

BEFORE WE GET STARTED

**Register your
attendance.**
Session numbers are
in the program.



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AUSTIN ROSTERS



UNIVERSITY OF TEXAS AT AUSTIN

An Economics Toolkit for Extemporaneous Speaking

**Housing, Energy, Trade, Transportation, Inequality,
and Immigration/Labor Mobility**

Gregory Rehmke

EconomicThinking.org/UIIL2024 • grehmke@gmail.com



economicthinking
Understanding and Creating Prosperity

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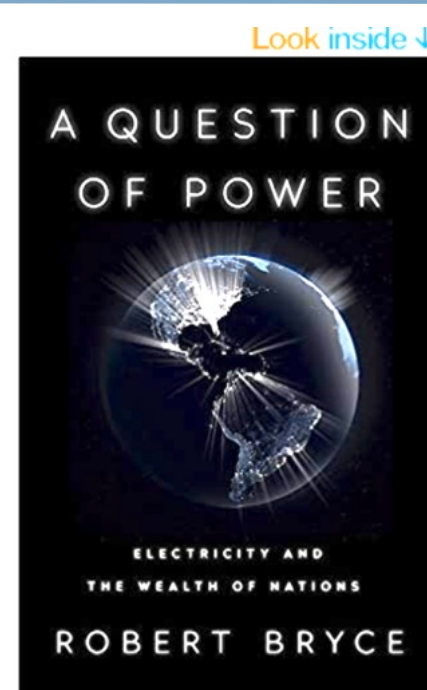
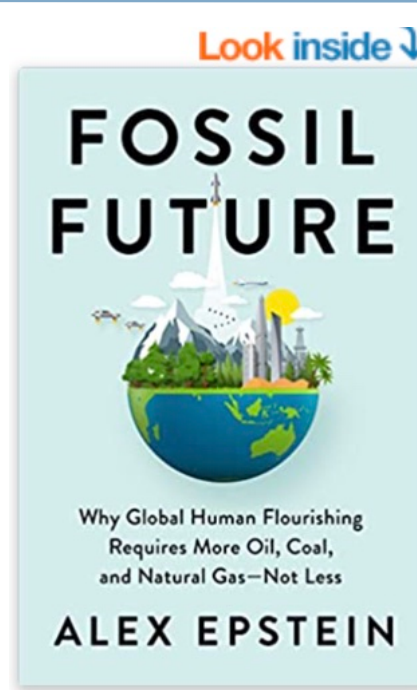
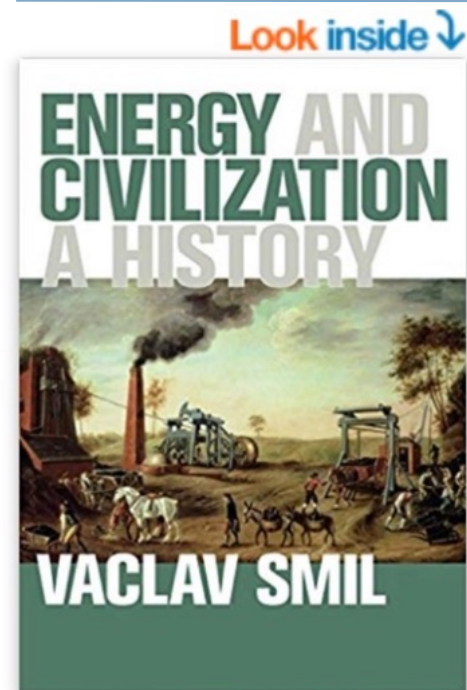
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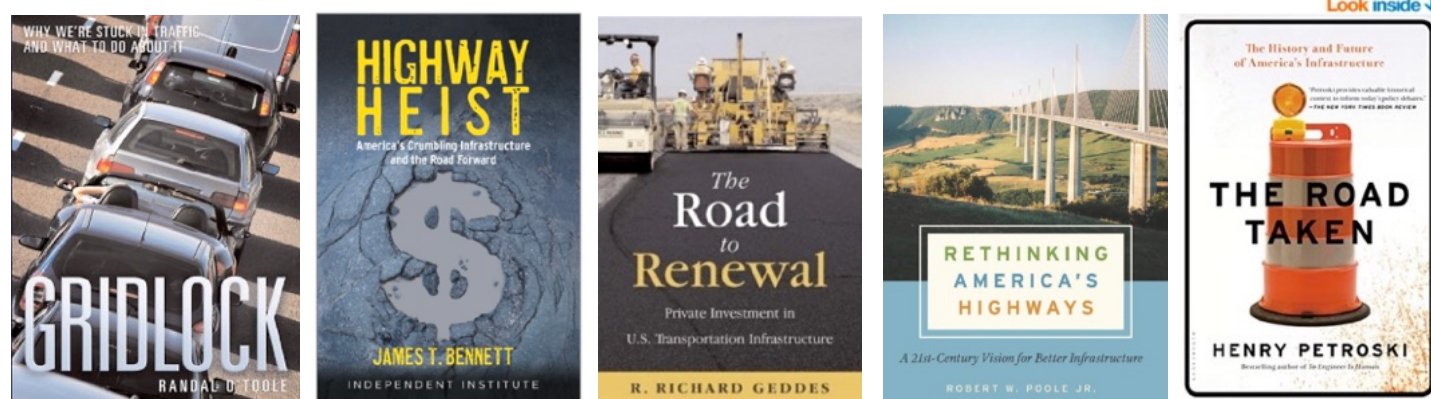
ECONOMIC FREEDOM AND ENERGY POLICY PLUS LD TOPIC



ECONOMICS - DEBATE - HISTORY - GOVERNMENT ECONOMIC THINKING WORKSHOPS

• Date and Time: Friday, January 19

ECONOMIC FREEDOM & FEDERAL TRANSPORTATION POLICY



ECONOMIC THINKING WORKSHOP

- Date and Time: Thursday, September 7, 5-8 pm
- Location: Lombardozzi Residence, 433 Forest Ridge Drive, Coppell, Texas
- Cost: \$25 per student, \$15 for siblings, no charge for parents or alumni
- To Register: Greg Rehmke: grehmke@gmail.com, okay to pay at door.



Gregory Rehmke,
Program Director

Resolved: The [USFG] should substantially reform its energy policy.



Gregory Rehmke,

Fiscal Redistribution

Federal Jobs, Social Security, or Basic Income

How best to measure and to address income inequality in America? What federal policies are most likely to improve the lives and increase opportunities for Americans.

Economic Thinking • Fiscal Redistribution Reforms • June, 2023

Debater Resources



John Goodman grew up in Waco, TX and participated in high school debate competitions around the state of Texas. John was quite successful and won several statewide tournaments. He attended college at the University of Texas in Austin, where he became involved in campus politics and was elected vice president of the student body. All of this experience served him later in life when he became a TV debating partner of conservative polemicist William F. Buckley.

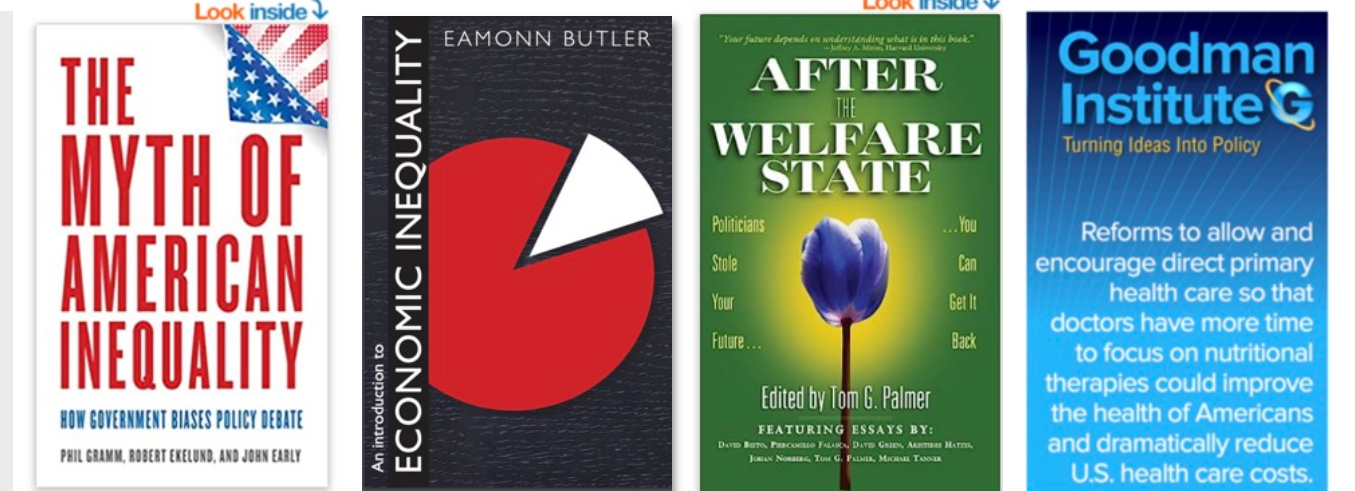
Economic Inequality

By John C. Goodman, April 25, 2023

How Much Inequality Is There?

Most measures of income inequality ignore differences in age. As a result, they end up comparing 20-year-olds (just starting out in life) with 80-year-olds (living off of a lifetime of saving). These measures also ignore the effects of our fiscal system (taxing and spending by government). And they ignore the lifetime effects of fiscal policy (people with low earnings today get more of their pre-retirement wages replaced by Social Security in the future)... [from online article at link]

The Goodman Institute For Public Policy Research – www.goodmaninstitute.org/debater-resources/ - 2023



economicthinking.org/redistribution



Taxing Consumption Progressively Is a Better Way to Tax the Wealthy

June 8, 2021
Erica York
Garrett Watson

A new report from ProPublica argues that wealthy taxpayers face low effective tax rates as a portion of their wealth and mentions taxing unrealized capital gains or imposing a wealth tax. However, a better approach to raising the tax burden on the wealthy would be to pursue progressive consumption taxes as they have fewer administrative and economic costs.

Under the current tax system, individuals are taxed on their income, which consists of wages and salaries; investment income like dividends and capital gains; business income, such as farms, partnerships, and LLCs; and retirement income. If an individual owns an asset like a stock or a small business, they do not pay taxes on the increased value of that asset until they realize the gain through a sale. Until they sell, any gain in the value of a stock or a business is a "paper gain."

taxfoundation.org/taxing-consumption-progressively-tax-the-wealthy



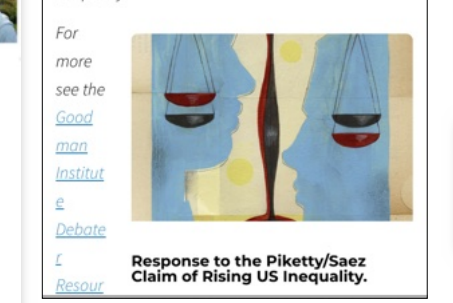
Will Federal Courts Defend Freedom to Farm, Build, Weave, Heal, and Drive?



Productivity Inequality is the Source of Income Inequality

Eamonn Butler's [Introduction to Economic Inequality](http://www.economicinstitute.org/inequality) Pdf on Institute for Economic Affairs website.

Against the resolution debaters will find research claiming economic inequality has been significantly reduced following a range of local, state, and federal programs providing social services for the poor. The value of these programs is often not included in reports measuring income inequality.



iea.org.uk/wp-content/uploads/2022/07/An-introduction-to-economic-inequality.pdf



Less Economic Freedom Equals More Income Inequality

As Economic Freedom Rises, Wealth Increases, and Income Inequality Falls
by GREGORY REHMKE - PUBLISHED MAY 11, 2015 - UPDATED AUGUST 17, 2020
"Less Economic Freedom Equals More Income Inequality," by Ronald Bailey at Reason.com (February 20, 2015), reviews recent studies connecting economic freedom and income



The Campaign Against Income Inequality

Embracing the Inequality Debate
by GREGORY REHMKE - PUBLISHED FEBRUARY 4, 2015 - UPDATED FEBRUARY 26, 2020

Economic Engagement with Cuba, Mexico, Venezuela

Study Guide for the 2013-14 NFL Debate topic

Economic Thinking/Mackinac Center Topic Study Guide, October, 2013



“Economic engagement” is not a phrase much used by economists. Countries don’t economically engage, but people do through trade, investment, employment, travel, and migration. Governments enable or restrict economic engagement between

Barone writes that immigration to America has been episodic and unpredictable through American history. And the latest immigration surprise was astonishing in scale, transforming both the U.S. and Mexico:

In a single generation, between 1980 and 2007, more than 10 million people migrated, legally or illegally, from Mexico to the U.S. Today there are more than 12 million Mexican-born people in the U.S. and millions of American children who are their offspring— amounting to almost 10% of the nation’s population. That is exponentially larger than in 1970, when there were less than one million Mexican-born people in the country, or 1980, when there were two million. The Mexican migration, and the similarly large migration of others from the rest of Latin America, has in just one generation reshaped the nation. (“[A Nation Built for Immigrants](#),” Wall Street Journal, Sept. 21-22, 2013, C1.)

