors call a composite picture of all 17.

We find ourselves surrounded by a group of men and women at work over all sorts of mysterious-looking tubes, flasks, beakers, scales,

and other apparatus. Scattered about in the laboratory are ovens, steam-baths, electric furnaces, pumps, centrifuges, and so on. One of the most important things we will see is the delicate balance. These men and women working over their tables and benches are analyzing ordinary, every-day foods that you eat and the drugs that you buy at the drugstore.

Let's talk to this man. He has before him a bottle of our old friend, Iodine--or, as it is better known to the chemist, Tincture of Iodine. He shows us some blackish grey crystals with a metallic luster and tells us they are pure iodine--- a very expensive substance. A tincture, to be effective, must contain not less than 6 1/2 grams, nor more than 7 1/2 grains of these crystals in each 100 c.c. of liquid. "C.c." means cubic centimeter. If the tincture contains much less than the correct amount, it would be useless to apply the iodine to a cut or a wound. But when this chemist gets through with his testing, he can say with a high degree of accuracy just how much iodine that particular tincture contains. This is for your protection.

On another table is a bottle labeled, let us say, SAM SMITH'S MALARIAL REMEDY. The chemist is pouring some of this vile-smelling and tasting liquid into a glass vessel which looks like a large glass pear. He's trying to find out how much quinine the REMEDY contains. If he finds that it contains enough quinine to constitute a useful treatment for malaria, he'll report that it isn't misbranded. Under the food and drugs act, a drug or medicine is misbranded when it lays claim to curative powers it does not have. If SAM SMITH'S MALARIAL REMEDY does not contain enough quinine, the chemist will report that fact and the so-called remedy will be taken from the market because its sale as a malaria cure would be illegal.

The chemist tells us that as soon as he finishes testing the malaria remedy, he will get busy on some strychnine pills on his desk. These pills are labeled, STRYCHNINE ONE-TWENTIETH GRAIN. His job will be to find out if each of those little pills contains 1/20th of a grain of strychnine so that the physician who wants to give a patient a 20th of a grain of strychnine will be sure that the pills contain the correct amount of this potent medicine.

Now, come with me into the food laboratory. We meet a man who is seated before one of those very delicate balances and is carefully weighing little dabs of butter into small aluminum dishes. This man is making a rather simple chemical analysis and can tell us all about it. He weighs those small bits of butter into the dishes. Then he places them into an oven where all the water they contain is driven off. Then he weighs them again. From the loss in weight he can figure out exactly how much water that butter contains. He then dissolves out the butter fat with ether and this further loss of weight tells him how much butter fat is present. The pure-foods laws specify that butter shall contain not less than 80% by weight of butter fat. Your food and drug inspectors are constantly sampling butter from lots imported into the United States and from lots shipped from State to State, to see that they comply with the law.

The butter-examiner's neighbor is looking over a sample of a golden yellow powder. This powder is dried egg and it is the chemist's job to find out if the powder was made from fresh or rotten eggs. The chemist will apply certain chemical tests which will show what kind of eggs were used to make the powder. Many of you have never seen egg powder--- but all of you have eaten it in cakes, noodles, pies, or other bakery products. China ships us immense quantities of egg powder--- made from fresh eggs mostly--- and it is perfectly legitimate to use this powder in many of our prepared foods. But it's up to foods officials to make sure that the powder is fit to be used.

In another part of the laboratory, we find a man who is intently looking through a microscope. This man knows all about microscopes and is familiar with the many secrets they reveal. Let's take a look ourselves. We see a circular field with lots of little particles of brownish-looking material, irregular in shape and of different structure, scattered among a few small, egg-shaped, colorless bodies which appear to be about the size of a pin point. The microscope expert is examining a sample of prepared mustard. The little, egg-shaped bodies are starch cells. Chief among the adulterants of prepared mustard are materials high in starch. Mustard itself contains a starch. However, starch cells from different sources bear such individual characteristics as to enable the expert to identify the source of the starch and detect the adulterant. This is just one of the secrets of nature--- very useful in detecting certain ways of adulterating foods.

Now, suppose we visit one of the many laboratories of the Food and Drug Administration in Washington. Here are some workers studying bacteria. They are surrounded by incubators, thousands of glass tubes containing solutions and cultures, sterilizers, and other things the bacteriologists need in their work. This man is carefully removing small portions of food from a can of beans. He tells us, that, in general, canned food should not contain any living bacteria. He is testing canned foods to find out if they do contain living bacteria. The test is quite simple. The expert puts a little of the food into a tube containing what the bacteriologist calls a nutrient medium. This simply means a liquid containing food on which the bacteria can live and thrive. If the food product under test is free from living bacteria, naturally there is no growth in this liquid in the tube. But if the bacteria are alive, they multiply and--- in a day or so--- the contents of the tube becomes cloudy and sometimes has a bad odor. When the bacteriologist finishes his tests, he knows if that canned food contains bacteria and, if so, what kind they are.

I would like to tell you a lot more about the laboratories of your Federal food and drugs officials. But my time is limited. And I guess I have told you enough to show that Uncle Sam's food and drug inspectors are backed up in their work by trained scientists. When a seizure of a food or drug is made under the food and drugs act, it is not made on guesswork. The law doesn't operate that way. Science, as we know it, is within logical limits, very exact. And the pure-

foods law has behind it a large corps of trained scientists. Before I close, I want you to visit our laboratories if you ever have a chance. And write to the Food and Drug Administration, Washington, D. C., for any additional information you want, at any time.

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ANNOUNCEMENT: You have just heard the Veteran Inspector, who is a Department of Agriculture representative at Station____, in his regular UNCLE SAM AT YOUR SERVICE talk. He will be on deck with another Service talk next Monday.

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UNCLE SAM AT YOUR SERVICE

Monday, Nov. 10, 1930

NOT FOR PUBLICATION

SPEAKING TIME: 10½ minutes.

ANNOUNCEMENT: This is the day and hour when your friend, the Veteran Inspector, a radio representative of the United States Department of Agriculture at Station_____, goes on the air with his regular UNCLE SAM AT YOUR SERVICE talk. Beginning with today's talk, the Inspector starts a new series of personality sketches, describing some of the Federal men who are enforcing the food and drugs act. These sketches will not come every week, but will alternate with other material. All right, Mr. Inspector. Tell us about your friend.

--ooOoo--

Long ago, a certain lyrical singer wrote a little song which ran something like this:

"School days, school days,
Dear old golden rule days."

I'd be willing to bet that the writer of that song was considerably past the school age. As I recall my school days---long since past---I don't remember that I skipped lightly to school. Those blue, ringing October days seemed to be better suited to going nutting, or to playing football, or to walking in the woods and through the fields. I had literally to be driven to school, and usually, while there, I had to be driven to study.

Some years later, my parents convinced me that there was a practical value in knowledge and that a man who didn't have a good education didn't stand much chance in the great conflicts of the world. College days were very happy, and some of the happiest hours were spent in the classroom and laboratory. I have since learned that there is a dollars and cents value in education.

This reminiscent preamble is to introduce you to one of my associates in the Food and Drug Administration who has had a very accurate educational preparation for his line of work and who has demonstrated that that accurate training can mean profits to a number of the industries of the United States and, more important from my point of view, protection to you as ultimate consumers

Before I tell you just what the man has done, let me tell you who he is. He is B. J. Howard, Microanalyst in the Food and Drug Administration. A microanalyst is a man who analyses things through the microscope. His work, of course, is much broader than that.

Mr. Howard is a Michigan boy who has made good in the city. He was born on a farm in the little town of Ionia, some years ago. He joined the Department of Agriculture on the first of July, 1901, being connected with what was then called the Division of Chemistry. Among the interesting and notable men whom Mr. Howard numbered among his associates was Harvey W. Wiley, a pioneer in the formulation of pure food legislation, who died last June. Mr. Howard's present chief is W. G. Campbell, Chief of the Food and Drug Administration, who has also come up through the ranks. Mr. Howard graduated from the University of Michigan in 1897, taught school for a time, and finally, as I say, joined the Department of Agriculture about twenty-nine years ago. This was six years before the Federal food and drugs act was passed. I tell you this merely to show you that Mr. Howard has a broad and a fundamental background in the enforcement of legislation which gives you and me better quality and safer foods and drugs.

How has Mr. Howard used his practical knowledge to help the consumer and to help industries which produce food for the consumer?

