

THE SIMMONS PROGRAM

July 9, 1934

Description: "Mrs. Franklin D. Roosevelt Discussing Current Events" CTS has it as only 15 minutes

Participants: Eleanor Roosevelt, Announcer

This is my debut as a news commentator. The weather is always front page news. We ~~have now~~ have the recent news of an important discovery by naval aviators that the temperature is 2 degrees warmer, one mile above the surface of the earth than it is on the ground. So there is little hope on these hot days that we can escape the heat even if each of us had his own little private balloon in which to rise above the earth.

The Century of Progress Exposition is news also. Last year I had very little opportunity to see it, so that I was very happy today to see all that I could of the various exhibitions and the fine sights of the Fair. In one spot there are exhibited the various types of roads, and various old vehicles used through the ages. They show graphically how modern life has speeded up. For instance, no present day vehicle could have carried any one at the fast pace of today over the ancient Chinese stone roads, and one can easily see why the Chinaman ~~lost~~ [unclear phrase, may be "had lost"¹] himself in contemplation for even at the slow speed of his day progress must have been pretty uncomfortable on that road.

The Magic House in the Electrical Building, the modern gas and electrical household equipment, and Slim Williams and his Alaskan Dog Team in the Alaskan Cabin are the features which stand out most in my mind after today's visit to the Fair.

Now let us turn to questions further afield about which I am to talk briefly tonight.

One of the subjects of major importance is the body named by the President to prepare a social program-- the Committee on Economic Security consisting of Secretary Morgenthau, Secretary Perkins, Secretary Wallace, Attorney General Cummings, and Federal Relief Administrator Harry L. Hopkins.

The chief problem to be attacked is the insecurity of the individual and the family which has become so characteristic of modern industrial and agricultural life and which steadily threatens to become more intense.

Today we seem not only ready to find out about unpleasant conditions, but eager to find the remedy for them, if possible. We speak a little proudly about various kinds of social insurance and we think we are rather daring and very modern, but² if we look back to Queen Elizabeth's day we find that they had a type of social insurance for the navy and the reason given was "they needed better men for the navy". A little more security might help our men too!

The matter of moving pictures is very important to the whole country. I am extremely happy that the film industry has appointed a censor within its own ranks, Mr. Joseph I. Breen, Assistant to Will H. Hays, will act as censor ~~in their ranks~~. It has long been a major question of great interest to women[']s organizations, particularly, of course, because of the fact that³ moving pictures are so popular with children.

Lately it has been felt that the tendency to glorify the racketeer and criminal, or at least to make him appear a sympathetic character was having ~~something a bit~~⁴ of a bad effect upon the ~~children~~ youth⁵ of the country. Consequently, this new announcement should do much to make these organizations feel that the film industry as a whole desires to cooperate and use its tremendous power for the improvement of the country.

I turn now to another important subject. The dedication of the new International Vehicular Traffic Bridge, which spans the St. Lawrence River between Roosevelt Town, New York, and Cornwall, Ontario, reminds us that we have six similar bridges bringing into closer relationship Canada and the United States of America, I was at Niagara Falls in 1927. on the day when the Prince of Wales dedicated the Peace Bridge at Fort Erie, which was the last one completed. And I well remember our excitement when the

Prince's car passed ours as we made the trip through the Gorge, for this young prince, like his Grandfather, Edward VII, had something about him which attracted even the most ardent democrat.

Of course, the Fourth of July is celebrated in every foreign country where American citizens are to be found, but this year there was a unique celebration in Denmark. Although it is a small country, Denmark has always been very interesting to me, perhaps because her people, high and low, are really democrats. Our Danish American citizens are celebrating the twenty-fifth anniversary of the Danish American National Park Association and dedicating a Lincoln Log Cabin, the logs for which have come, literally, from every state in our union where timber is grown. Mrs. Ruth Bryan Owen, our Minister to Denmark has endeared herself to the Danish people by her interest in their welfare. This is the kind of celebration which promotes friendliness between nations.

There is one news item which has not appeared in any paper during the past month which I think perhaps would be of interest to some of my listeners.