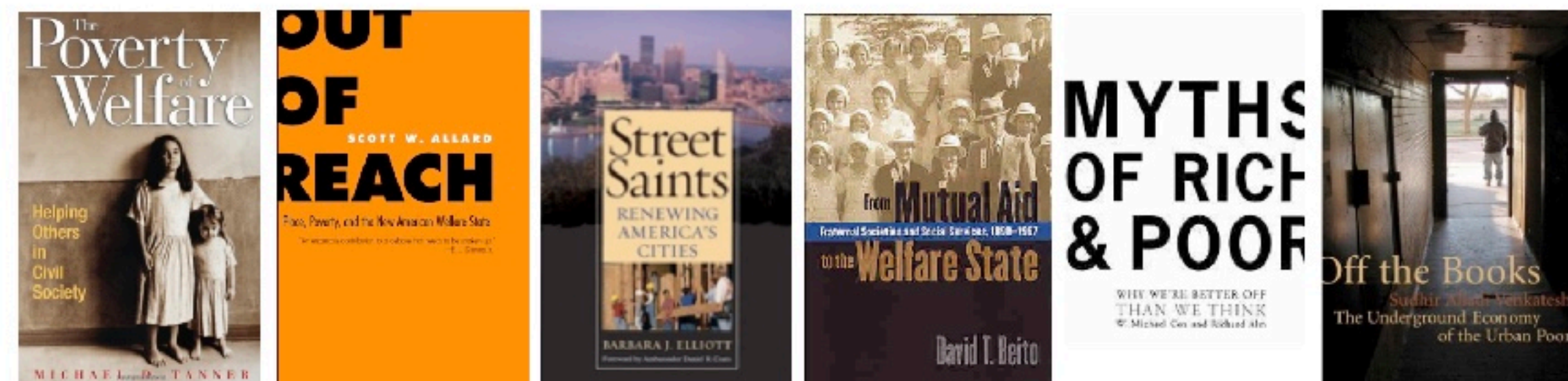
economicthinking.org/wp-content/uploads/2018/04/StudyGuideCubaMexVenBenTTBest.pdf

Social Services

For those living in poverty in the U.S.

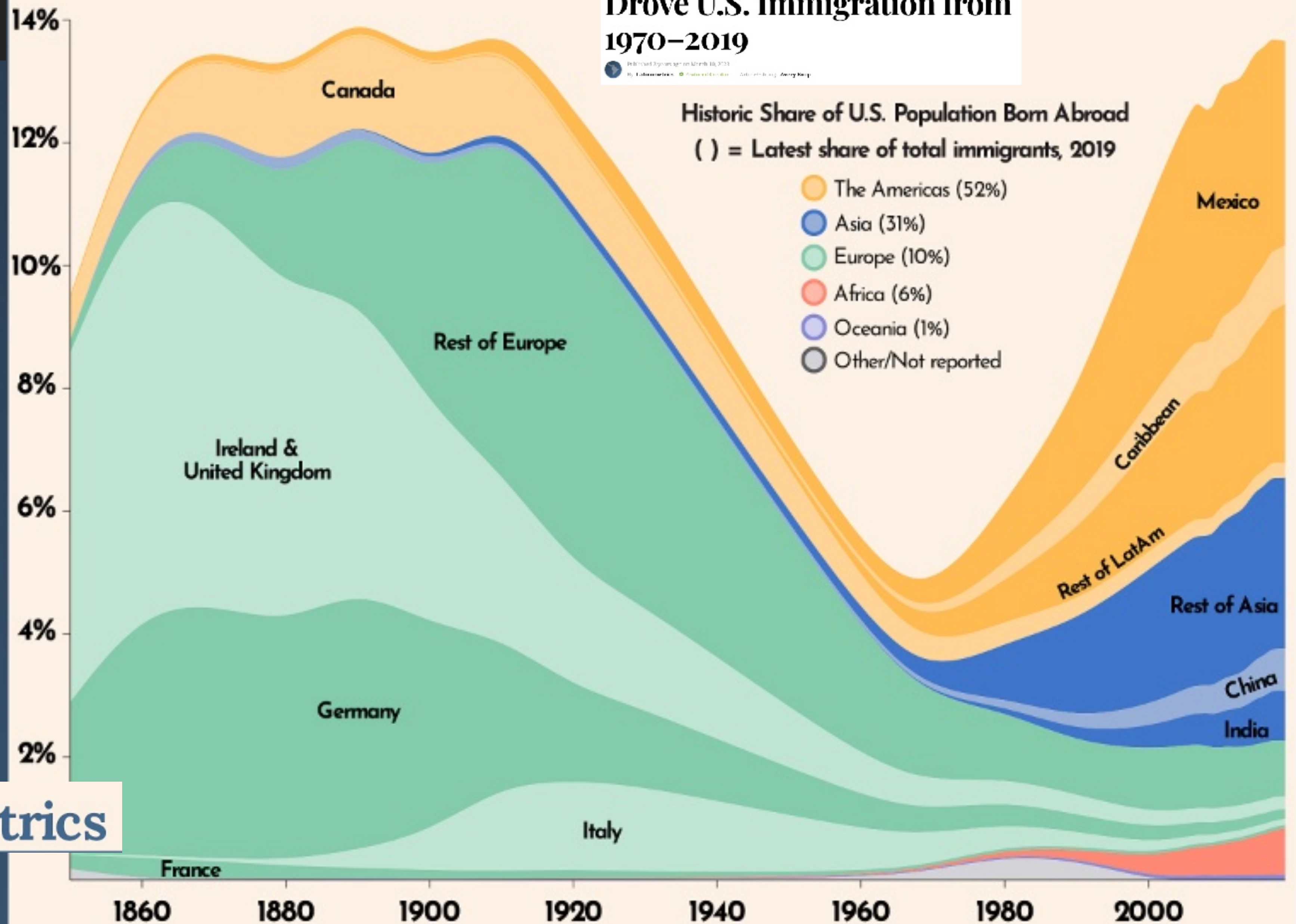
State and federal governments provide a wide array of social services for those living in poverty, but also reduce access to jobs, health care, & housing through regulation

Economic Thinking • Social Services Topic • Fall, 2009



Charted: How Latin America Drove U.S. Immigration from 1970–2019

Revised by Visual Capitalist on March 10, 2021
by Latinometrics, Visual Capitalist, and DataCamp



U.S. Migrant Population Hits Record High

Over the past two years, the U.S. foreign-born population has grown at a record pace, reaching 51.6 million by March 2024. Immigration has steadily risen over the last 50 years, fueled by labor market gaps, an aging population, and prolonged legislative gridlock, despite repeated efforts by Congress to pass comprehensive immigration reform.

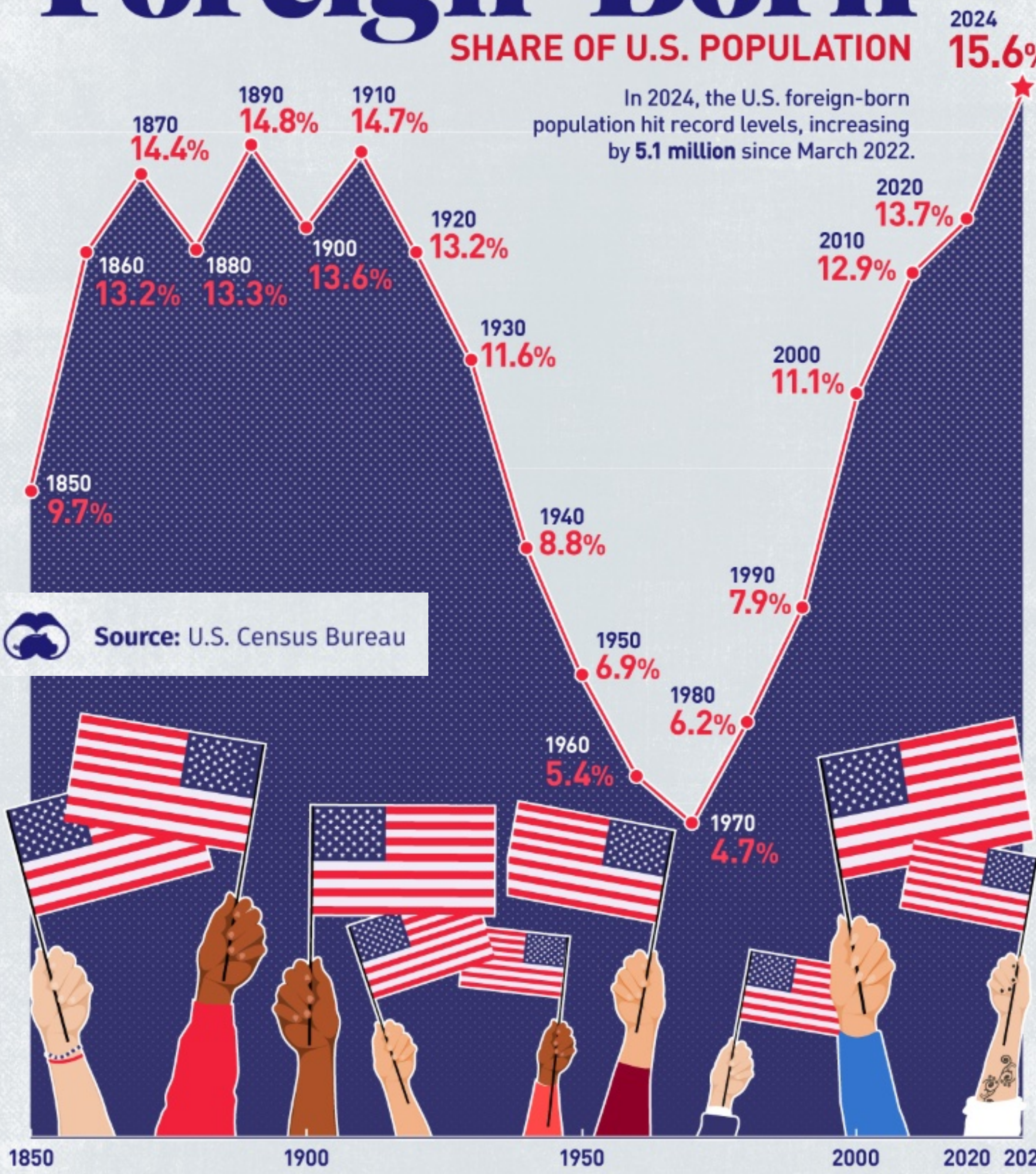
Show 10 ▾ entries Search:

Year	Foreign-Born Share of U.S. Population	Number
2024	15.6%	51.6M
2020	13.7%	45.1M
2010	12.9%	40.0M
2000	11.1%	31.1M
1990	7.9%	19.8M
1980	6.2%	14.1M
1970	4.7%	9.6M
1960	5.4%	9.7M
1950	6.9%	10.3M
1940	8.8%	11.6M

Showing 1 to 10 of 19 entries <Previous Next>

Foreign-Born

SHARE OF U.S. POPULATION



Economic Inequality and the Cost of Living

- Housing costs
- Medical care/Insurance
- Energy costs
- Transportation costs
- Regulatory costs



Is there a housing crisis in the United States? Consensus appears to be a resounding 'YES'! According to the National Association of Realtors, the U.S. currently faces a housing shortage of 5.5 to 6.8 million units, and the numbers escalate annually.

While there's widespread acknowledgment that a shortage of affordable housing exists, agreement on solutions remains out of reach. Suggestions range from increasing government control over housing, such as adding rent control laws, to weakening municipal zoning laws. Given this disparity of ideas, progress on a resolution for this problem is also in short supply.

Use our '[Both Sides: How to Solve the Housing Crisis](#)' videos and [discussion questions](#) to introduce students to this topical issue and spark ideas for innovative solutions. It's a valuable exercise in critical thinking, discussion, debate, and problem-solving.

View the Housing
Crisis Videos

Download the
Discussion Questions

stosselintheclassroom.org/both-sides-how-to-solve-the-housing-crisis

Rethinking a *Right to Housing*

In the past, there was more housing freedom for the poor: from boarding houses, flop houses, to SRO (Single Room Occupancy) hotels.

Plus Sears mail order houses!

A Right to housing could be thought of as a *right* for builders and property owners to build (or *print*) houses...

...ICON 3D-printed homes...have the potential to transform the future of affordable housing in America...houses built in eight days that are 350% stronger, more environmentally friendly, and cost a fraction of what a traditional build would cost.

standtogether.org/news/icon-3d-printed-homes-the-future-of-affordable-housing/

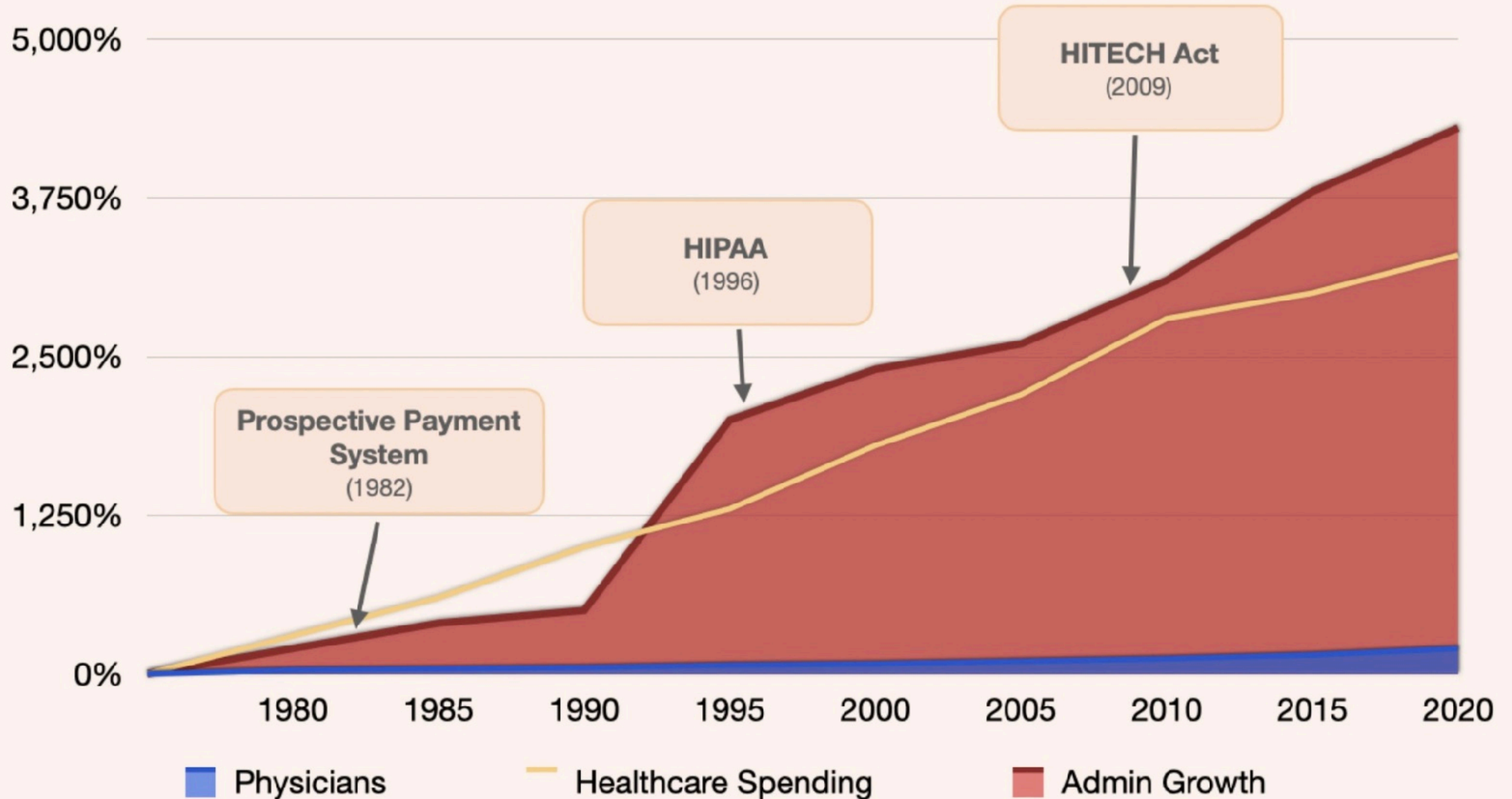


Sears Sold 75,000 DIY Mail Order Homes Between 1908 and 1939, and...