Well, let me illustrate this with a few cases. The dried fruit business is, in many sections of this country, an extremely important industry. It provides a livelihood for thousands of farmers and hundreds of manufacturers. It adds variety to the diet of millions of Americans. Unfortunately, some fruit driers have not always practiced the most safe and sanitary methods in their drying plants. As you remember, the food and drugs act prohibits import and interstate commerce in impure, unwholesome, filthy, injurious, harmful, or misbranded foods and drugs. Dried fruits, as foods, naturally come under the provisions of the law. The Department of Agriculture then became keenly interested in showing the dried fruit industry how it could gain increased public confidence in its product by improving the quality of the product. And so the Department sent to California---important center of the dried fruit industry---Mr. Howard; and he and his associate, Frank P. Hamill of the Food and Drug Administration's San Francisco Station, spent a very intensive period last summer visiting many dried fruit plants, as well as a good many of the commercial leaders in the dried fruit industry.

To make a long story short, these men found that the big majority of these plants were operating in a strictly legitimate and above-board manner. Mr. Howard reported that most of them were thoroughly conscious of the fact that the public wants high-quality dried fruits and that those men in the industry who were serving the public best, were profiting most. Mr. Howard found, however, that there were many abuses in the manufacture or packing of dried fruits. His observations revealed a wide variation in conditions at various drying yards as regards the degree of care being used in the operation of these yards.

The Food and Drug Administration works two ways. The food and drugs act is regulatory in its action. It is a law, and the officials of the Administration are asked to enforce that law as strictly and as fairly as possible. More than 17,000 court actions in the 23 years' operation of the law will indicate to you that the law is regulatory and does have teeth. But Uncle Sam's food officials recognize that it is also extremely important to educate manufacturers in the meaning of the pure food law, and to enlighten buyers of foods and drugs in ways of reading labels so that they will be able to discriminate when buying the different products.

Mr. Howard went to California with the idea of actually showing the growers and packers in the dried fruit industry how they could make their business pay in the biggest way by strictly observing the purefoods law. Of course, he had the power of the United States Government behind him, but he was not too anxious to impress the growers and packers with that fact. He approached the problem from a different angle---the angle of education---- and he went into the orchards and he visited the plants, and he showed the men how they could observe the law and profit thereby.

How did the men in the industry take this? Well, let's tell you what an influential California paper said about the work of Mr. Howard and Mr. Hamill. These two men are modest and would be the last to say it themselves. The paper said: "These men are accomplishing more in the week of their conferences and inspections here than could be accomplished by growers and packer in many months, toward raising the quality of dried fruits being shipped from this district. . . . Growers and packers alike know that their mission is cooperative, not coercive; know that if the orchards and packing plants are to continue in business, they must sustain and, if possible, better the qualit of their products. People will not buy poor-quality goods a second time."

Up in New England there is a section called the blueberry barrens where thousands of people virtually live on the blueberry-canning industry. If this industry does not pay, these people would starve or have to get out of the business. Growing and canning of blueberries is the way these people make their living. Their livelihood depends upon whether canned blueberries sell or not. Unfortunately, there is a certain worm which may get into blueberries and later render the canned berries unwholesome. For a long time the blueberry industry was stumped for a solution to its great problem. The Department sent its expert microanalyst, Mr. Howard, to the blueberry country, and after studying the situation scientifically, he, with one of his associate invented a machine which removes the wormy berries. It is stating it mildly to say that this invention revolutionized the blueberry-canning business. This invention saved the blueberry-canning business. And today when you buy canned blueberries for that luscious pie, bursting with juice, you will have to thank the industry, which was only too eager to make its blueberries wholesome; and you should thank your foods officials, who are seeing to it that the blueberries on the market are wholesome.

Before I close I want to tell you one more thing. Mr. Howard, with the pure food laws back of him, did for another of our common foods. Some years ago, it was not uncommon for decayed tomatoes to get into tomato catsup or other tomato foods. Unfortunately, after the tomatoes had been put through the machine called the cyclone and reduced to very small bits, it was a mighty difficult thing to detect any decayed tomato in the product. But the food and drugs act says that a food must be pure and wholesome and unadulterated. The law prohibits the use of decayed or unwholesome material in manufactured food products. For a long time, the forward looking men in the tomato industry looked around for some way by which they could detect decayed tomato in their products. The Food and Drug Administration studied the matter for some time, and finally Mr. Howard devised a system of microscopic examination by which even the most minute parts of decayed tomato in catsup, or other tomato products, could be detected. And today it is a simple matter for a food chemist or microanalyst to detect such unfit materia I leave it to you to decide what this has meant both to the industry and to people who like their packed tomatoes.

In later talks I am going to tell you about other of Uncle Sam's food and drug officials who are doing outstanding practical work. I think that you will find from these experience stories that your officials are concerned about your own safety and wellbeing, as well as with the prosperity and success of our food and drug manufacturers.

--ooOoo--

ANNOUNCEMENT: That concludes the Veteran Inspector's regular service talk for this week. Station_____, cooperating with the United States Department of Agriculture, will broadcast another of these talks next Monday. You are all invited to hear it.

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UNCLE SAM AT YOUR SERVICE. RELEASE: Monday, Nov. 17, 1930

NOT FOR PUBLICATION

SPEAKING TIME: 10 Minutes

ANNOUNCEMENT: Again we introduce the VETERAN INSPECTOR, who brings us another of his UNCLE SAM AT YOUR SERVICE talks, broadcast by Station _____, through the courtesy of the United States Department of Agriculture. The inspector is going to talk about naval stores, which mean turpentine, rosin and other products from pine trees, such as tar and pitch. The United States Naval Stores Act insures the purity and quality of the turpentine which you use for thinning paint, as well as the turpentine and rosin used in making varnish, soap, paper, shoe polish, and even the shrapnel used in the War. But let's let the VETERAN INSPECTOR tell about it---

--ooOoo--

Many of you have probably noticed a sticky gum that slowly oozes from a pine tree when it is wounded or cut down. In the South, there grow two pines, the Longleaf and the Slash, which produce this gum more freely than other species. Tapping these pines and collecting that gum is a business worth 60 million dollars, in normal years, to from 12 to 14 hundred producers.

This business is so important that, in 1923, Congress passed the Naval Stores Act regulating it. This act is important to you if you have any use for paint, varnish, shoe polish, printer's ink, linoleum, soap, paper, axle grease, or medicines containing turpentine. But first let me tell you how they get the rosin and turpentine.

During the winter months, the owners of the pine woods down along the Gulf Coast and in the Southern Atlantic states go through their forests and cut a V-shaped notch in the sapwood of the trees. Then they hang small cups holding about a quart under these notches to catch the gum that comes out. This gum is not the sap of the tree, but a sort of protective material produced by the tree to cover up and heal the wound.

In the months between March 15 and November 1, the chippers, as the workmen are called, renew the cut or notch about once a week. They collect the gum from the cups about once a month and haul it in barrels to the stills to be cooked or distilled out. The kettles in which the gum is cooked hold from 8 to 12 barrels of gum. The process of distillation separates the gum into two products: gum spirits of turpentine, - commonly called turpentine, - and rosin. The turpentine is condensed in large copper condensers, and is poured into barrels or steel drums holding about 50 gallons. The rosin is put into wooden barrels which hold about 410 pounds. Much of the turpentine and rosin is shipped to Savannah and Brunswick, Georgia; Jacksonville and Pensacola, Florida; Mobile, Alabama; or New Orleans, for shipment to other points.

In addition to the turpentine and rosin made from the gum coming from living pine trees, other kinds are extracted from dead pine stumps and fat pine knots, some by steam distillation and some by destructive distillation. Still another kind of turpentine is obtained from pine wood in the process of converting it into paper. Our annual production amounts to about 600,000 barrels of turpentine and 2,000,000 barrels of rosin, and comprises about 65 per cent of the total world production. About half of the turpentine and rosin produced in this country is exported abroad. Most of that not exported is shipped to our northern States where the manufacturing plants are located.

Perhaps I had better tell you how the name "Naval Stores" originated. Remember, first, that turpentine and rosin are not the only naval stores we have. Tar, pine pitch, and pine oil are also naval stores, but do not come under the Naval Stores Act passed by Congress in 1923. That law covers only turpentine and rosin.

The production of turpentine, rosin, tar, pitch, and related products, is one of the oldest industries in the United States. It flourished even in Colonial times. Those were the days of wooden sailing ships, and wooden sailing ships, you know, are made seaworthy by caulking the seams with such things as tar and pitch. In those days, of course, the Colonies were not what you might call shipbuilding centers of major importance, but we shipped large quantities of these materials to England. Most sailing vessels carried in their holds stores of this kind, and that is where we get the term, "naval stores," and the name, "Naval Stores Act."