I wonder if it has ever occurred to you to think what it means for the President of the United States either to miss a train or change his sailing date! During the past weeks⁶ that occurred. The date upon which the President was to sail had to be changed because of the press of public business. If you or I changed our sailing date, nothing would happen except that we would have to book passage on another boat but when the President of the United States changes his sailing date the plans of thousands of people change too. It had never occurred to me before, but I have discovered that not only the ship upon which he is to sail is kept in a constant tizzy wizzy of shining buttons and brass, but all along the line in every port where he is going to stop every radio station and every official has to change plans as the President changes his. I myself had decided to start upon a holiday, but could not do so until the President finally got away. So think how many others had to do the same!

Having just travelled through a part of the State of Kentucky, it is with particular interest that I read an item that the eighth annual high school contest of the League of Nations was won by Miss Clela Moody, a sixteen year old girl from Providence, Kentucky. The prize is a trip to England. I congratulate her on her achievement and feel sure that she will find many familiar things, as many of the old English songs and ballads are better preserved in Kentucky than they are in England itself.

Tomorrow, Tuesday, the All-star base ball game takes place between teams chosen by popular vote, as the best talent representing each major league. I hope that the outstanding heroes of the game will come up to the expectations which their amazing performances always lead their audiences to expect.

There is no game which attracts the youth of the country as much as baseball. In this game, as in all other major sports, we sometimes consider that the value is purely the physical development which it brings about, but no boy who is part of a team, whether it is baseball or football or whether he is a member of a rowing crew, fails to realize the mental training necessary to produce such highly trained and skilled athletes as will play in this game tomorrow. When we encourage in our cities and villages sports for young people, we need not feel that they are gaining only in physique, for success depends on mental training and team play ~~and~~ which is⁷ good training as well, for the character of our youth. In a few minutes I will be back on the air again with a message which I think is most timely.

ADDRESS BY MRS. FRANKLIN D. ROOSEVELT

If you consider the rapidity attending the various happenings about which we are talking, you will realize, I feel sure, that one of the most important things for us to think about during the next few months is how to relax and really rest during the summer vacation.

The speed of modern life has become so tremendous that unless we make a study of relaxation, we are apt to find that the nervous diseases and deaths from heart trouble and high blood pressure, which are so common today, will continue to increase, instead of decreasing.

We do not want our children to suffer in the future from the fact that we have not learned sufficient control to really consciously rest when rest is needed.

Long ago a woman told me that all small children should be taught to lie flat upon their backs, their arms straight beside them, their feet crossed in a completely relaxed condition so that you could pick

up an arm or a leg and let it drop back without the slightest control on the part of the child. If this is good for children, it is probably equally good and important for grown-ups and this woman also added that during the period when a child was taking this rest, he should learn to control completely his desire to open his eyes and look at what is going on around him. This is, of course, nothing but the power of concentration, which we all need if we are doing any kind of mental work in an atmosphere that is not completely quiet and congenial. If this ability is acquired when a child is young, it may be carried through his entire life and will not only make it possible for him to do much good work in the future, but will lessen greatly the wear and tear of little annoyances.

You must know, I am sure, countless people who cannot ~~hear~~^{hear}⁸ the sound of the radio or cannot stand children playing around them. This means wear and tear on their nerves because of continual annoyances. Whereas, if you learn to relax voluntarily when you feel yourself growing tired and annoyed you will be able to live your entire life on a more even basis and get through much more than would otherwise be possible.

I have often heard American men say that when they finally did take a holiday it took them three or four days before they could really rest. This is because they did not obtain proper rest throughout the year-- during such time as they were not on the job. Oh, yes, they thought they were resting but they did not know how.

Many of our men in middle life, at a time when they should be at the height of their power, suffer from inability to sleep at night. If they would learn how to relax and never get into the bad habit of insomnia they would probably come through these years without any of the troubles which keep both men and women from really enjoying their later years.

One of the compensations of growing old is that we can meet life with a calmer and happier spirit. This is only possible in the world in which we live today if we have learned to consciously control our nerves and give ourselves the amount of rest and relaxation that we need to keep the complicated machinery of our bodies running as a well oiled machine should run.

Proofread by: Lee Febos, Ivana Mora-Mowry, Jared Tetreau, Christy Regenhardt
Transcribed from a script held in the Eleanor Roosevelt Papers at the Franklin D. Roosevelt Library

¹ This is a handwritten interlineation.

² This is a typed interlineation

³ This is a typed interlineation

⁴ This is a handwritten interlineation

⁵ Handwritten interlineation

⁶ The letter "S" is a handwritten interlineation

⁷ This is a handwritten interlineation

⁸ This is a handwritten interlineation