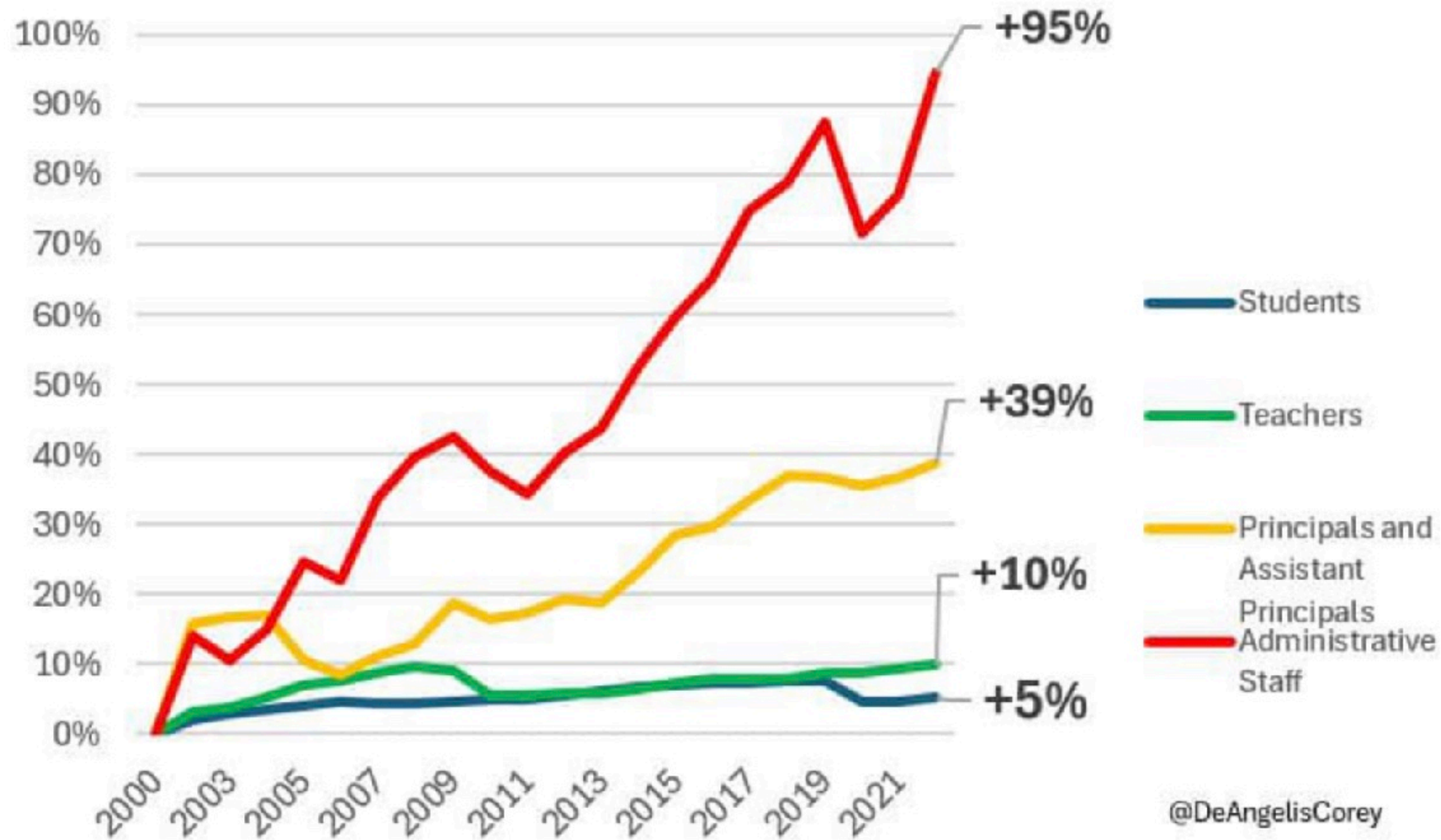
Visit >

There's a shortage of 10 million affordable homes in America...

Percentage Growth of Healthcare Administration



Growth in Administrative Staff, Principals, Teachers, and Students in Public Schools

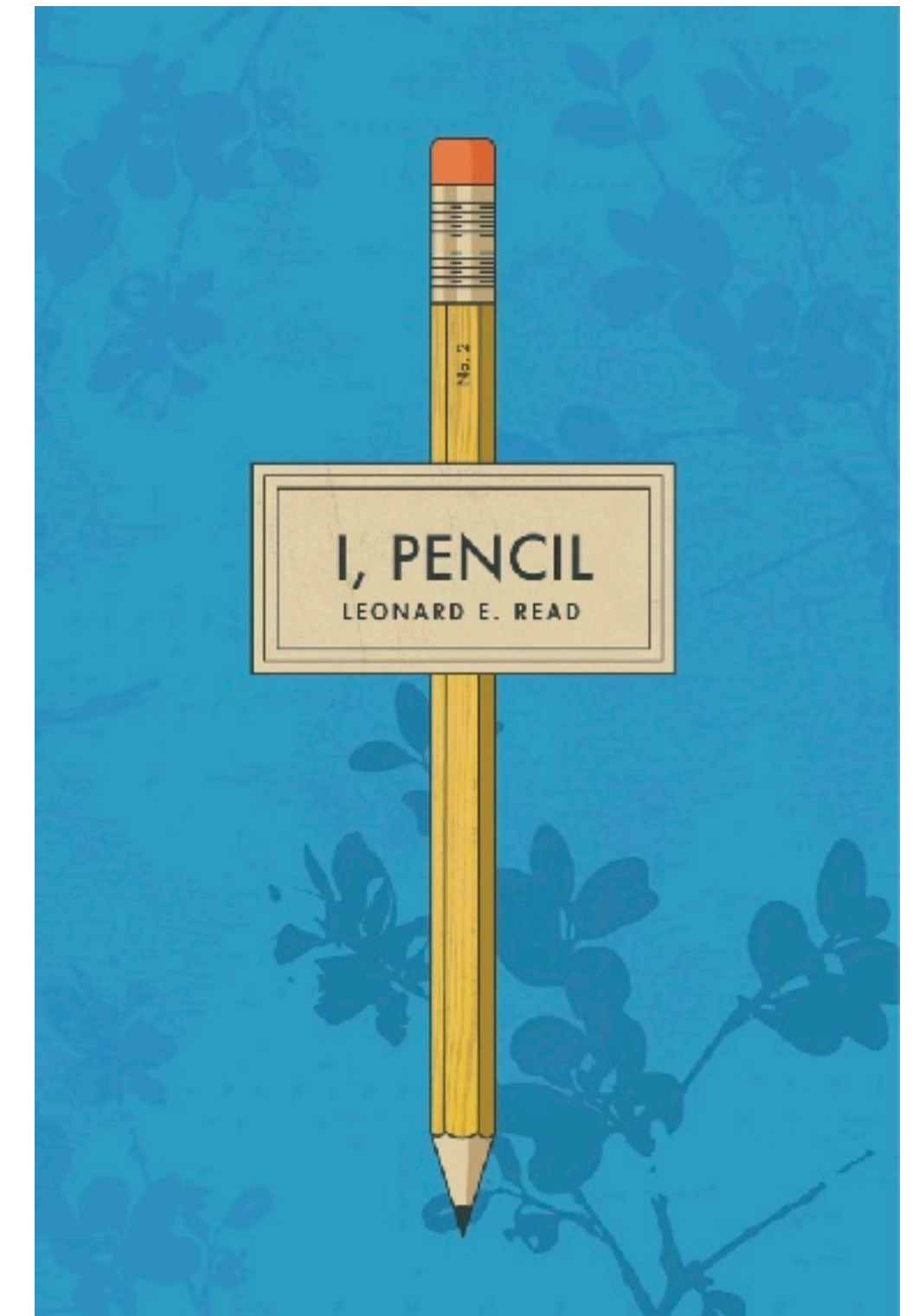


Sources: Digest of Education Statistics. National Center for Education Statistics. Table 213.10. Staff employed in public elementary and secondary school systems, by type of assignment: Selected school years, 1949-50 through fall 2022. Retrieved from https://nces.ed.gov/programs/digest/d23/tables/dt23_213.10.asp

Digest of Education Statistics. National Center for Education Statistics. Table 203.10. Enrollment in public elementary and secondary schools, by level and grade: Selected years, fall 1980 through fall 2031. Retrieved from https://nces.ed.gov/programs/digest/d23/tables/dt23_203.10.asp

Market and Command economies

- ✱ Market economy
- ✱ **Command economy**
- ✱ Mixed economy (part market, part command). Property rights, investment, labor policies.
- ✱ Sick cows and socialism.
- ✱ *Incentive problems and information problems.*
- ✱ *Housing: what role for govt. vs. private sector?*



Economics as a Way of Thinking

- ✳ We are consumers: food, clothing, housing, energy...
- ✳ As children our parents provide our food and clothing.
- ✳ We learn skills to create value for others: producing goods and services. *Gift and exchange economies...*
- ✳ *We don't trade goods of equal value: trade creates wealth.*
- ✳ Money serves to facilitate exchange, store value, and as a unit of account. *Commodity money vs. paper (fiat) money.*
- ✳ Economic unit is first the family. Then the community, then a wider and wider scope of exchange (trade).
- ✳ As the scope of trade expands: further division of labor.

STOSSEL IN THE CLASSROOM

2024-25 VIDEO CONTEST

Submit by March 21,
2025

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SHARE THIS PAGE

Our 2024-25 Video Contest is now open for submissions!



We hold a video contest every year to give students an opportunity to express themselves and win great prizes. This year, we're giving away over \$12,000—and we have prizes for teachers, too!

We have four topics to choose from, so

STUDENT PRIZES

- **FIRST PLACE** – College Division: \$2,500
- **FIRST PLACE** – High School Division: \$2,500
- **FIRST PLACE** – Middle School Division: \$2,500
- **SECOND PLACE** – College Division: \$1,000
- **SECOND PLACE** – High School Division: \$1,000
- **SECOND PLACE** – Middle School Division: \$1,000
- **10 FINALISTS** – \$200 each (selected from the top videos in each division)

TEACHER PRIZES

- For each submission, you'll receive an entry into a drawing for one of ten \$50 Amazon gift cards.
- If you reach 30 submissions, you'll receive a

stosselintheclassroom.org

stosselintheclassroom.org/video-contest

Stossel 2025 Video and Essay Contests



Cancel Culture or Censorship – Is it an assault on 1st Amendment freedoms?

In today's digital age, "cancel culture" has intensified debate about the boundaries of "acceptable" speech. While some see it as a tool for holding individuals accountable, others warn that it can lead to government censorship under the guise of preventing misinformation or hate speech—a dangerous path that threatens open dialogue and free expression for everyone. Recently, social media platforms have revealed government pressure to censor content on their platforms, while in some countries, governments actively block social media networks and suppress dissent by jailing individuals for expressing their views.

Given this context, critically examine the impact of "cancel culture" and government suppression on freedom of speech. Why is it dangerous to allow the government the power to suppress speech and views? Why should freedom of speech be defended? Research historical and current events to support your stance.



Coercion vs. Choice

In our society, a balance between government authority and individual freedom is crucial. Policies such as corporate welfare, eminent domain, rent control, vaccine mandates and lockdowns, government spending and debts, and war involve government decisions that can significantly affect our lives. These policies can be seen as forms of coercion, where individuals are compelled to support or comply with policies they may not agree with.

In your video, explore the concept of coercion versus choice in the context of government policies and society. How do government policies reflect coercion and why is it important to limit such practices in society? Select one or more government policies and discuss the impact on individual freedom, public trust, and the proper role of government. Research your selection(s) to support your argument, and reflect on the potential consequences of unchecked government power.

Recommended Videos:



The Effect of Minimum Wage on Entry-Level Workers

Several states have recently increased their minimum wage and as a result many entry-level workers have lost their jobs. From the start, many economists pointed out that minimum wage laws actually hurt the very people they intend to help.

Explore the impact of minimum wage laws on entry-level workers, particularly young people entering the workforce. Consider how minimum wage rates influence job availability, skill development, and overall employment experiences. Take a position on whether minimum wage laws help or hinder entry-level workers and support your stance with evidence and examples. Reflect on how changes to the minimum wage might affect your own opportunities and those of your peers as you begin your careers.

Recommended Videos:

- [Minimum Wage Hurts Beginners](#)
- [Both Sides: \\$20 Minimum Wage](#)



A Better Immigration System

Immigration has long been a hotly debated issue, and many countries around the world are grappling with how to manage the flow of people across their borders. In the U.S., discussions about the "crisis at the border" dominate headlines, while in Britain, protests continue over immigration policies.