When I was in New Orleans last summer, wandering around on the docks, I noticed a certain section of the wharves piled with barrels bearing strange letters and figures. I also noticed that the words, "U. S. Graded," were stencilled on each barrel. Some of these barrels were open, and examining the contents I found that they contained rosin of different grade and color. I asked a friend who was along with me what the letters meant on the barrels and he said that they represented the grade of the rosin as specified by Federal graders under the Naval Stores Act. These barrels were all ready to be loaded aboard ship to be taken to foreign lands, and the buyers of that rosin which had been graded by Government inspectors had the guaranty of the United States Government that the rosin was exactly what it purported to be.

The grading of rosin is necessary because the price depends on the color--and lighter the color the more valuable the rosin. The Naval Stores Act does not specify who shall grade rosin, but the Food and Drug Administration, which enforces the act, has expert rosin-graders available to producers and others who will pay the very nominal charge for grading services. Only the rosin graded by Government inspectors is marked "U. S. Graded."

The pine gum runs most freely during the hot months of the summer, July and August, although, as I said before, the season really continues from March to November. As I tell you this today, hundreds of turpentine distilleries down in the pine woods of the South are operating. Government inspectors are on duty at the stills and on Southern docks, grading this rosin which is such an important item in world commerce. They are working under the act, which aims to protect you, as a consumer of naval stores, or products in which naval stores are used, just as other Government inspectors safeguard you against unwholesome, fraudulent, or misbranded foods and drugs.

Now you probably will want to know, briefly, just what the Naval Stores Act is and does. It is a two-purpose act, providing for grading naval stores, also regulating trade in naval stores. It requires that all rosin and turpentine shipped in interstate or foreign commerce shall be sold under certain standards. The standards or legal names for the various kinds of turpentine are as follows: Gum Spirits of Turpentine; Steam Distilled Wood Turpentine; Destructively Distilled Wood Turpentine; and Sulphate Wood Turpentine. Rosin must be sold as Gum Rosin or Wood Rosin, depending on whether it was made from the pine gum from living trees or from stump wood. It must be sold also by one of the grades designations specified in the Act.

The Act prohibits the shipment and sale of adulterated and impure turpentine and rosin, and provides that the word, "turpentine," and the word, "rosin," shall not be applied to anything other than naval stores which are of the United States Standards, that is, the pure products. The act also established grades for the several kinds of rosin and makes the standards for these grades, prepared by the Department of Agriculture from non-fadeable glass, the official standards for rosin in the United States. All rosin in commerce, including imports and exports, is graded and described by these standards. The grades to denote the quality are designated by letters of the alphabet; "X" grade is the highest grade and "B" the lowest grade.

Although not many of you may buy rosin, you probably use turpentine quite often. Under the act, the inspectors of the Food and Drug Administration collect samples of spirits of turpentine and anything offered for sale as such. These samples are analyzed, classified, or graded by the Administration chemists to detect any violation of the act. The Secretary of Agriculture reports to the Department of Justice any violation of the act that comes to his knowledge. He is additionally authorized to publish from time to time the results of such analysis, classification, or grading of spirits of turpentine purchased on the open market.

The service clause of the act authorizes the Secretary of Agriculture, upon request, to examine, analyze, classify, and grade naval stores and to issue a certificate showing the analysis, classification, or grade, which certificate shall be evidence in any court. The charges for such service merely cover the actual cost to the Government for doing the work.

There are 14 different grades of rosin. Remember that rosin is a clear, transparent solid and is graded according to color and other characteristics such as cleanliness and brightness. How would you remember the exact line between each grade?

It is not a simple matter. The different standards are made of glass, in the form of cubes, in metal frames 7/8 of an inch on the side, as this is the exact size prescribed by custom for the rosin grading sample. The rosin grader takes a lump of the rosin and deftly cuts a sample of the same size as the standard for grading. Then he compares it with his glass standards and judges the rosin upon that basis. A good man can cut samples and grade around 500 barrels a day. And this is no easy job, as the work must be done right out in the open under the hot, broiling sun of the South.

The official standards of the Department of Agriculture have been used by the naval stores trade of the United States for the past 10 or 12 years. Duplicate sets of the standards have been placed at the chief naval stores trading points of the United States, and in the hands of nearly all inspectors,

and, at the request of foreign trade organizations, have also been placed at London, England, and at Bordeaux, France, the center of the naval stores industry of that country. The Department has also loaned them to a number of large industrial concerns which use large quantities of rosin. The naval stores officials in the Food and Drug Administration say that they hope that ultimately the United States rosin standards will be the guides for world trade in rosin. This seems to be logical, when we remember that the United States supplies around 65 per cent of the world's rosin and turpentine needs.

If you are interested in a brief description of the Naval Stores Act, as well as general descriptions of other acts which safeguard your food and drug supply, send for a copy of Miscellaneous Publication Number 48. Additionally, I shall be glad to answer your specific questions at any time.

--ooOoo--

ANNOUNCEMENT: That concludes the VETERAN INSPECTOR'S service talk for this week. Write him in care of Station_____if you want a copy of Miscellaneous Publication Number 48. He will give you more slants on the work of Uncle Sam's food and drug officials next Monday, and you are all invited to hear him.

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UNCLE SAM AT YOUR SERVICE

Monday, November 24, 1930.

NOT FOR PUBLICATION

SPEAKING TIME: 11 Minutes.

ANNOUNCEMENT: Ever have a headache? What do you do for it? Send to the nearest drugstore for something? Or do you try to get at the source of the pain? The Veteran Inspector, spokesman in the UNCLE SAM AT YOUR SERVICE program which comes to you every Monday through a cooperative arrangement between the United States Department of Agriculture and Station _____, has definite ideas about headaches and so-called headache "cures." And here he is to pass those ideas along to you. Mr. Inspector -------

--ooOoo--

If you have ever had a genuine, old-fashioned, raging headache, my friends, you will agree with me that a headacheewants to do something about it . . .

There is something about such pain that demands action and relief and at once.

And I have found that the veteran headache-sufferers among my acquaintances all have their pet treatments---some good, some worthless. These treatments run from pills, to hot or cold packs, to rubs, to trying to count sheep jumping over an imaginary gate.

So far as permanent relief is concerned, counting sheep is as valuable a treatment as some of the alleged "cures" on the market.

And I'll tell you why--- but let me tell the story in my own way . . .

On August 27, 1907--- almost eight months after the Federal food and drugs act went into effect--- a Federal inspector bought a package of a medicine labeled as a cure for headaches and as a brain food. That purchase was the beginning of action that led to the first legal battle involving a drug under the new law--- that attracted the personal interest of President Roosevelt--- and that has come right up to the present day, as I have shown you many times in my radio talks.

Since that date, scores of so-called headache remedies have appeared on the markets. Some of them have stayed---some have gond the way all harmful, mislabeled drugs go.

As I say, the inspector bought a sample of this headache cure and brain food, so labeled. They subjected it to a careful chemical examination in a Government laboratory and found that it contained a large quantity of a coaltar chemical. This particular chemical--- acetanilid--- tends to depress our sensibility to pain--- but unfortunately it also depresses the heart and is a poison if taken in sufficient quantity. Labeling that preparation as a brain food disarmed suspicion with regard to the dangerous character of the article. It also led people to believe that it really was a brain food. The manufacturers represented it as harmless, whereas it wasn't harmless at all, but contained a dangerous drug. Furthermore, the preparation was labeled with words that were misleading and deceived the buyer. Food and drug officials took action in the case because the preparation was being sold contrary to the legal restrictions of the food and drugs act.

And again---

In April, 1910, a medicine company in Missouri shipped from that State into the State of Kentucky a quantity of a drug product labeled "Blank's Headache Buttons- contain 3-1/3 grains acetanilid- for sick and nervous headache, neuralgia, dizziness, severe pains," etc. The company promised to relieve pain in 30 minutes, but if the pain was not relieved within 30 minutes, the patient was to swallow another button. "Thirty doses, 25 cents." A circular packed with the box said that the drug "cures in 15 minutes sick and nervous headache, neuralgia, dizziness, pains of la grippe and rheumatism." Your Federal drug officials analyzed two samples from this shipment and found that the product contained 56.82 per cent acetanilid. It also contained caffein, soda, and starch. The Government represented these so-called headache buttons as branded under the law in a false and misleading manner, whereas none of the drugs present, nor any combination of any or all of them, could be considered to cure sick and nervous headaches, etc., in 15 minutes. The defendant entered a plea of guilty to the above charge, whereupon the court imposed a fine.

I could go on to illustrate scores of cases wherein your Government officials have examined samples of so-called headache cures, headache remedies, tablets, salves, ointments, buttons, inhalers, and so on. I could tell you at length how the Supreme Court of the United States held, in a case brought against a so-called remedy for cancer, that the food and drugs act, as originally enacted, did not apply at all to therapeutic claims on the labelings of drugs, but just dealt with their composition. I could tell you how President Taft, recognizing the fault in the original law, asked Congress, as an emergency measure, to amend the act and how Congress did so amend the act as to render illegal preparations bearing false and fraudulent claims. But I think that the cases mentioned will give you an

idea that there have been, and still are, on the market, numerous preparations recommended (by their manufacturers) to cure or relieve headache, simply because we haven't had the time and money to give attention to all of them.

Many of the so-called cures on the market in the past and at present will tend to relieve simple headaches temporarily. Many of them contain anodynes, which render the patient partially or wholly insensitive to pain. For temporary relief from simple headache, many of these preparations have genuine value. But most headache remedies simply mask pain and cannot be expected to cure it. Headaches may be the result of dozens of body ailments. Some of the chief causes are head injuries, eyestrain, gastro-intestinal disturbances, nervous disorders. Headaches may be the initial symptoms of many acute diseases. But almost always headaches are merely a result of bodily disorder. And any remedies that make one insensible to the pain only relieve pain temporarily and do not go to the real cause of the trouble. For this reason, there is real danger to the patient in hiding or masking important symptoms of oncoming disease and in delaying the necessary treatment for that disease.

There are five general types of headache preparations.

The first of these is the so-called anodyne preparation. An anodyne is an agent that tends to relieve pain by blunting or diminishing sensibility, as an opiate; hence, anything that calms or comforts the feelings. Macaulay, the great English historian, once said that a certain Jesuit "had at his command an immense dispensary of anodynes for wounded consciences." I take it that many of you have suffered more pain from headaches than from wounded consciences. Anyhow, the most commonly used anodynes are aspirin and acetanilid. These preparations act on the nerve centers to deaden and depress the perception of pain.

Laxatives are commonly represented as headache remedies. Sometimes headaches are due to gastro-intestinal disorders, and laxatives which by evacuating the intestines may relieve some of these conditions, may also relieve a headache which results from them. There are so many laxatives used in such remedies that it is difficult to say which are the most common. Probably phenolphthalein and cascara sagrada are most commonly used. They will relieve a headache only when it is due to temporary constipation or intestinal disturbances arising from improper or fermenting food by causing prompt evacuation of the offending material.

A third rather common type of headache preparations contains antacids, the commonest of which are sodium bicarbonate, or cooking soda, and milk of magnesia. These are effective only where the headache results from excess acidity of the stomach secretions. They act by neutralizing the excess acidity and also have a slight laxative action.

Many headache remedies are combinations of the three types I have mentioned.

A fifth type of headache preparation is generally recommended for external use. These preparations include rubs, poultices, and plasters. They act as counter-irritants and encourage the circulation of blood in sections of the body where applied and thus may tend to relieve headaches.

From all of this you will gather that headaches are not necessarily a specific ailment, but are the direct result of some major or minor bodily malady. If your headache is due to eyestrain, it is best to see an oculist and have your glasses refitted or have glasses made for you. Sometimes headaches are caused by working in dimly lighted rooms or poorly ventilated rooms. A common cause of headache is sleeping in rooms that are not properly ventilated. I have found that fresh air is often an excellent relief for simple headaches not caused by definite bodily ailments. Your headache may be caused by intestinal troubles or nervous disorders, or any one of a dozen or more maladies which should be treated at the source and not temporarily relieved with a so-called headache cure.

Now when you consider buying a headache remedy---read the label. If the product is labeled merely for simple headache, it probably contains an anodyne. If it says, simple headache due to certain disorders, this may indicate the type of preparation. In general, I caution the public against headache preparations as such. Many have a depressing action on the heart and many people are very susceptible to the classes of drugs used in these preparations. Anything, you know, can be used in a drug preparation without label declaration except alcohol, morphine, opium, cocaine, heroin, alpha or beta eucaine, chloroform, cannabis indica, acetanilid and chloral hydrate. If the manufacturer uses these substances or their derivatives, he must declare their presence and the amount used upon the label. I do not mean to infer that all headache remedies contain any of these drugs. But as I said before, many such remedies do contain one or more of them. All of these drugs may be dangerous if not used with caution and with due regard to the injury each one is capable of doing. And the label reader, before buying a headache remedy, should read the label carefully to find if these drugs are present, and then be governed accordingly.

--ooOoo--

ANNOUNCEMENT: You have just heard the Veteran Inspector's ideas about headache remedies. He is a radio representative of the United States Department of Agriculture at Station _____, and talks about pure foods and drugs at this hour each Monday. He will have another interesting subject one week from today. Watch for his talk under the UNCLE SAM AT YOUR SERVICE schedule.

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UNCLE SAM AT YOUR SERVICE

Monday, December 1, 1930

NOT FOR PUBLICATION

SPEAKING TIME: 11 minutes.

ANNOUNCEMENT: And now here's our friend, the Veteran Inspector, again, with another of his stories about the watchdog of the food supply. Christmas is only 24 days ahead -- and Christmas time means candy to a lot of us, young and old. And so the Inspector is going to tell us about our candy, chocolate, and nut supply and how he and his colleagues help to insure its purity. He represents the U. S. Department of Agriculture at Station_____, and each Monday, tells how the Federal government is at the service of those who buy foods and drugs. Mr. Inspector-----

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That's an ambitious send-off, Mr. Announcer--- but I got the part about Christmas. You see, I like chocolates and other kinds of candy and Christmas is about the only day in the year when I really let myself go. Not that I couldn't safely eat some candy every day in the year. Most of it is pure and wholesome. . . . .

And that reminds me of what a certain famous chef said about chocolate many years ago--- We wouldn't agree with him today. But here's what he said---

"The persons who habitually take chocolate," he said, "are those who enjoy the most equable and constant health and are least liable to a multitude of illnesses which spoil the enjoyment of life."

If that chef were in the advertising business today, I would call that a good example of BEAR OIL that I told you about some time ago. Chocolate is a pleasing confection, yes. And the growth of the CACAO industry attests to the popularity of chocolate, a cacao product. Your government pure-foods officials admit that chocolate has food value, but they tell me it has no more so-called HEALTH VALUE than many other wholesome foods. In fact, they have recently issued a notice to the trade condemning the sale of all manner of foods as HEALTH FOODS. . . .

I don't believe that the ancient Mexicans had any pure food laws, but the few records which we have of their early life show that they certainly knew their chocolate. They used it, however, chiefly as a drink, and they called it the "Food of the Gods." The early Mexicans had many feast days and festivities--- some of which were not exactly

innocent and pretty--- and historians tell us that during these fiestas "they used to spend all the day and half the night dancing, with only cacao for nourishment." I suppose you know that chocolate is made from the cacao bean. When the Spanish adventurers conquered Mexico, they found chocolate in common use. The emperor would have no other beverage. And here's a tip for housewives. He liked his chocolate flavored with vanilla or spices and so prepared as to be reduced to "a froth of the consistency of honey."

The Spaniards were a proud and exclusive race and they tried to keep their chocolate recipe from the rest of the world. But you can't keep a good food down, and pretty soon the wealthy classes in France and England and other European countries were having chocolate every day. And today, the fruit of the cacao tree is shipped from Central America, Africa and Ceylon to the United States in huge quantities every year. I understand that in ancient times, the royal palace in Mexico used hundreds of tons of cacao a year. That's a lot of chocolate, but it wouldn't go far toward satisfying America's sweet tooth at Christmas-time.

Chocolate and nuts are commonly used in candy making and right now your Federal food and drug inspectors are making it an important part of their regular duties to inspect warehouses where nuts are stored and candy factories where the sweets of Christmas-time are made. Candies, you know, like most other food products, are sometimes adulterated or misbranded.

For illustration---

According to the standards set by the Food and Drug Administration, "chocolate, or as it is sometimes called, bitter chocolate, is the solid or plastic mass obtained by grinding shell-free cacao beans, and contains not less than 50 per cent of fat." Now cacao fat is an expensive product, and sometimes manufacturers will substitute part or all of this fat with some cheaper oil or fat. An inspector friend of mine tells me that he found a certain concern extracting the cacao fat and substituting for it cocoanut oil. Cocoanut oil, of course, is much cheaper, but it is wholesome and there is no objection to selling this IF IT IS PROPERLY LABELED AS CONTAINING COCOANUT OIL AND NOT CACAO FAT. This firm was labeling its product CHOCOLATE, with nothing to show that an important ingredient had been removed. The product contained cocoanut oil and not cacao fat. The label did not tell the truth. And the Government took action on the ground that the firm was adulterating and mislabeling its product. After an attempt to get by the law, the firm finally decided to label its product truthfully.