Considering the contributions immigrants can make to a country's economy, culture, and society, as well as the challenges seen in today's headlines, propose your ideal system of immigration for the United States. How would your system work, and why do you believe it would be successful? What potential unintended consequences can you foresee? Research past and current policies and current events to support your proposed immigration system.

Recommended Videos:

- [Both Sides: Is Immigration a Human Right?](#)
- [Both Sides: The Immigration Debate](#)
- [Both Sides: Does Immigration Hurt the Economy?](#)
- [Both Sides: Jobs and Open Borders](#)

[**stosselintheclassroom.org**](https://stosselintheclassroom.org)

[**stosselintheclassroom.org/video-contest**](https://stosselintheclassroom.org/video-contest)

Locked Out! Roots of the Arab Spring





Unlikely Heroes of the Arab Spring - Full Video




Watch later

UNLIKELY HEROES OF THE ARAB SPRING

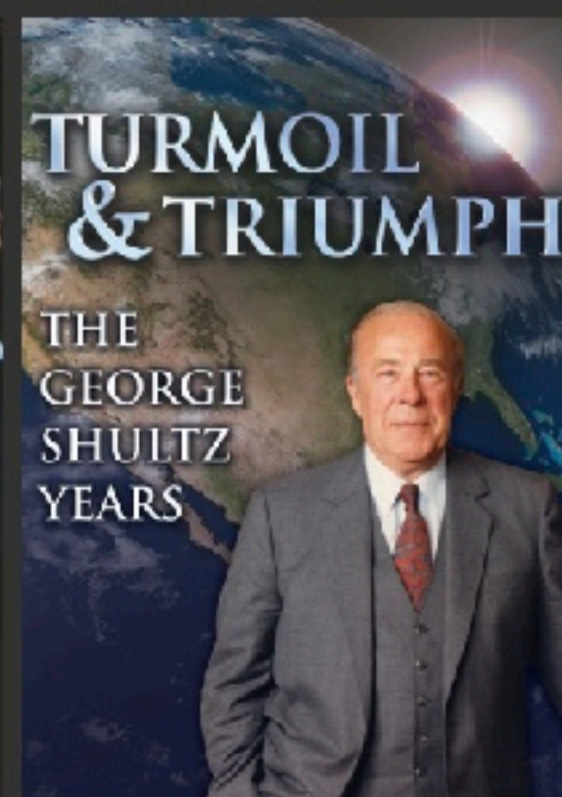
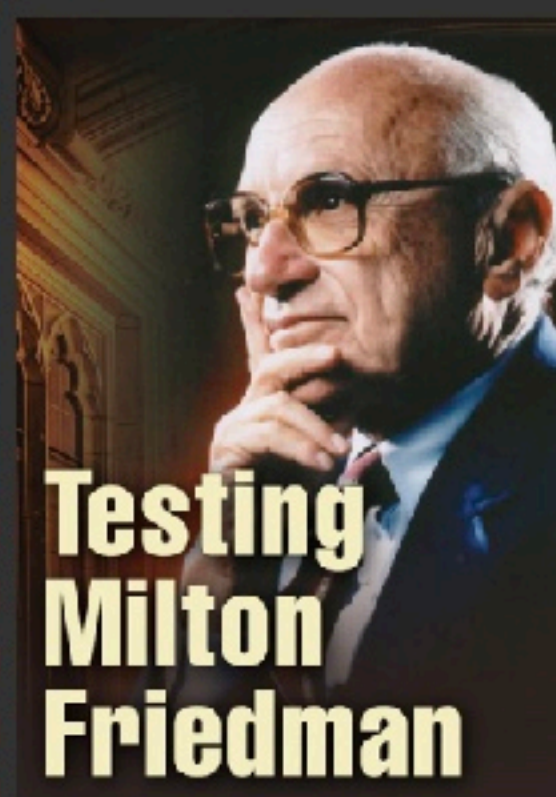
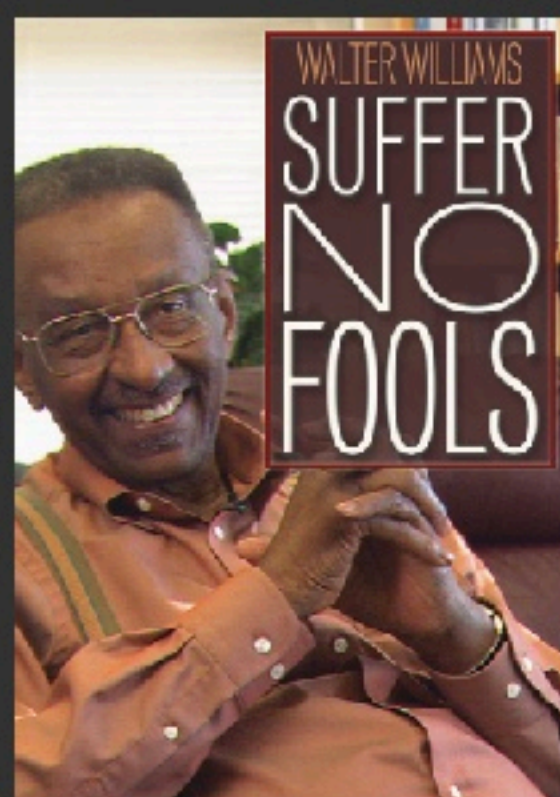
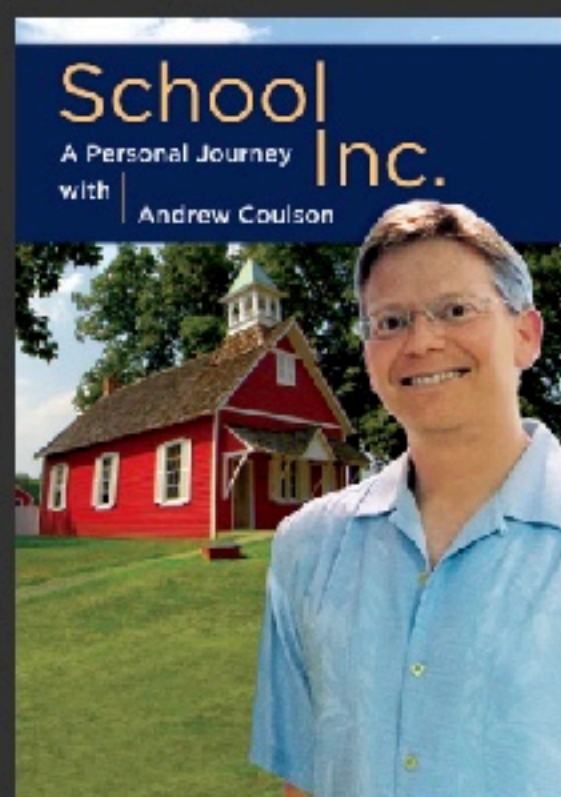
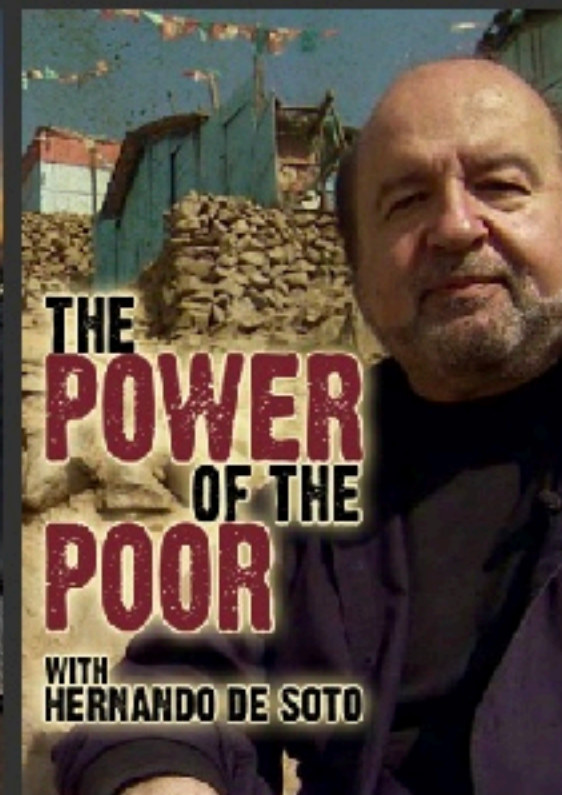
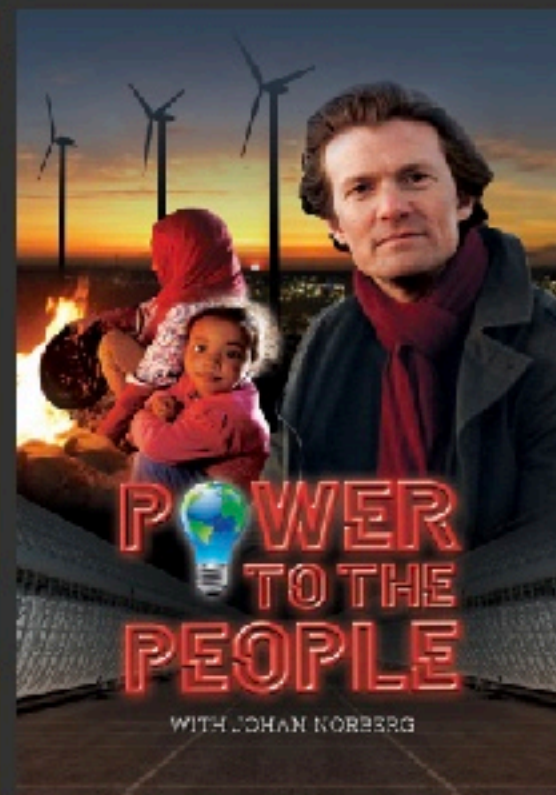
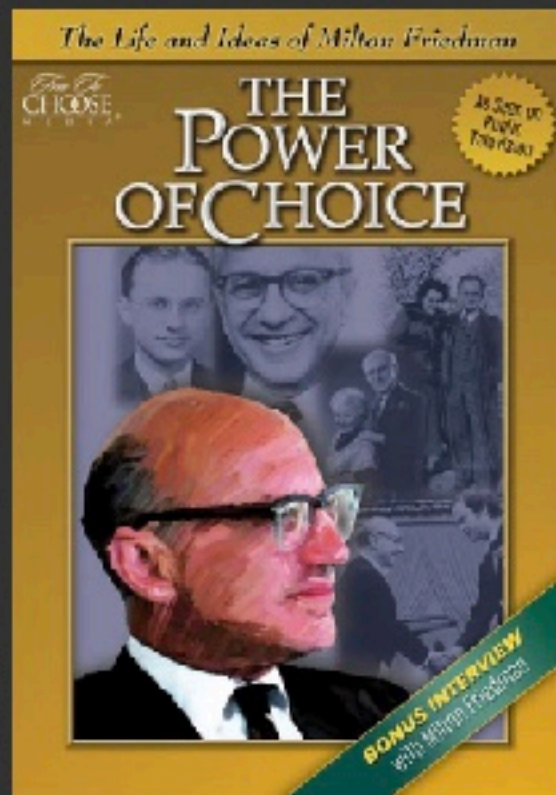
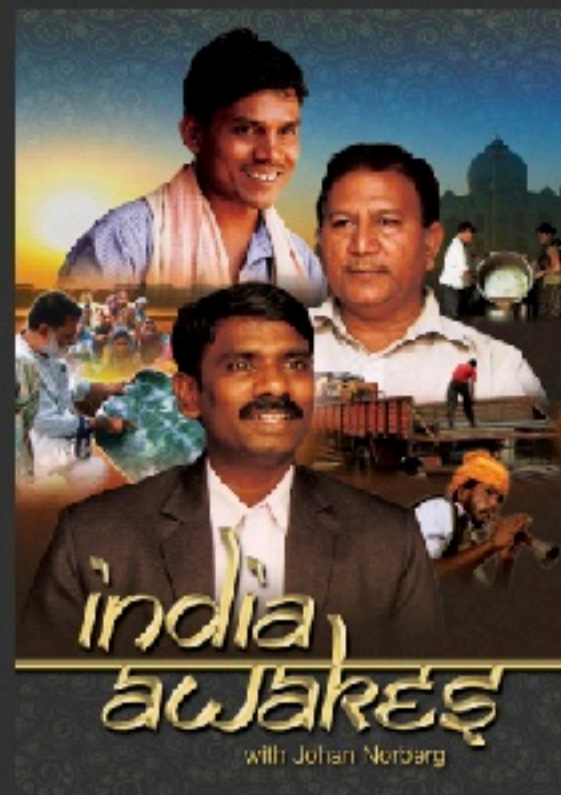
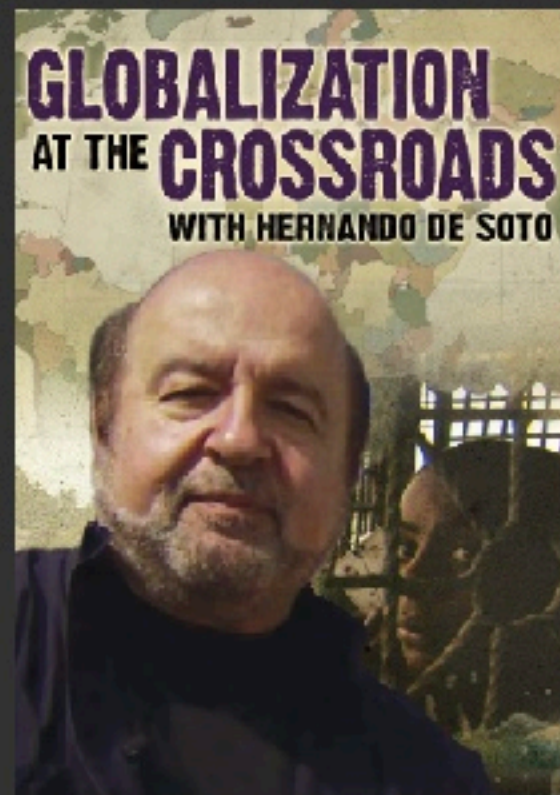
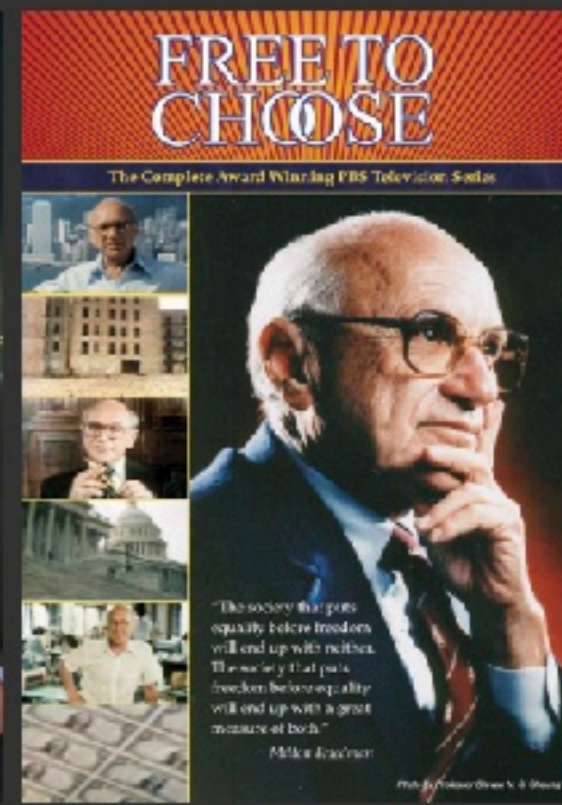
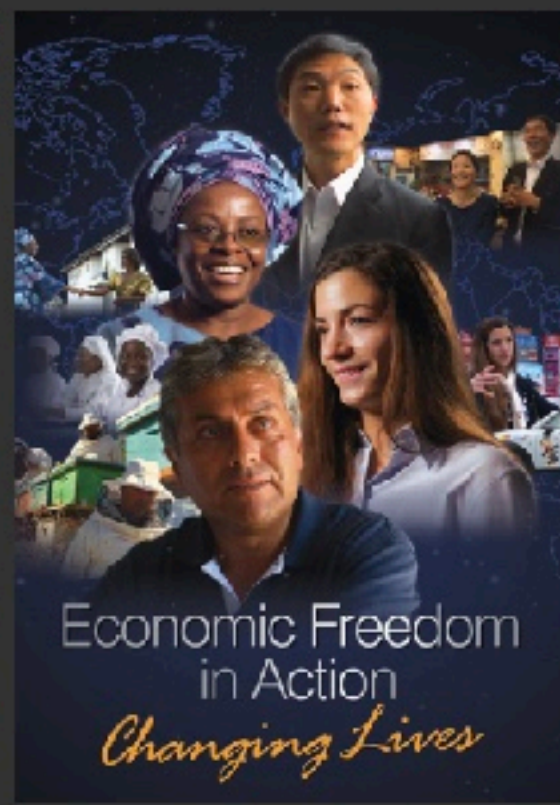
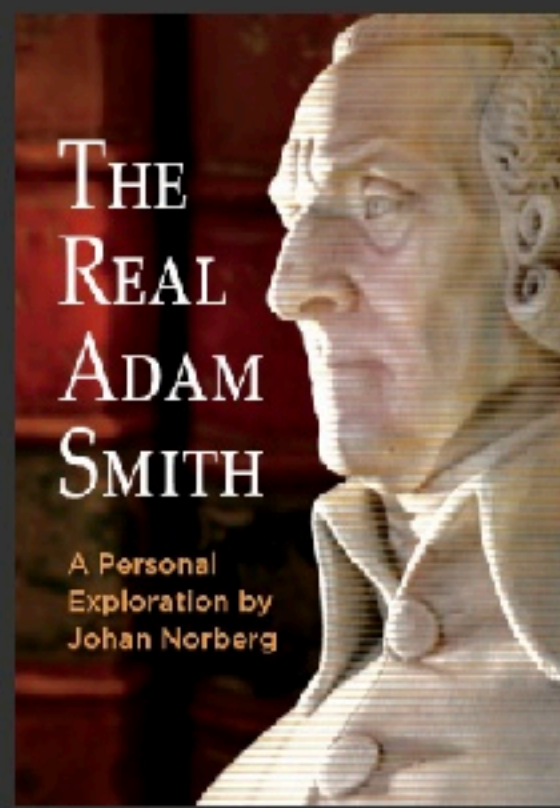
With Hernando de Soto