Just a word, now, about how much <u>candy</u> the candy box contains. One of the commonest and most important violations of the pure foods law, so far as expensive candies are concerned, is shortage in contents. A box may <u>look</u> like it contains a pound, for example---

it may be the usual one-pound size. But that box may contain only 14 ounces. The law requires a quantity-of-contents statement on the label of the candy box entering into interstate commerce. And, I guess, you had better read the label if you want a full pound of candy for your full-pound price. High-grade candy costs money and you might as well get your full money's worth when you buy it. Remember--- the label tells you how much actual candy the box contains.

Another definition for you candy and chocolate buyers. . . Sweet chocolate, according to the Federal standards, is chocolate mixed with sugar, with or without the addition of cocoa butter, spices, or other flavoring material. Milk chocolate is the product obtained by grinding chocolate with sugar, with the solids of whole milk, or the constituents of milk solids in proportions normal for whole milk, and with or without cocoa butter and flavoring material. Milk chocolate, by definition, contains not less than 12 per cent of milk solids. These are the standards the pure food men look for in their inspections and in their analyses of chocolate products in the laboratories.

There are many other kinds of candies which the children will find in their Christmas stocking and which the flapper daughter will find with a card from the Boy Friend. I could tell you about chocolate-covered nuts, caramels, and so on, all popular confections using chocolate in their makeup. But I do want to say a word or two about chocolate-covered cherries, which are found mislabeled now and then. Certain manufacturers take large cherries, of the white variety, that have been in brine for some time. These cherries, as I say, are often nearly white and practically tasteless. But the manufacturers color them and flavor them and cover them with chocolate, and sell them as CHOCOLATE COVERED MARASCHINO CHERRIES. These large white cherries are not maraschino cherries at all. Maraschinos come principally from Italy and France and are quite different. Federal pure foods men have ruled that when these large white cherries are prepared as I have told you, they should not be labeled CHOCOLATE COVERED MARASCHINOS, but CHOCOLATE COVERED CHERRIES, ARTIFICIALLY COLORED AND FLAVORED. They are wholesome, but the buyer has a right to know what he is getting and the Food and Drug Administration is seeing to it that he does.

Children are particularly candy-conscious, especially at Christmas time. And this is one good reason why your foods officials inspect candy so rigidly under the food and drugs act. They feel not only that chocolate should not be adulterated, but that other kinds of confections also should be pure, wholesome and honestly labeled. In the case of hard candy--- such as you find in glass bottles and other containers--- the labels should carry no representations that are false, misleading or deceptive in any way. If a candy is supposed to be made from fruit juices, it must contain enough fruit juice to characterize it. If a candy is artificially colored or flavored to represent a specific fruit, the label should not imply that this candy is made from the fruit itself, but should say that it is artificially colored and flavored. Your Government requires that the artificial flavor be harmless, specifies a certain limited number of artificial colors as being safe when used in manufacturing foods. But the artificial color must be declared on the label, and you buyers should read labels carefully if you have a

prejudice for or against added colors. Under the food and drugs act, pictures of fruit on the label, or other matter suggesting the fruit juice from which the candy is made, are permissible only if that particular fruit juice is actually present.

Gum chewing, as everybody knows, is a popular American pastime. The Government recently ruled that chewing gum, which contains as much as 75 per cent, or even more, of soluble sugars, comes within the food and drugs act if that gum is shipped within the law's jurisdiction. Rules concerning added flavors and colors, and the regulations for labeling chewing gum, are similar to those I have just told you about in the case of hard candies.

Beginning about the first of October of each year, Government inspectors center their attention on the nut supply. Inspectors examine stocks found on sale in the markets, in storage in warehouses, and in shipment to market. Great quantities of nuts are imported into this country through the Port of New York, and for this reason the New York Station of the Food and Drug Administration makes nut inspection a major project every year. Other stations located in port cities also watch the imported nut supply. When shipments are found containing moldy, wormy, or decomposed nuts, those shipments are seized. Inspectors take samples of most nut shipments entering the country, and from these, the percentage of nuts not fit for food is worked out. If the percentage is at all important, the shipment is held for correction or not permitted to be sold in the United States. Similarly, samples are taken of nuts being shipped from one state to another, within the country. If the nuts are found to be moldy, wormy, or decomposed, they are seized.

Our candy and nut supply is of a high order so far as purity and wholesomeness are concerned. There is no good reason why the children--- or the grownups--- should be disappointed with the contents of their Christmas stockings this year. I have tried to tell you in this talk just what Uncle Sam's food officials have done to avoid disappointment.

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ANNOUNCEMENT: You have just heard Uncle Sam's Veteran Inspector of foods and drugs who brings you each Monday, through Station_____, his regular UNCLE SAM AT YOUR SERVICE talk. He will be with us again next Monday.

UNITED STATES DEPARTMENT OF AGRICULTURE
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UNCLE SAM AT YOUR SERVICE Monday, December 8, 1930.

NOT FOR PUBLICATION

SPEAKING TIME: 10½ minutes.

ANNOUNCEMENT: Again we present the Veteran Inspector, who represents the Federal Food and Drug Administration at Station _____, and who brings you each Monday his UNCLE SAM AT YOUR SERVICE talk, dealing with the ways in which Uncle Sam safeguards your foods and drugs. He is going to tell you about another of Uncle Sam's drug experts today. This man is in charge of the Food and Drug Administration's Drug Control office. Mr. Inspector----

---ooOoo---

Almost 5 years ago to the day, a doctor of medicine, in charge of health surveys in a great eastern medical college, wrote the mayor of a prominent Southern city about a survey of that city's health department which this medical man had made. He wrote the mayor enthusiastically---praised the city's public health work---and particularly commented upon the "exceptional character and rare value of the assistance freely given by the Superintendent of Health."

I am forced to tell you that that Southern city at one time did not have an exceptionally clean record so far as health is concerned. The place had known its epidemics, as what city has not? Public health officials had fought hard for some years to raise the standards of health in the place, receiving no lack of cooperation from the city.

Five years ago, Dr. J. J. Durrett was the Superintendent of Health in that city.

Two years and nine months ago, Dr. J. J. Durrett joined the Food and Drug Administration, taking charge of its drug control office. About a month ago, when I was in Washington attending some meetings, I dropped in at Dr. Durrett's fifth floor office. I knew that he had been given credit for improving health standards in that Southern city, and I wanted to know something about his training and his fitness for his present job.

I thought that you radio listeners would want to know about that, inasmuch as your own personal health depends to a large degree upon the control work of the Food and Drug Administration and because Dr. Durrett is in charge of that drug control work.

"What is your philosophy of life?" I asked Dr. Durrett.

He smiled briefly and told me that while he did not have time to outline his philosophy of life, he could say that he had always believed in doing one thing at a time and in getting it done thoroughly before starting another job. "But," he said, "you must always remember that to do one thing at a time thoroughly, requires considerable knowledge of the things you are going to have to do later."

Before I tell you more about Dr. Durrett's work, let me tell you something about the man himself.

He is a Tuscaloosa, Alabama, boy, and hasn't lost his accent. He graduated from the University of Alabama a few years before that school began sending its "Crimson-Tide" football teams to win games all over the country. Alabama granted Dr. Durrett his Bachelor of Science degree in 1908, and the next year he received his Master of Science degree, and the next year he received the Graduate Pharmacist degree. That makes three degrees from Alabama, and while there he studied a great deal of chemistry, biology and pharmacy, as well as the other subjects which colleges require. Then he went to the Harvard Medical School, and, in 1914, received the degree of Doctor of Medicine. Then he hung out his shingle and practiced medicine for a short time. Then the war broke out, and he became a district health officer for a group of counties and cities in the neighborhood of Newport News, Virginia. Shortly afterward, Dr. Durrett joined the United States Public Health Service. After the war ended, he was detailed to the State of Virginia as a consultant in community sanitation. Shortly after that, he accepted the position of Superintendent of Health of the Southern city I have spoken about.

That city had her troubles, and Dr. Durrett got busy. Some of the things he did would make excellent adventure stories. He found considerable malaria in town, a condition not at all confined to the city in particular. Now, the medical profession has succeeded pretty well in cleaning up malaria in many places by cleaning up the mosquitoes. The disease is caused by a tiny microbe carried by a certain kind of mosquito, and Dr. Durrett followed accepted medical practice in draining the pools and swamps and in screening the windows and in doing other things to protect the citizens from the bites of the malaria-carrying mosquitoes.

When Dr. Durrett completed the malaria work to his satisfaction, he got busy on other projects. He made, for one thing, a thorough study of the community's milk supply and found that a good many improvements could be made. It took many months to do the necessary work, but the people

finally found that their milk bottles carried a better quality of milk than ever before and that troubles arising from contaminated milk were greatly lessened.

Dr. Durrett took special interest in the health of the city's children. He encouraged health workers and nurses in the public schools to teach the children health habits. He established an efficient district nursing system to care for those who were sick. The city had a large Negro population, and her Health Superintendent made a special point of improving the health of the Negroes. He did a great deal of control work on typhoid. This resulted in a much smaller number of cases of this dreaded disease in the community.

While Dr. Durrett was in that town, the accidents and the number of homicides occurring in the city attracted the attention of the mayor and he made a study of the records for 1921. This drew in the Department of Health and they found some rather surprising facts relative to violent deaths. I wish I could tell you all about this valuable and fascinating study. They considered the number and the causes of suicides--- automobile fatalities--- murders--- the influence of race, age, sex--- and several other factors. All of the information gathered was brought into a circular which I have in my office. It is very interesting, but I haven't time to tell you more about it here.

During all the time Dr. Durrett was serving as Superintendent of Health in that city, he was receiving recognition by your Food and Drug Administration for the excellent way in which he was cooperating with the Administration. I have told you many times before how city and State health officials cooperate with the Administration. This cooperation of Dr. Durrett attracted the notice of your Washington officials. He joined the Administration and has been in charge of the drug control office for almost three years now.

His present job, of course, is not at all the same as it was when he was in charge of public health work in a large municipality. He is no longer called upon to recommend methods of screening windows or draining swamps or fighting typhoid. But he is constantly called upon to make recommendations dealing with fake, fraudulent, or worthless drugs or medicinal preparations which are supposed to have value in treating the very diseases he is so familiar with. My idea in taking so much time to tell you about Dr. Durrett is simply this: I want you to know that the man who is directly in charge of the Federal drug control work is not only a doctor, is not only a chemist and pharmacist, but has also had a great deal of experience in fighting diseases of all kinds. Being a doctor, Dr. Durrett is familiar with the symptoms, the progress, and the results of disease. He knows that disease, if unchecked, may lead to death.

When he was a public health official, his job was to control disease through preventing it, as well as to suggest the proper remedies to those who were sick. He is familiar with the mysterious habits of the sick and knows that people will often lull themselves into a false sense of security by reading the claims on certain worthless medicines and thereby postpone the necessary measures known to be efficacious. His work now, quite specifically, is to safeguard the American public from the many worthless cheats upon the American drug and medicinal market. He is not alone in this work, of course. More than 200 trained men help him, more or less directly, as well as quite a number of field inspectors who are constantly on the watch for medicinal and drug frauds.

Just before I left Dr. Durrett's office, I asked him for two or three brief tips which I could give to you. "Here is a lady," I said, "who goes out to buy some kind of preparation for some disease or ailment she is suffering from. What should I tell her?"

"Well," said Dr. Durrett, "you probably have about a half minute more to talk to your radio audience. I'll be brief. You can tell your audience that we will have a great deal more to say about drug control later. But for the benefit of the lady, tell her this:

"First, get your information from the label---which is subject to the food and drugs law---rather than from lurid advertising, which is not. Second, look for the label declaration of those dangerous or habit-forming drugs which the law requires to be declared on the label. Unfortunately, the law does not require label declarations for all harmful substances, but those commonly used must be declared. If a medicinal preparation contains such things as cocaine, morphine, and other habit-forming drugs, or if it contains alcohol, the label must say so. Third, the Food and Drug Administration considers it illegal to ship in interstate commerce any preparation labeled as having curative value for diseases for which the medical profession recognizes there is no adequate nor competent treatment. And, fourth, beware of cure-alls. It is obvious that a preparation to be swallowed or rubbed or smelled cannot be a competent cure for dozens of serious diseases. But I have seen many a so-called patent medicine labeled as being a cure for as high as 30 or 40 diseases apiece."

---ooOoo---

ANNOUNCEMENT: That concludes the Veteran Inspector's Service talk for today. Remember, he gives these talks each Monday. They are broadcast by Station _____ through the courtesy of the United States Department of Agriculture.

UNITED STATES DEPARTMENT OF AGRICULTURE

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UNCLE SAM AT YOUR SERVICE

Monday, December 15, 1930

NOT FOR PUBLICATION

SPEAKING TIME: 11 Minutes.

ANNOUNCEMENT: The Veteran Inspector is going to tell you about spices today. He has had a great deal of experience with spices during the 24 years the Federal food and drugs act has been enforced. He remembers the days when spices were commonly adulterated, and is going to contrast them with the present day, when they are largely sound and wholesome. This spice talk comes as this week's regular UNCLE SAM AT YOUR SERVICE feature, broadcast by Station _____ through the courtesy of the United States Department of Agriculture. Now let's hear your spice story, Mr. Inspector---

---ooOoo---

Christmas is a spicy time. Christmas is romantic--- spices are romantic--- the two go together. . . .

I suppose no article of world trade has had a more adventurous history than spices. Some of our best spices cost a pretty penny today. But I have an idea that people paid still more for them in the days before fast steamboats, when much of the world was new or unknown to what we call civilized man.

They say that in the days before refrigeration came in, people used spices to preserve meat and other foods. I question the preserving part, but the spices did disguise the flavor!

Spices were for kings, for the wealthy classes. Kings sent their ships and their armies far afield for the precious condiments. Glory and gold and blood--- spices and precious stones and slaves--- what a big part they played in the life of the earlier world! Columbus, a great explorer, was looking for a land of vast riches, of golden cities, of rich goods, of spices, when he set out in his three little sailing ships to find the "Indies." He never found the "Indies" he was looking for--- but he found two continents instead. . . .

Times have changed. But we still need seasoning for our food. Spices have changed--- in quality.

Take cloves. Here's a story about cloves that brings us right up to date---

Cloves are produced largely in the Island of Zanzibar, which is in the Indian Ocean, off the east coast of Africa. The clove is the unexpanded, dried flower-bud of the clove tree, an Evergreen of the Myrtle family.

It gets its name from the fact that it has been said to have the odor of all the spices.

BLACK PEPPER is a very common spice with which you are all familiar, but how many of you know that it is the dried, immature berry of the wooded vine pepper plant which grows in the East Indian islands, southern India, French Indo-China, and Siam. These pepper berries are ground into a powder and reach you in a small tin or cardboard boxes which you find in the store. Packages often contain mixtures of several varieties of pepper and it is up to you to learn by experience whether you want a grayish, black, or greenish grind. When you have set your preference, your dealer will be able to give you what you want.

WHITE PEPPER is very similar to black pepper, although some people think it is an entirely different pepper. They make white pepper by removing the outer coating of the mature black pepper berry and then grinding the berry itself into a powder, without the coating. As a rule, black pepper is stronger or hotter than white pepper, and CAYENNE PEPPER is generally hotter than either of these or than common RED PEPPER.

PAPRIKA, a favorite spice with many, is the dried, ripe fruit of Capsicum Annuum. It has a distinctive, agreeable, and very mildly pungent flavor. There are two kinds, Spanish and Hungarian. Hungarian paprika is sweet and mild, with a rich red color and an oily appearance. The Spanish spice is not quite so mild, less sweet, and drier in appearance. The highest quality paprika of all is known as Rosenpaprika, a Hungarian kind prepared by grinding selected pods from which various parts have been removed. Producers occasionally add olive oil to paprika. This has a tendency to heighten the red color of the spice, but it has no other purpose. So if you see a paprika label declaring "added olive oil" you will know that the color has been produced in part by the added oil.

CINNAMON is the ground bark of either the cinnamon or the cassia tree. The strength, quality, and amount of oil present in the bark have a lot to do with the quality of the spice. You can get almost any grade of cinnamon, varying from a spice with a mild, delightfully delicate bouquet, to a cinnamon that is strong and harsh. Poor qualities contain only a very small amount of oil and the lowest quality cinnamons are so poor as to be essentially worthless for flavoring purposes. If you like a mildly flavored cinnamon, ask for Ceylon cinnamon. It is usually orange-yellow in color. Saigon cinnamon is strong and pungent, has plenty of excellent flavor, and is dark brown in color. Batavia cinnamon, a good grade, is intermediate in flavor, between Ceylon and Saigon. Batavia cinnamon is generally light brown. As a rule, you will find China cinnamon the poorest grade of all and some times the flavor in some of the China grades is almost entirely lacking. China cinnamon is often very dark in color.

NUTMEG is the dried, hard seed of the nutmeg tree and should contain not less than 25 per cent of fixed oil. When the nutmeg seed is fully developed, it is well rounded and symmetrical, but sometimes nutmegs coming into this country are more or less shriveled. These "Shrivels" make a good ground product, which is slightly darker in color than the powder produced by grinding unshriveled seeds.