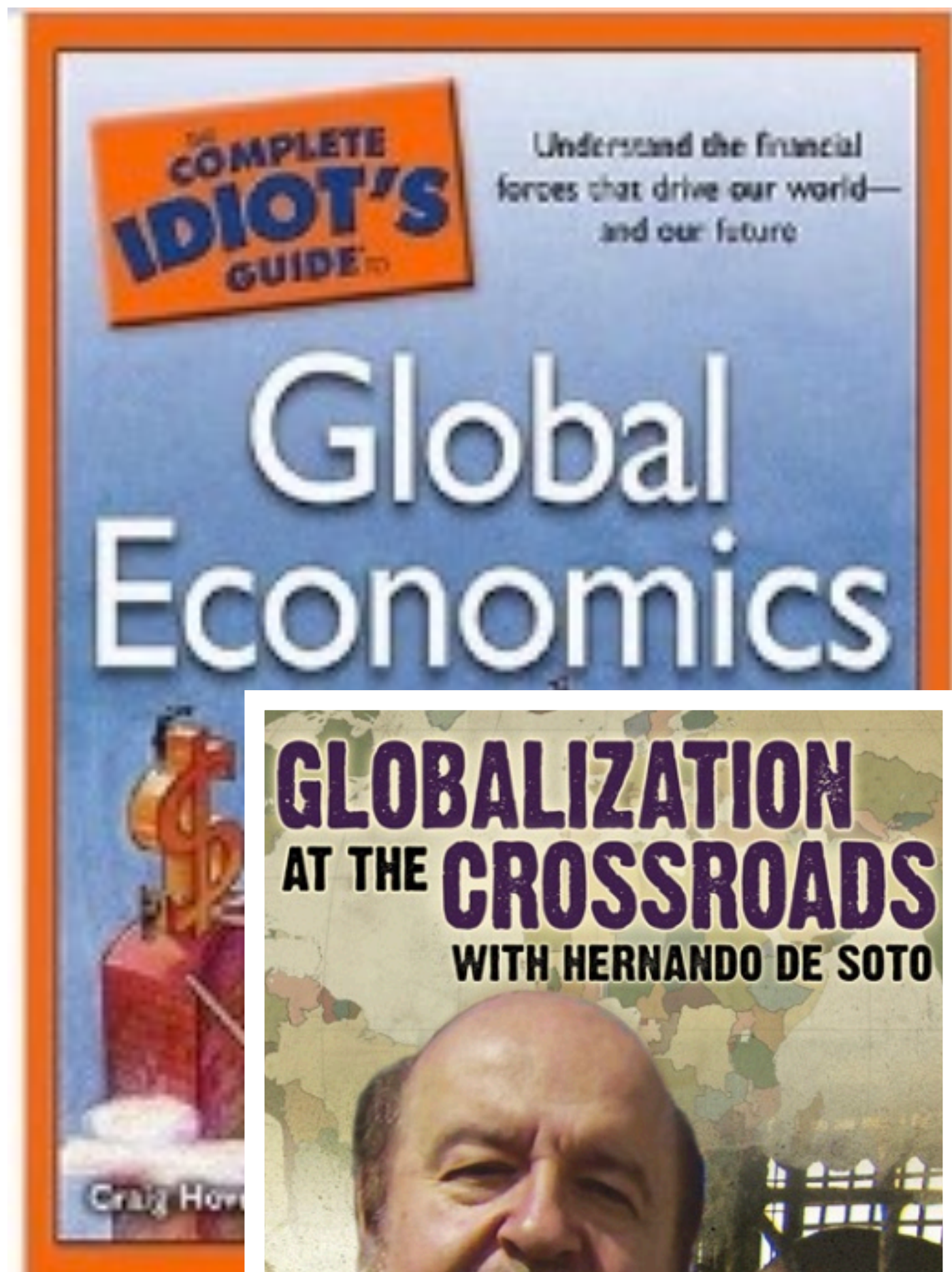


FULL PROGRAM

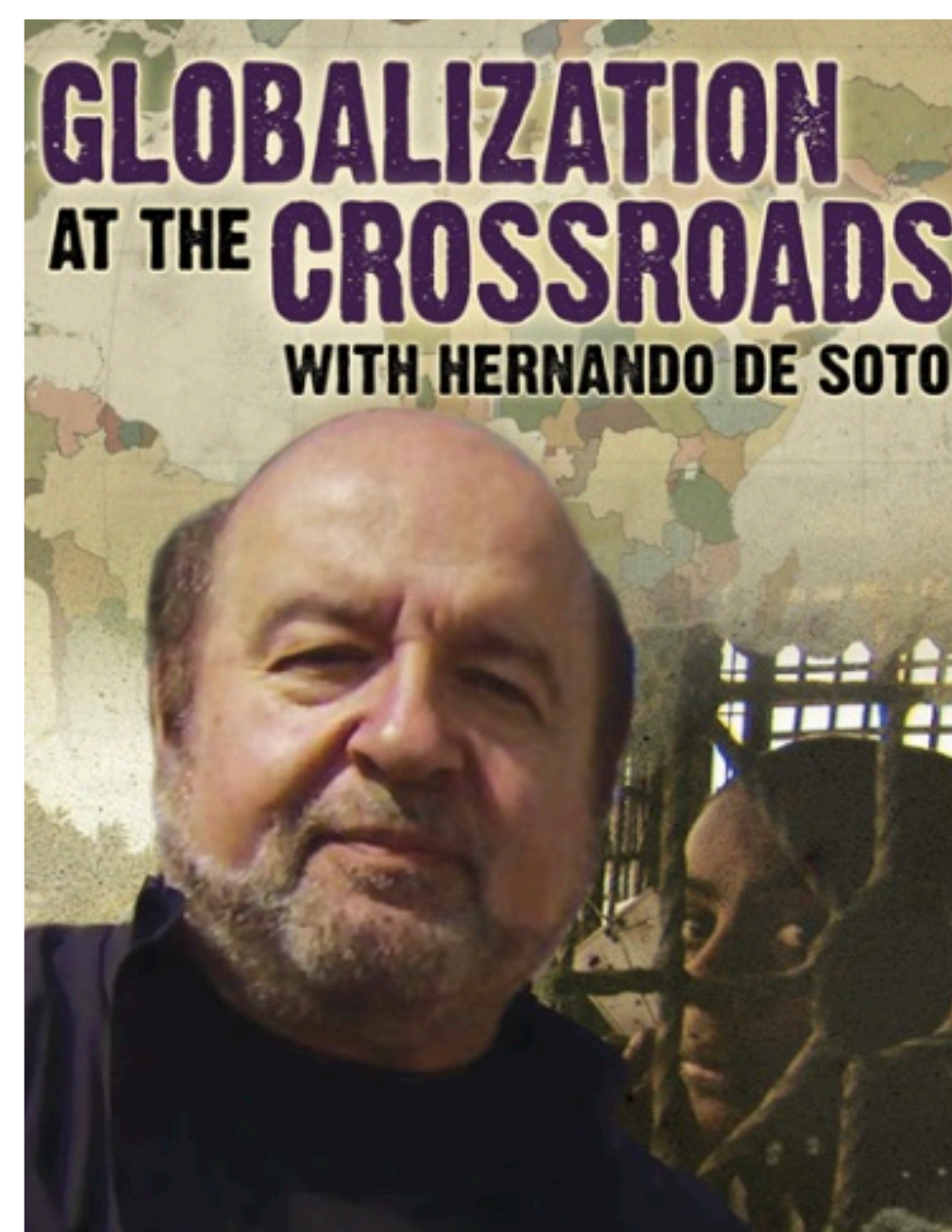
Watch on  YouTube

www.freetochoosenetwork.org/programs/unlikely_heroes



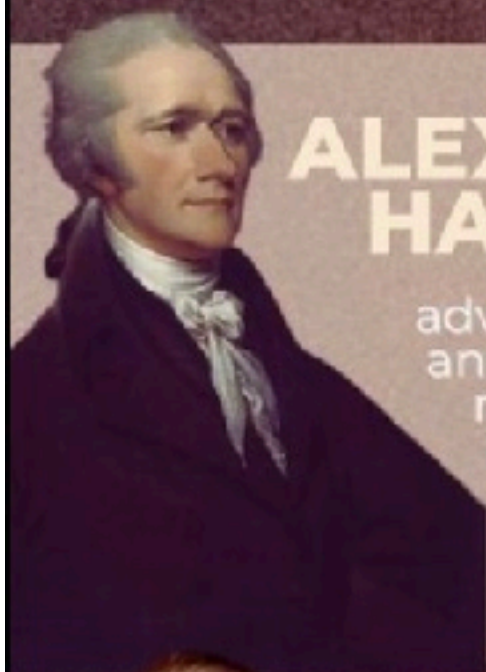


Videos



INDUSTRIAL POLICY DONE RIGHT

To suggest that government "interventions" in the economy are doomed to fail is to ignore the lessons of America's past. Industrial policy has done much good in America – and it can do so once again.