MACE is made by grinding the dried coating surrounding the nutmeg. There are two general varieties of mace, known as East Indian and West Indian. The East Indian spice runs from yellow-brown in color to a very dark brown, and has an excellent flavor. West Indian mace is a light yellow and has less and poorer flavor than the East Indian variety.

SAGE is an excellent spice which might be used more extensively to good advantage. It is the ground dried leaf of the sage plant. Austrian, French, Italian and Dalmatian are the best varieties. Greek sage, as a rule, is of rather poor quality. I have told you about only a few of the scores of varieties of spices which come to us from almost all parts of the world. There are some spices so rare and so exotic that few cooks ever see or use them. The ones I have told you about today rank among the commonest spices. A practical pointer might be worth while. When you buy spice, why don't you taste and smell the product in judging relative quality? And then remember the particular variety you like best and ask for it the next time you buy. It will pay to buy the best quality of all spices --- the best qualities, of course, are most economical--- and it will also pay you to read the labels to make sure that you are getting the quantity you want.

---ooOoo---

ANNOUNCEMENT: You have just heard Uncle Sam's Veteran Inspector in his regular Service talk. These talks, describing the work of the Food and Drug Administration in protecting your table and medicine cabinet, come to you each Monday through a cooperative arrangement between Station_____ and the United States Department of Agriculture. You are invited to hear the Inspector at this hour again next Monday.

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UNCLE SAM AT YOUR SERVICE

Monday, December 22, 1930

NOT FOR PUBLICATION

SPEAKING TIME: 10 minutes.

ANNOUNCEMENT: This is the day and hour when the Veteran Inspector who speaks for the Federal Food and Drug Administration at Station___, brings you his regular Monday SERVICE TALK. Someone must have been telling the inspector that the food and drugs act has lost its punch. Anyhow, he tells me that he is going to outline a few typical cases of court actions in which the Government has prosecuted violators of the pure food law. That should be interesting____ and we will let the inspector tell about it___

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I want to tell you about the "teeth" in the government's food and drugs act today and a story which George H. Adams, who is chief of the Boston station of the Federal Food and Drug Administration, told me the other day will show you what I mean. . . .

I said that Mr. Adams is chief of the Boston station. Now, Boston is one of the centers of the New England fish industry and, for that reason, the Boston station is particularly alert to any violations of the pure food laws so far as fish are concerned.

Violations have occurred. Mr. Adams told me how common tap water, sold at the market price of shellfish scallops, cost a New England fish dealer $1,000 in a fine because he violated the law. He violated the law because he shipped watered scallops from one State into another.

Water, of course, is the commonest substance used to adulterate food. Water is cheap and I can remember the days when manufacturers used the pumps a lot more than they do today. This New England fish man seemed to think that it would be good business for him to sell water at the price of scallops. But he reckoned without the food and drugs act---which prosecutes violators---and he paid the price.

The price, in this particular case, was a $1,000 fine and great loss in his New England business. He still operates in two other

States, but, I imagine, won't try the same game there.

Mr. Adams told me that this New England fish dealer--- whose name I need not give you--- had been fined, in smaller amounts, for violating the pure food law before. A year ago, in fact, your food and drug officials collected samples from shipments of scallops made by this gentleman to New York restaurants. The scallops had been adulterated with water---the Government made a number of seizures which the defendant defaulted---and the Government disposed of the adulterated goods. The fish dealer made a number of somewhat flimsy excuses for his conduct, but flimsy excuses are no defense before the law, and when the cases were taken to court, the defendant was forced to pay small fines from time to time. But when this last case of adulteration---which I have just told you about--- came up for trial, the judge imposed a heavy enough fine to impress the violator with the fact that Uncle Sam means business. The dealer paid the fine and declared that he was going to cease operations of the packing plant, from which his watered scallops were shipped, entirely.

Nuts are a favorite food at Christmas time and, thanks to very close inspection, most of the nuts we buy on the market today are perfectly sound. But I can remember when it was very common to get bad nuts in the sack purchased at the store and cracking nuts in those days was a rather adventurous occupation. We still get a few bad nuts, as witness a recent seizure officially reported by the Department of Agriculture of quite a stock of pecans in shell. A certain dealer in Texas shipped these pecans into the State of New York and that interstate shipment brought them directly under the jurisdiction of the Food and Drug Administration. And the reason for that is simply this: The shipment consisted in whole or in part of bad nuts. When imported or shipped from State to State in this country, such nuts violate the pure food law, and the Texas shipper's goods were seized, condemned, and forfeited. They were later destroyed under the direction of the United States Marshal.

When a canning company in Oregon shipped some 74 cases of canned cherries to a New York distributor, that company raised again the question: When are cherries really cherries? The question might seem easy to the layman who knows little about canning methods and not much more about legal provisions of the pure food laws, but if those concerned in the shipment had thought more about it, they would have saved considerable money. The Government contended that the cherries were adulterated because an excessive amount of sirup had been substituted in part for the cherries which the can should have contained. The label said that the can contained ROYAL ANNE CHERRIES. The Government also contended that the goods were misbranded because the word "cherries" on the can label misled and deceived the purchaser when applied to a product containing added sirup in such an amount to reduce the drained weight of the cherries to less than a certain definite measure set by sound commercial

practice. The cherries were released to the canning company to be labeled honestly. The canner was ordered to make his labels read in such a way that the buyer would know that she was getting slack-filled cans of cherries, adulterated with excess sirup.

I have given you three examples of legal action involving foods. As you know, the food and drugs act also includes drugs and medicines. I have told you many stories of drug and medicine manufacturers who have violated both the spirit and the letter of the drug laws, and today I am going to tell you one or two more. The first one concerns a certain medicinal preparation with a name strangely reminiscent of old times. Not so very long ago, the United States Attorney for the Southern District of Florida, acting upon the report of the Secretary of Agriculture, filed a libel asking for seizure and condemnation of a number of bottles of so-called INDIAN FEVER TONIC. This stuff had been shipped from Georgia into the State of Florida and the Government charged misbranding in violation of the food and drugs act. The product contained, among other things, quinine sulphate, alcohol, a small amount of arsenic, and water colored with a pink dye and flavored with oil of cinnamon. The so-called tonic was misbranded, for one thing, because the label did not bear a statement of the quantity of alcohol contained, and it was misbranded further because it made curative claims that were considered by medical officials as preposterous and silly, or in the words of the law, "false and fraudulent." It was recommended for fevers, chills and fever, influenza, la grippe, measles, jaundice, neuralgia, and one or two other miscellaneous ailments. Careful laboratory tests showed that the INDIAN FEVER TONIC contained nothing which could have curative powers for the diseases mentioned. No one showed up to claim the preparation and it was destroyed under the direction of the United States Marshal.

Another interesting case concerns ether. Let us say that you were going to the hospital tomorrow for a serious or even a minor operation. Unless you have the courage of an Indian or a stoic--- or un ess you wanted to go back to the early days before anaesthetics were even known--- you would want to be pretty sure that the ether used was a pure article. Now purity of ether is carefully and scientifically defined in the United States Pharmacopoeia. The United States Pharmacopoeia and the National Formulary are the standards, for drugs, under which your Government drugs officials operate in defining violations of the food and drugs act. I might say that these officials, during the fiscal year 1930, examined more samples of ether entering the channels of trade than ever before since the passage of the pure food laws. Furthermore, they found fewer violations of the law in so far as ether is concerned. But a few months back, about 280 cans of ether were shipped from the State of New York into the State of Rhode Island. The label declared the cans to contain "ANAESTHESIA ETHER." Your Government claimed that the anaesthetic was adulterated, because it was sold under a name recognized in the United States Pharmacopoeia, while it differed from the standard of purity as

determined by the test laid down in the Pharmacopoeia. The Government further contended that the ether was misbranded, because the label on the cans was false and misleading and did not tell the whole truth. No one appeared to claim the preparation and the Government ordered it destroyed.

Such legal actions as I have illustrated very briefly today show you which way the wind blows so far as your Government's enforcement of the food and drugs act is concerned. Food and drug officials are by no means asleep at the switch. Cases are constantly going to the courts for correction. Since the food and drugs act was passed, more than 15,000 seizures and prosecutions under the food and drugs act have been made by your Food and Drug Administration. This does not count the thousands of similar actions which have been taken by State and city health officials who, as a rule, operate under laws very similar to the Federal food and drugs act and who cooperate very closely with the Federal officials. If you want proof of the vigorous action taken by the Government in such cases, send for copies of the Notices of Judgment issued periodically by the Department of Agriculture. These publications outline the course of procedure taken where definite violations of the law are concerned.