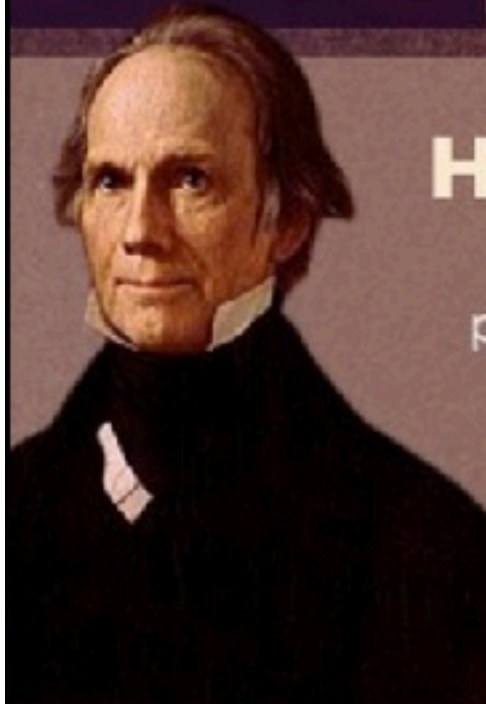
ALEXANDER HAMILTON

advocated tariffs and subsidies to make the U.S. independent from foreign powers



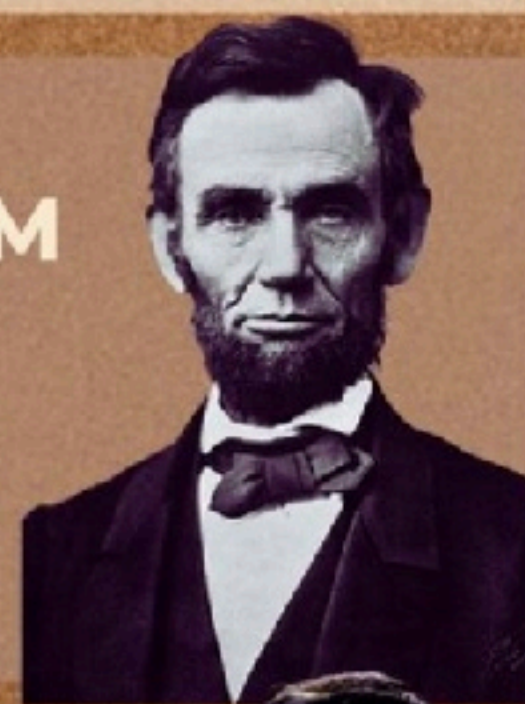
THE NATIONAL ARSENAL

empowered private firms to create the nation's first commercial manufacturing hub



HENRY CLAY

proposed an 'American System' of strong tariffs and public works



ABRAHAM LINCOLN

created the first federal financial system, effective tariffs, and the Transcontinental Railroad



WW1 & WW2

saw U.S. industrial policy triumph over enemy armies and fleets



COLD WAR

pushed the limits of applied science to put a man on the Moon

RONALD REAGAN

created trade restrictions to combat export dumping from Japan

INDUSTRIAL POLICY DONE RIGHT

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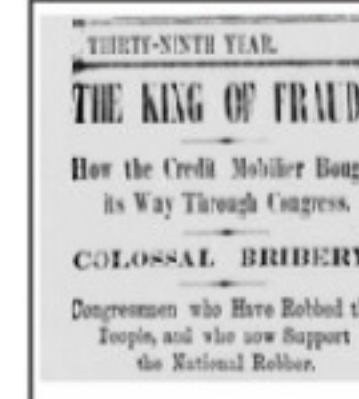


Jefferson & Madison oppose Clay's 'American System' in 1824 & consider it unconstitutional.



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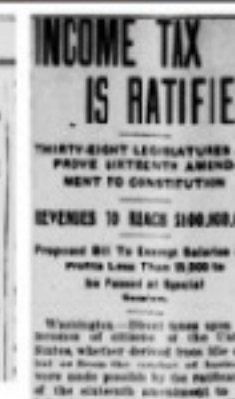
THIRTY-NINTH YEAR.

THE KING OF FRAUDS.

How the Credit Mobilier Bought its Way Through Congress.

COLOSSAL BRIBERY.

Congressmen who have Robbed the People, and who now support the National Robber.



INCOME TAX IS RATIFIED

THIRTY-EIGHT LEGISLATURES APPROVE SIXTEENTH AMENDMENT TO CONSTITUTION

REVENUES TO REACH \$100,000,000

Proposed Bill To Increase Salaries and Pensions

Not to Exceed \$5,000 to be Paid at Special Session.

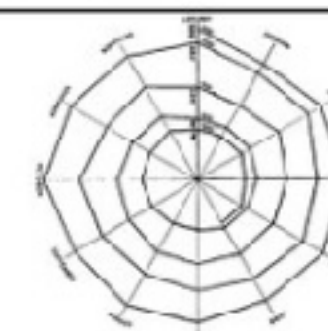
Washington—Direct issue upon the income of citizens of the United States, whether derived from the capital or from the talents of business, was made possible by the ratification of the sixteenth amendment to the Constitution.

1865-1913: the Transcontinental Railroad is plagued by rampant government corruption and scandal as favorable contracts are awarded to friends of politicians and money from the public treasury is laundered through the Credit Mobilier company, causing massive cost overruns and enriching the politically connected. The protectionist tariff system of the late 19th century also becomes synonymous with graft and bribery. By the Payne-Aldrich tariff of 1909 the corruption of the tariff system is so bad that voters sweep out the incumbent party in the next election and ratify the 16th Amendment as an alternative revenue system. America gets stuck with the income tax as a result.



WW1 & WW2

saw U.S. industrial policy triumph over enemy armies and fleets

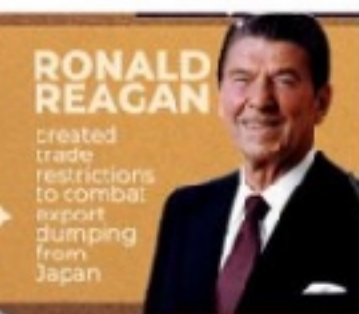


The Smoot-Hawley Tariff of 1930, based directly on the 'American System' of Henry Clay, sparks a tariff war at the outset of a recession, crashes global international trade in the process, and plunges the world into a decade-long Great Depression.



COLD WAR

pushed the limits of applied science to put a man on the Moon



RONALD REAGAN

created trade restrictions to combat export dumping from Japan

Ronald Reagan's Autobiography:

I am a free-trader. I firmly opposed import quotas. I believed that the new competition Detroit faced, like all competition, was good for it and good for consumers—a spur that would motivate our auto industry to produce better cars. That's how the free enterprise system works. I believed that once we started down the road to protectionism, there would be no way to turn back, no way of telling where it would end.

I'd learned that during the Great Depression, when Congress passed the Smoot-Hawley Tariff Act. This law imposed the stiffest tariffs in our history in an effort to protect American farmers from foreign imports. But it backfired and ended up hurting the farmers

RONALD REAGAN

—and much of American industry—because other nations promptly levied their own tariffs, which resulted in our farmers and manufacturers selling fewer products abroad. The Smoot-Hawley

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created the first federal financial system, effective tariffs, and the Transcontinental Railroad



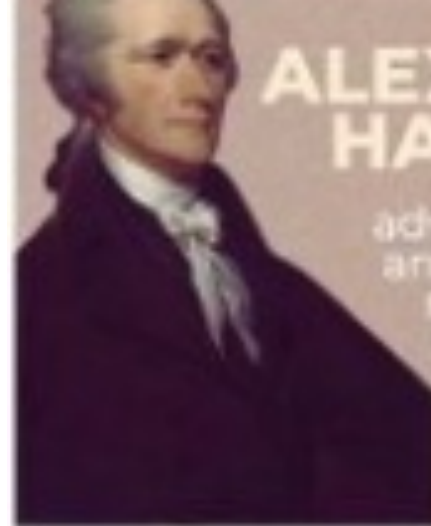
WW1 & WW2
saw U.S. industrial policy triumph over enemy armies and fleets




COLD WAR
pushed the limits of applied science to put a man on the Moon



RONALD REAGAN
created trade restrictions to combat export dumping from Japan



ALEXANDER HAMILTON
advocated tariffs and subsidies to make the U.S. independent from foreign powers

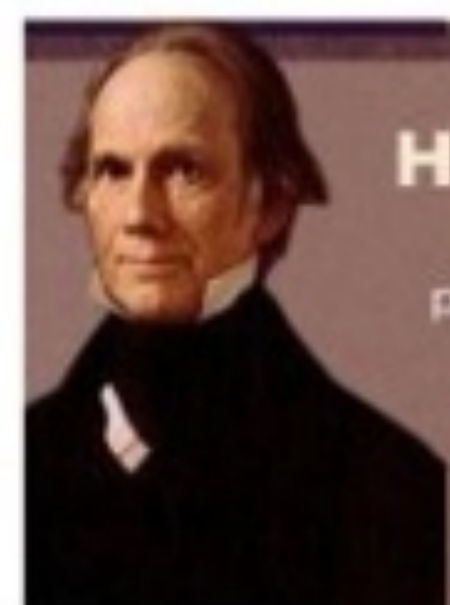


THE NATIONAL ARSENAL
empowered private firms to create the nation's first commercial manufacturing hub




Hamilton's proposed industrial subsidies fail in Congress, and the tariff bill that George Washington actually signs contains mostly low rates intended to generate revenue instead of protectionism from international trade.

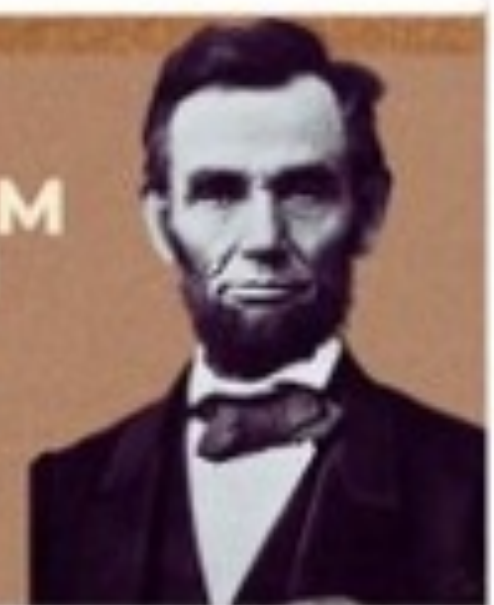
The Morrill Tariff of 1861 alienates Great Britain, the world's largest anti-slavery power, causes them to adopt neutrality instead of supporting the North in the Civil War, and plagues the Lincoln administration with diplomatic problems for the duration of the conflict.



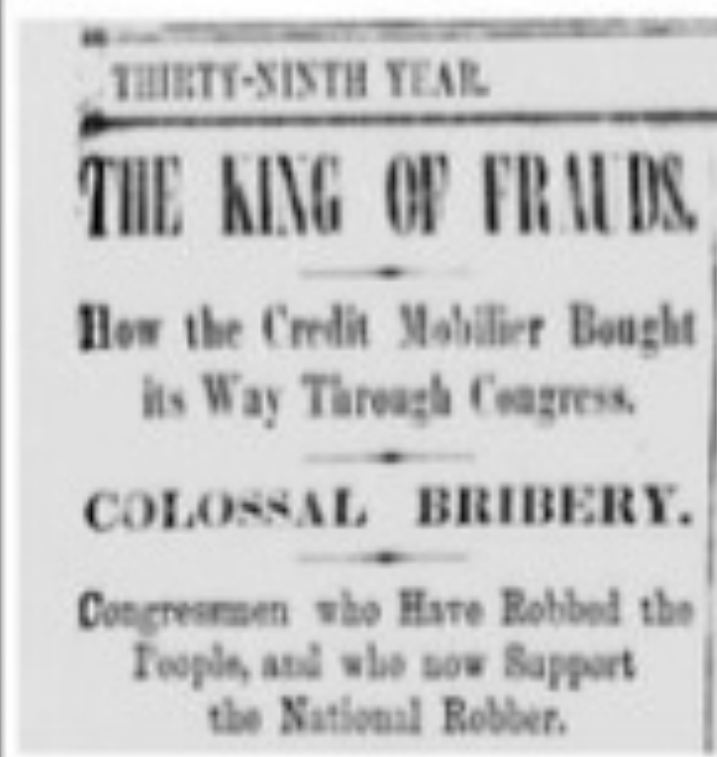
HENRY CLAY
proposed an 'American System' of strong tariffs and public works




Jefferson & Madison oppose Clay's 'American System' in 1824 & consider it unconstitutional.



ABRAHAM LINCOLN
created the first federal financial system, effective tariffs, and the Transcontinental Railroad





1865-1913: the Transcontinental Railroad is plagued by rampant government corruption and scandal as favorable contracts are awarded to friends of politicians and money from the public treasury is laundered through the Credit Mobilier company, causing massive cost overruns and enriching the politically connected. The protectionist tariff system of the late 19th century also becomes synonymous with graft and bribery. By the Payne-Aldrich tariff of 1909 the corruption of the tariff system is so bad that voters sweep out the incumbent party in the next election and ratify the 16th Amendment as an alternative revenue system. America gets stuck with the income tax as a result.

INDUSTRIAL POLICY DONE RIGHT

To suggest that government "interventions" in the economy are doomed to fail is to ignore the lessons of America's past. Industrial policy has done much good in America – and it can do so once again.



Congressmen who Have Robbed the People, and who now Support the National Robber.

Washington—Street scenes upon the occasion of address of the United States, whether derived from the capital or from the vicinity of business, were made possible by the realization of the district's advantage to the Federal government. —JULIAN, 1900

election and ratify the 16th Amendment as an alternative revenue system. America gets stuck with the income tax as a result.

WW1 & WW2
saw U.S. industrial policy triumph over enemy armies and fleets

The Smoot-Hawley Tariff of 1930, based directly on the 'American System' of Henry Clay, sparks a tariff war at the outset of a recession, crashes global international trade in the process, and plunges the world into a decade-long Great Depression.

COLD WAR
pushed the limits of applied science to put a man on the Moon

RONALD REAGAN
created trade restrictions to combat export dumping from Japan

Ronald Reagan's Autobiography:

I am a free-trader. I firmly opposed import quotas. I believed that the new competition Detroit faced, like all competition, was good for it and good for consumers—a spur that would motivate our auto industry to produce better cars. That's how the free enterprise system works. I believed that once we started down the road to protectionism, there would be no way to turn back, no way of telling where it would end.

I'd learned that during the Great Depression, when Congress passed the Smoot-Hawley Tariff Act. This law imposed the stiffest tariffs in our history in an effort to protect American farmers from foreign imports. But it backfired and ended up hurting the farmers

—because other nations

ulted in our farmers and

d. The Smoot-Hawley

Ronald Reagan: “I am a free-trader. I firmly opposed import quotas. I believed that the new competition Detroit faced, like all competition, was good for consumers—a spur that would motivate our auto industry to produce better cars. That’s how the free enterprise system works...”