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ANNOUNCEMENT: You have been listening to Uncle Sam's Veteran Inspector, who brings you each week a ten-minute talk outlining the work of the Federal Food and Drug Administration to protect your health, food, supply, and pocketbook. Look for future talks by the Inspector, broadcast by Station_____, title, UNCLE SAM AT YOUR SERVICE. He will tell you other ways in which the Government is at your service, at this hour next Monday.

UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

In 3

UNCLE SAM AT YOUR SERVICE Release: Monday, December 29, 1930.

NOT FOR PUBLICATION

SPEAKING TIME: 10 1/2 minutes

ANNOUNCEMENT: Again we are going to hear from the Veteran Inspector, who represents the United States Department of Agriculture at Station_____, and who tells us each Monday how Uncle Sam safeguards our foods and drugs. He has told us how this protection is secured. And now he is telling us about some of the Government's men who do the work. He has another of these personality sketches for us today so I'll just turn the time over to the Inspector---

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"Good morning, my radio friends. Your government representative comes to you today for the 35th time to tell you how your foods and drugs are safeguarded by the enforcement of the Federal food and drugs act and to tell you how to read the labels in order that you may protect yourselves and become discriminating, careful, and economical buyers. . . . "

Have you ever heard those words before?

You have--- if you have been following W. R. M. Wharton's read-the-label radio talks now broadcast by 27 stations in the East and Mid-West.

Mr. Wharton is an Eastern Shore, Maryland, boy who has made good in your government's Food and Drug Administration. I have told you something about other Federal foods officials. I have told you about Walter G. Campbell, Chief of the Administration--- and B. J. Howard, a scientist and contact-man--- and Dr. J. J. Durrett, chief of the Administration's Drug Control Office. I am going to tell you about many more in the future.

And today I want to tell you about Mr. Wharton who is Chief of the Food and Drug Administration's Eastern District that includes 16 States. . .

He has a big job. And when I visit him in his office on the 12th floor of a big building in downtown New York, I always feel that he is located high up so that he can sort of get a bird's-eye view of his whole territory.

They used to call him "Buck" Wharton at the University of Delaware, where he studied chemistry and played some football. If you know anything about football, you know that it takes a lot of drive to buck through the line or round the ends. "Buck" Wharton was light in weight, but fast, and he had to use all of his driving energy to make yardage. He is making yardage in a different way now, but still has to drive through and very often has some very tough opposition to buck in his daily round of duties as a Federal food and drugs official.

After Mr. Wharton graduated from Delaware University, he went back to his native state, Maryland--- he was born in Stockton, Maryland--- and studied at the University of Maryland. From there he drove into his chosen field of chemistry and was appointed Assistant State Chemist, working with feedstuffs and fertilizers.

Those were the days when there was much talk about the Federal pure food laws. Dr. Harvey Wiley was in the thick of the fight, and Wharton, seeing greater opportunity in government work, took the Civil Service examination and became a Federal food and drug inspector. One of the first.

He went to Washington and there took his preliminary training course in the duties of a Federal inspector. His first appointment was at New Orleans, a great coffee center. It didn't take him long to find that coffee was being adulterated with from 2 to 10 per cent of chicory and sold as coffee. Chicory in those days was worth about two cents a pound, while coffee sold for from 25 to 30 cents a pound. It looked to the Federal men like a deliberate fraud upon the public. Chicory, you know, is not considered harmful and many people like a great deal of chicory in their coffee, but, under the pure food law, when coffee is mixed with chicory, the fact must be stated on the label. And so Inspector Wharton seized any chicory-coffee which did not plainly bear a label statement of the presence of chicory. It didn't take the Government long to clean up that situation. Of course, the coffee-chicory case was only one of the many things that Inspector Wharton worked on while in New Orleans.

In a few years, he was transferred to St. Louis, which, at that time, was considered something of a dumping ground for impure foods. The Federal inspectors there were making seizures right and left and Wharton drove into that fight also. And pretty soon the food adulterators found out that the Government meant business. Because of his good work, Inspector Wharton was made chief of the St. Louis Station, enforcing the Federal food and drugs act. One of the first jobs of the new chief was to improve the milk supply of the city. The Government found that dairies supplying the city were in many cases unsanitary--- pasteurization of milk was not complete--- the milk was not kept cool in transportation as it should be. In fact, much of the milk which the St. Louis children were drinking was unsatisfactory, to put it very mildly. The newspapers supported the Government--- public opinion supported the Government. The quality of the milk was vastly improved. Today, St. Louis has an excellent milk supply.

Mr. Wharton was still in St. Louis when the war came on and he was put in charge of the examination of food products for the 7th Purchasing Zone. His job was to see that food supplied the soldiers was pure and unadulterated. He also took active part in food administration work.

Then he was made Chief of the Eastern District of the Food and Drug Administration. This was a big order, as the Eastern District includes 16 states and the island of Porto Rico. His experience with milk sanitation stood him in good stead, as it was about this time that the Federal import milk act was passed. Most of our imported milk was coming then--- and still comes--- from Canada. Some of this milk was not as good as it should be, and it became the duty of the Eastern District Chief to help organize a control system to be used in the enforcement of the import milk act. This control system is now in excellent working order and our milk imported from Canada is of a very high grade.

From the windows of this veteran inspector's office in New York, you can look out over one of the great ports of the world. It has been estimated that about 75 per cent of all the food imported into this country comes through the Port of New York. As I have explained before, this food is carefully sampled, analyzed and inspected to make sure that it meets the requirements of your Government's pure food laws. People from abroad tell me that the people of Europe are most familiar with two laws of the United States: the pure food law and the prohibition law. The European exporters, as well as exporters in all other foreign countries, have a great deal of respect for the Federal food and drugs act, and I suppose that the careful inspection policy of the New York laboratories of the Food and Drug Administration has had a great deal to do with building up that respect. As Chief of the Eastern District, it is Mr. Wharton's job to direct this inspection of imported foods and drugs. As you know, the Food and Drug Administration believes in educating manufacturers and importers regarding the real meaning of the food and drugs act. The Administration believes just as strongly that its duty is to legally punish offenders when they are caught in violation. This combination, education and prosecution, has brought about a vast change in the kind of foods and drugs reaching the American consumer in the last two decades. One of Mr. Wharton's duties as Chief of the Eastern District has been to educate foreign importers in such a way as to assure the American buyer of high quality imported foods and drugs. An illustration of the educational work of the Administration, which I have just mentioned, will make the matter more clear. Back in 1927, a very severe and unusual frost hit the state of Florida and damaged the citrus fruit crop in such a way as to make much of the fruit worthless as food. Florida is in the Eastern District, and Mr. Wharton went down there to supervise the enforcement work under the pure food law in order to prevent frozen fruit from reaching the market. His work in Florida did a great deal to convince growers and packers that selling frozen fruit would be an injustice to the public and bad business to them. The growers soon saw that marketing frozen fruit would not do Florida's reputation any good. As I say, most of the growers understood this at once---but a few of them did not. And so government officials had to seize some shipments made by these unethical growers and packers.

All this time, Mr. Wharton---together with other government officials was working steadily in the attempt to convince the buyer that reading labels on foods and drugs would be profitable business. We are now down to the year 1930, and in March of that year, the Department of Agriculture decided to put on a series of "read-the-label" radio talks. To many of you who have heard these talks, the rest is history. Mr. Wharton's personality and practical experience in food and drug work, as well as his willingness to do the job, made him the choice of the Department to start this series out. He made his 35th talk this morning, and is going right on with the talks in the new year. I want to say here that W. W. Vincent, Chief of the Food and Drug Administration's Western District, is also contributing to this "read-the-label" radio campaign and is reaching a large public in the Far West.

"Buck" Wharton's greatest desire is to serve the public faithfully. Sometimes he has to drive through bitter opposition. Sometimes he is accused of interfering with trade in his zeal to see that the public gets pure foods and drugs. He has been accused by certain manufacturers of being prejudiced against them and of persecuting them. He is quite frankly prejudiced against manufacturers who persistently try to palm off upon the public products that violate the Federal food and drugs act. Regardless of such accusations as I mentioned, he goes on quite unmoved. When foods and drugs in violation of the law are found, he starts action no matter who the owner is. He works early and late. When he is not at the office, you can usually find him at his home in Rutherford, New Jersey, with his wife and two daughters.

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ANNOUNCEMENT: You have just heard another of the Veteran Inspector's UNCLE SAM AT YOUR SERVICE talks, broadcast every Monday by Station_____, in cooperation with the United States Department of Agriculture. If you have liked his talk today, watch for him again next Monday at this hour.