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ECONOMIC THINKING POSTS ON DEBATE TOPICS



HOUSING DECEMBER 23, 2023

Housing: Erase Arbitrary Lines

On a recent drive home from Vancouver, British Columbia, I listened to the Cato Daily Podcast interview with Nolan Gray discussing high housing costs and recent reforms. (Housing policy was the topic for the...



HOUSING DECEMBER 21, 2023

Notes on Vancouver Housing

Government and opposition members debated Vancouver housing policy yesterday (Dec. 20) at the Vancouver Debate Academy's first Deliberative Dialogue event. The four teams had just 30 minutes to research the announced motion, calling for...



ENERGY POLICY / FEDERAL
TRANSPORTATION POLICY
NOVEMBER 22, 2023

Our Energy Future is Eclectic

Energy matters, and the world's energy future will be eclectic. For an overview see this 2020 TEDxSanAntonio talk by Graham Conway The Contradictions of Battery Operated Vehicles. The video now has a warning for...



AFRICA / ENERGY POLICY
AUGUST 29, 2023

All Energy Day 2023 (updated)

Bjorn Lomborg discusses "the energy transition" as keynote speaker for A.I Energy Day 2022. Lomborg warns renewable energy advocates to be careful not to exaggerate harms from climate change and global warming. Transitioning from...



ECONOMIC INEQUALITY
AUGUST 17, 2023

Debating Economic Inequality (again)

National and Texas debate



AFRICA / ENERGY POLICY
JUNE 28, 2023

The Energy Race

For thousands of years energy technologies have advanced as knowledge expanded for

How a 'fatally, tragically flawed' paradigm has derailed the science of obesity

By Gary Taubes Sept. 15, 2021 STAT



NUTRITION/PUBLIC HEALTH

SEPTEMBER 23, 2021

Help Americans Get Healthy Again

A healthy American economy should include healthy Americans. Yet most



NUTRITION/PUBLIC HEALTH

AUGUST 19, 2021

Incentivizing Dietary Changes... Ahead of the Knife

Dr. Penny Figtree, decided "After 20 years in general



"Healthy" whole grains: What the evidence really shows

By Franka Spritzler, RD, CDE medical review by Nicola Guess, RD, MPH, PhD Updated July 14, 2021 Evidence based

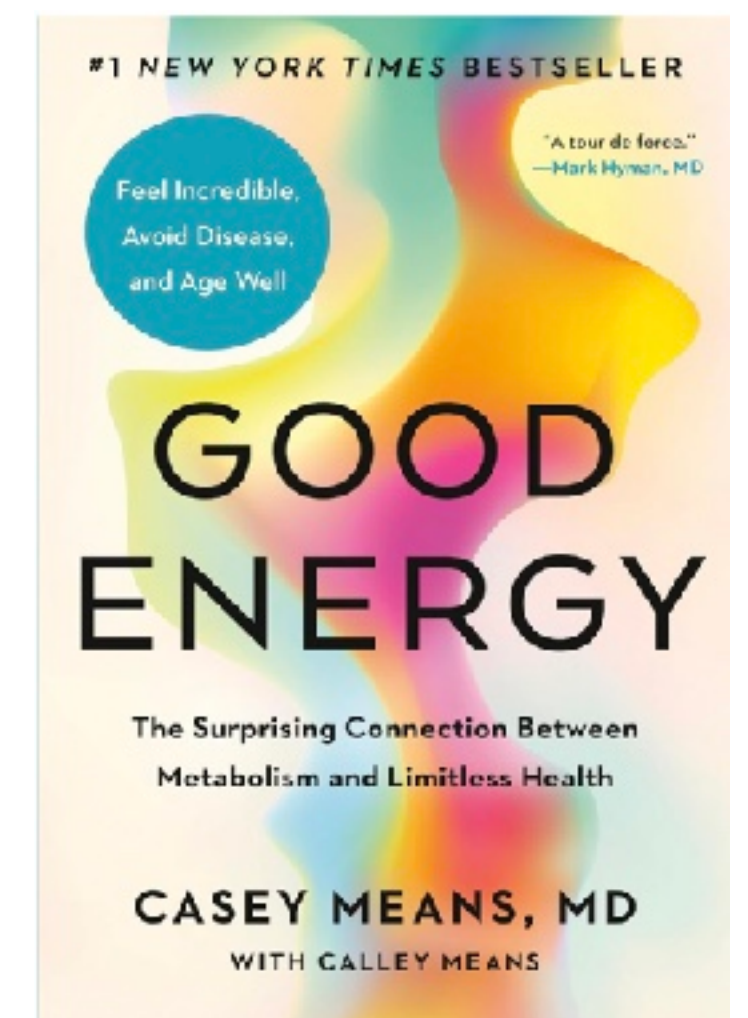
AGRICULTURE/FOOD SAFETY /
NUTRITION/PUBLIC HEALTH

AUGUST 16, 2021



NUTRITION/PUBLIC HEALTH

AUGUST 2, 2021



Monitoring Metabolic Health Looking inside for basic nutritional needs

🎧 **Fat Fiction documentary • fatfiction.movie**

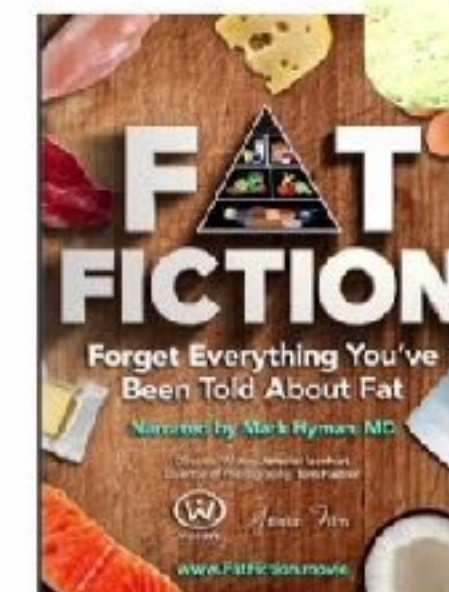
🎧 **Diet Doctor Podcast**
www.dietdoctor.com/podcast

🎧 **Low Carb Down Under videos**
lowcarbdownunder.com.au

🎧 **Nutrition Coalition**
www.nutritioncoalition.us/

🎧 **Continuous Glucose Monitoring**
CGM- checking for glucose spikes

🎧 **Economic Thinking posts**
economicthinking.org/category/nutrition/



Monitoring Metabolic Health

Looking inside for basic nutritional needs

- 🎧 Nutrition Coalition www.nutritioncoalition.us/
- 🎧 Fat Fiction • fatfiction.movie
- 🎧 Low Carb Down Under videos lowcarbdownunder.com.au
- 🎧 Diet Doctor Podcast www.dietdoctor.com/podcast
- 🎧 Society of Metabolic Health Practitioners (SMHP) and Low Carb USA www.lowcarbusa.org
- 🎧 Economic Thinking posts economicthinking.org/category/nutrition/



The Path to Normal
Nutrition

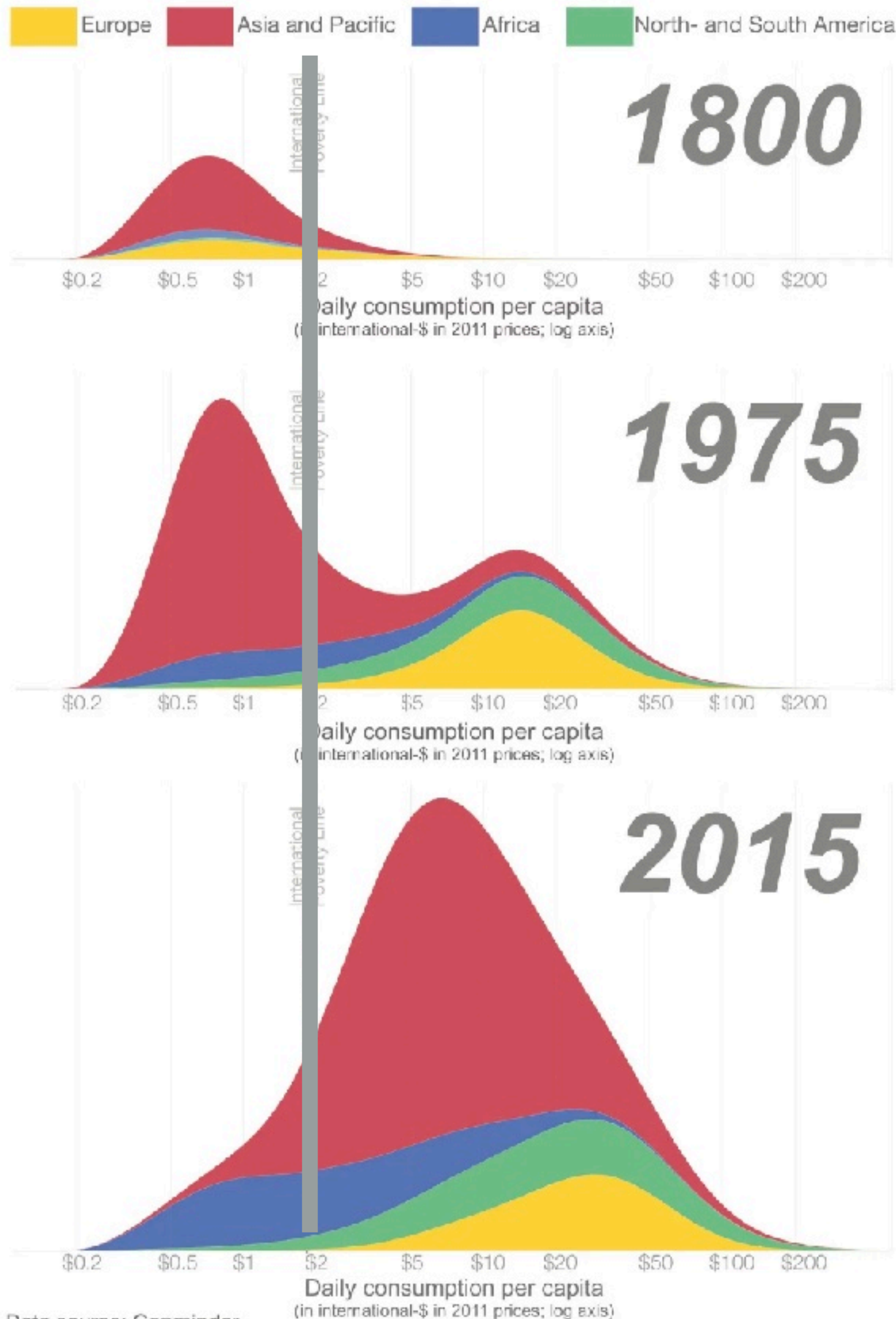
economicthinking.org/category/nutrition/

https://youtu.be/WXr-SDV_-WQ

Global income distribution in 1800, 1975, and 2010

Our World
in Data

Income is measured by adjusting for price changes over time and for price differences between countries (purchasing power parity (PPP) adjustment). These estimates are based on reconstructed National Accounts and within-country inequality measures. Non-market income (e.g. through home production such as subsistence farming) is taken into account.



Data source: Gapminder

The visualization is available at OurWorldinData.org where you find more visualizations and research on global development. Licensed under CC-BY-SA by the author Max Roser.



Steelmanning

by Joshua Anumolu | May 1, 2019 | Communication/Rhetoric, Soapbox, Speaking, Technique | 0 comments



Author Robin Sloan described attending debates sponsored by the Long Now Foundation. He was struck by the debate format, writing, "The first time I saw one of these debates, it blew my mind."

Why were these debates so revolutionary? Sloan gives some context:

"Our democratic culture has, I believe, basically given up on debate as a tool for changing minds or achieving consensus. Instead, we use it as a stage for performance, for political point-scoring. When we debate—and this is true whether it's a big televised event or a little online

Speech & Debate as mental training: Seeing the many sides of history, economics, and government...

RESOLVED

Debate Can Revolutionize Education and Help Save Our Democracy

ROBERT LITAN



www.ethosdebate.com/steelmanning/

James Gwartney, Robert Lawson,
Joshua Hall, and Ryan Murphy

with Simeon Djankov and
Fred McMahon



ANNUAL REPORT

Economic Freedom of the World 2022

2022 INDEX OF ECONOMIC FREEDOM

COUNTRY RANKINGS

GRAPH THE DATA

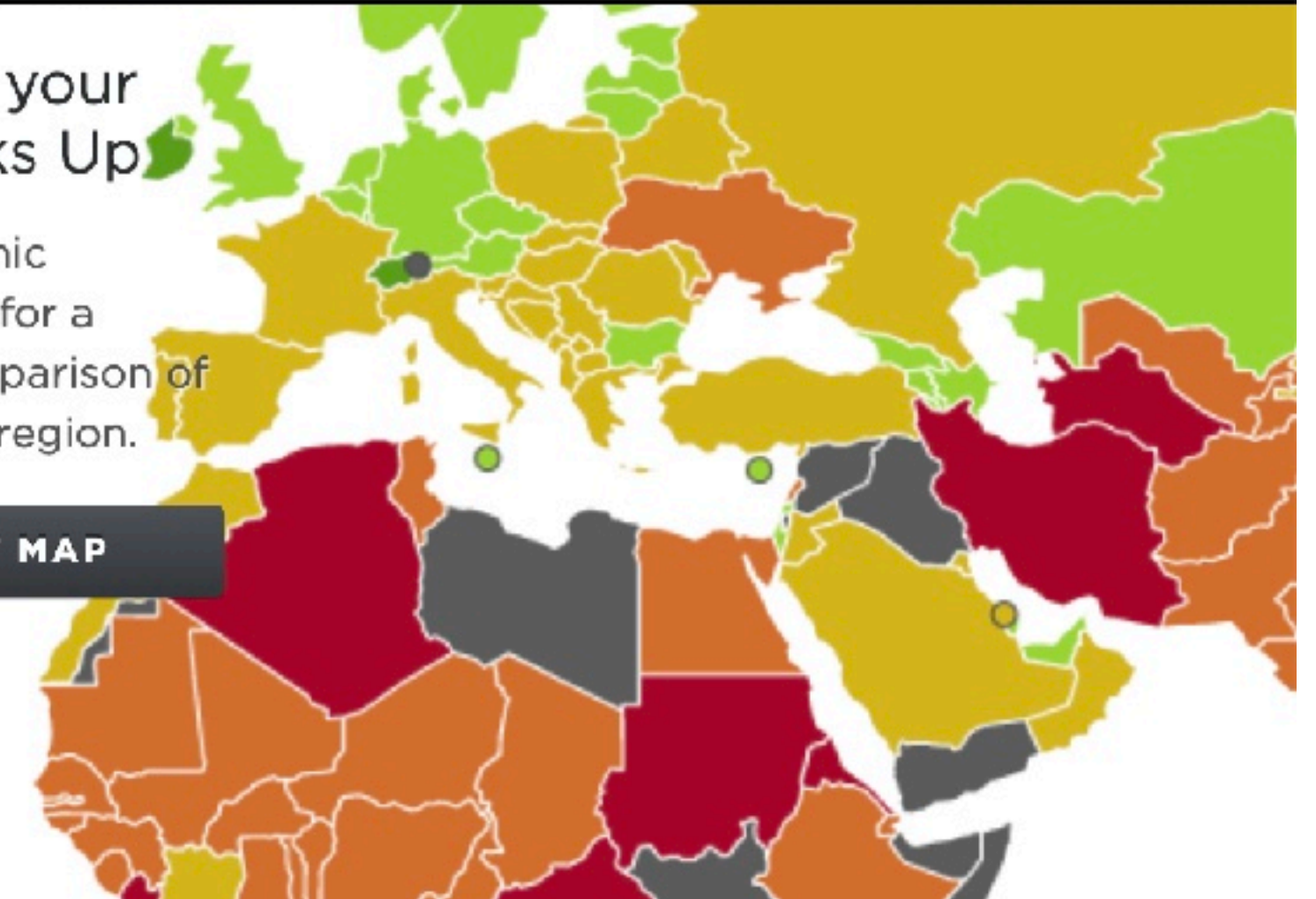
INTERACTIVE HEAT MAP

EXPLORE

Discover how your
Country Stacks Up

Explore our Economic
Freedom Heat Map for a
stunning visual comparison of
the world and your region.

SEE THE HEAT MAP



OVERALL SCORE



60.0

PROPERTY
RIGHTS



55.3

JUDICIAL
EFFECTIVENESS



50.2

GOVERNMENT
INTEGRITY



45.3

TAX
BURDEN



77.9

GOVERNMENT
SPENDING



65.0

FISCAL HEALTH



60.6

BUSINESS
FREEDOM



60.3

LABOR
FREEDOM



55.7

MONETARY
FREEDOM



74.4

TRADE
FREEDOM



69.5

INVESTMENT
FREEDOM



57.0

FINANCIAL
FREEDOM



48.7

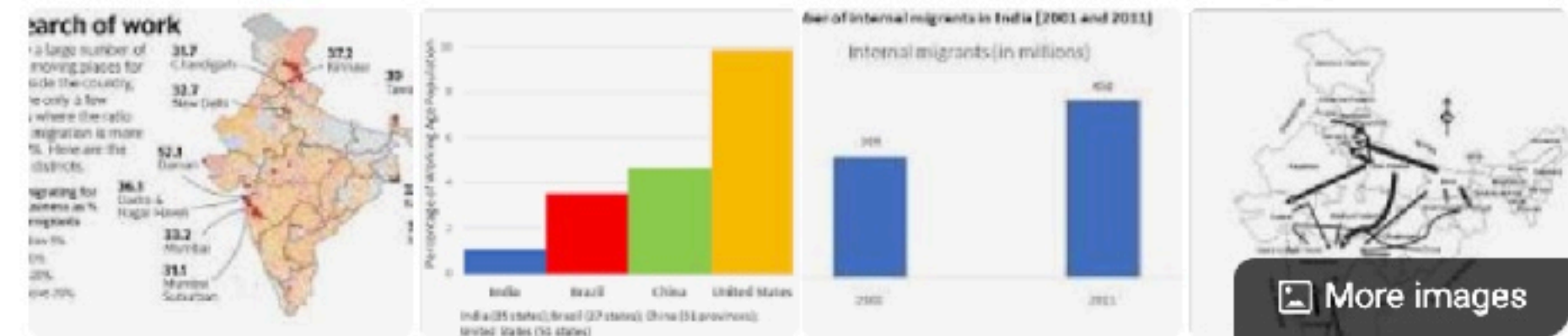
www.cato.org/economic-freedom-world/2022

www.heritage.org/index



Global migration, by the numbers: who migrates, where they go and why

- There are an estimated 272 million international migrants – 3.5% of the world's population.
- **The composition of China's floating population, now numbering around 274 million, has changed over the past 30 years. Today, 19.3% have college degrees.**



Internal migration in India

Internal migration, the movement of people within a country, results in a more efficient allocation of human resources to sectors and regions where they are better utilized. ... The number of **internal migrants in India** was 450 million as per the most recent 2011 census. Dec 18, 2019

...internal migrants in India was 450 million as per the most recent 2011 census. -Dec 18, 2019

CAUSES OF GROWTH **Lagos, Nigeria**

1. Migration - Lagos experienced an influx of over 7 million people from 1990 to 2004 with many of these from other poor regions. The migration was driven by rural push factors and urban pull factors.

Houston in 1990: 1.7 million
Houston in 2020: 7 million
Migrants from US and around world...

Asia will soon be the world's economic center—if it isn't already

By Lee Kuan Yew School of Public Policy

The Pacific Trade Future: China and South America

BY GREGORY REHMKE · PUBLISHED FEBRUARY 15, 2017 · UPDATED AUGUST 3, 2017

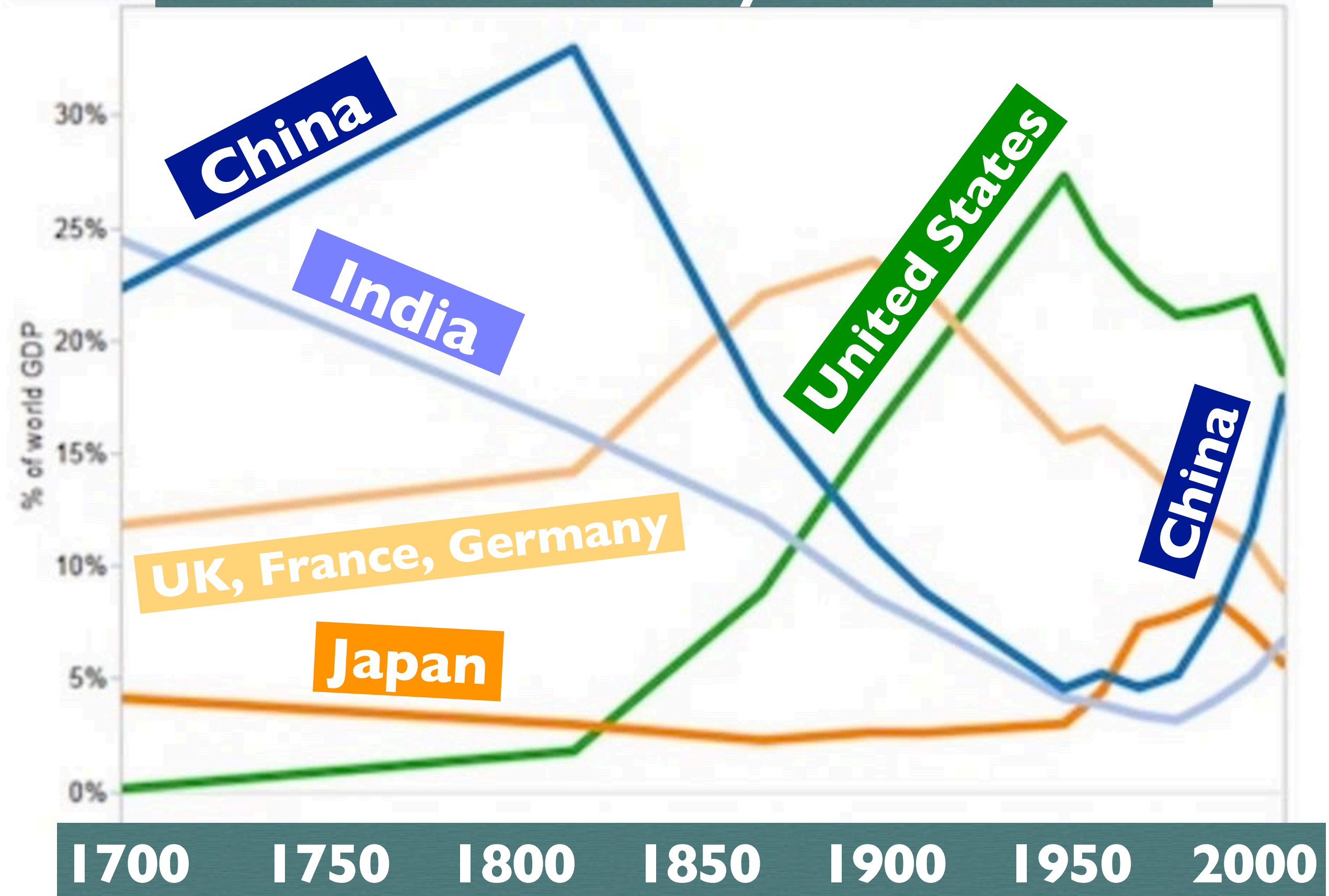
A sponsored Quartz post from the Lee Kuan Yew School of Public Policy: “Asia will soon be the world's economic center—if it isn't already” looks at the rise of nationalism:

“In the wake of Brexit, ascendant European nationalism, and the US elections, much has been written about populism's threat to global

- International trade
- Investment (capital flows)
- International migration


“GDP” = Gross Domestic Product

% of world GDP from year 1700 to 2006

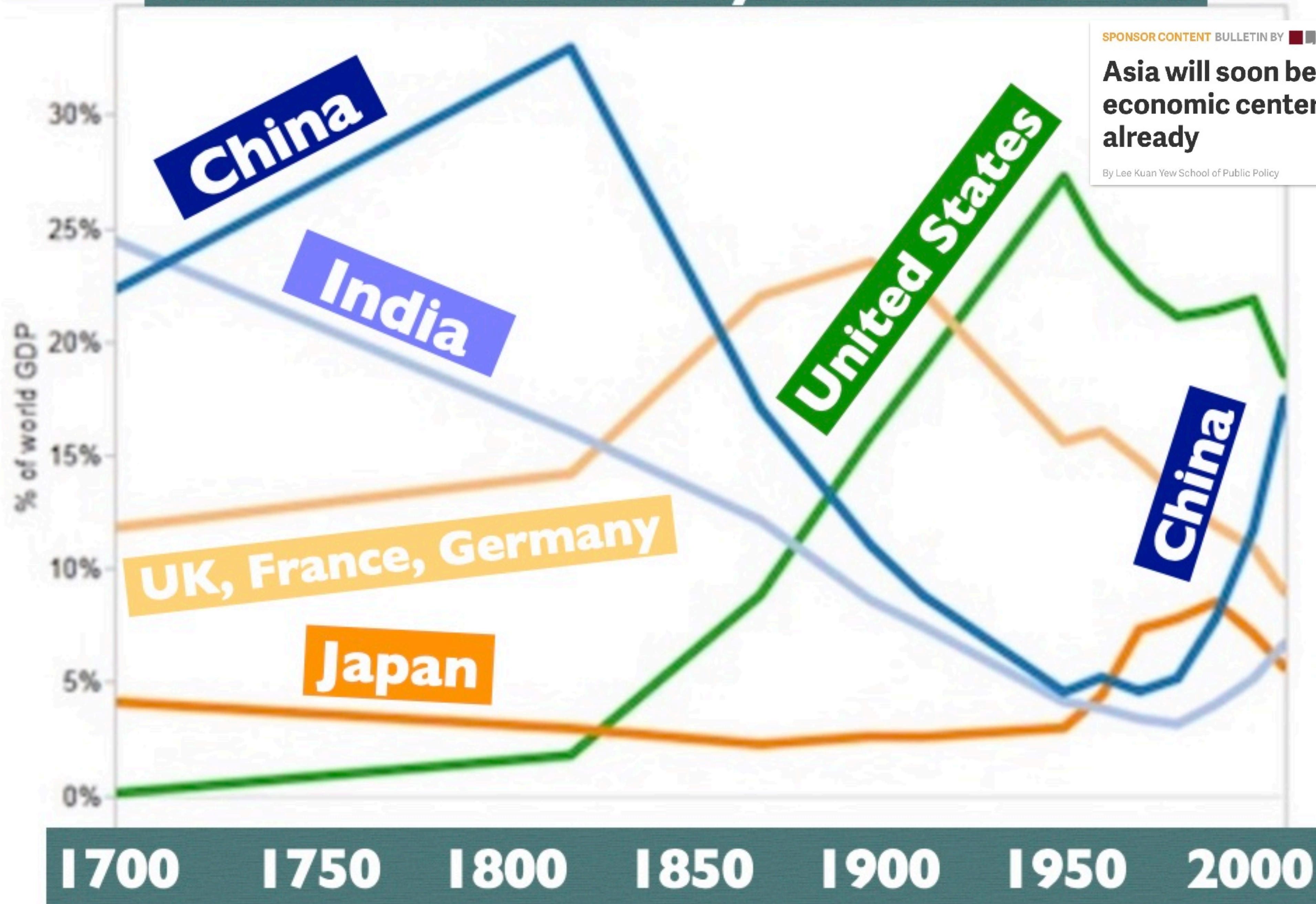


Countries
 China
 India

 Japan
 UK, France & Germany

 United States

% of world GDP from year 1700 to 2006



SPONSOR CONTENT BULLETIN BY  Lee Kuan Yew School of Public Policy

Asia will soon be the world's economic center—if it isn't already

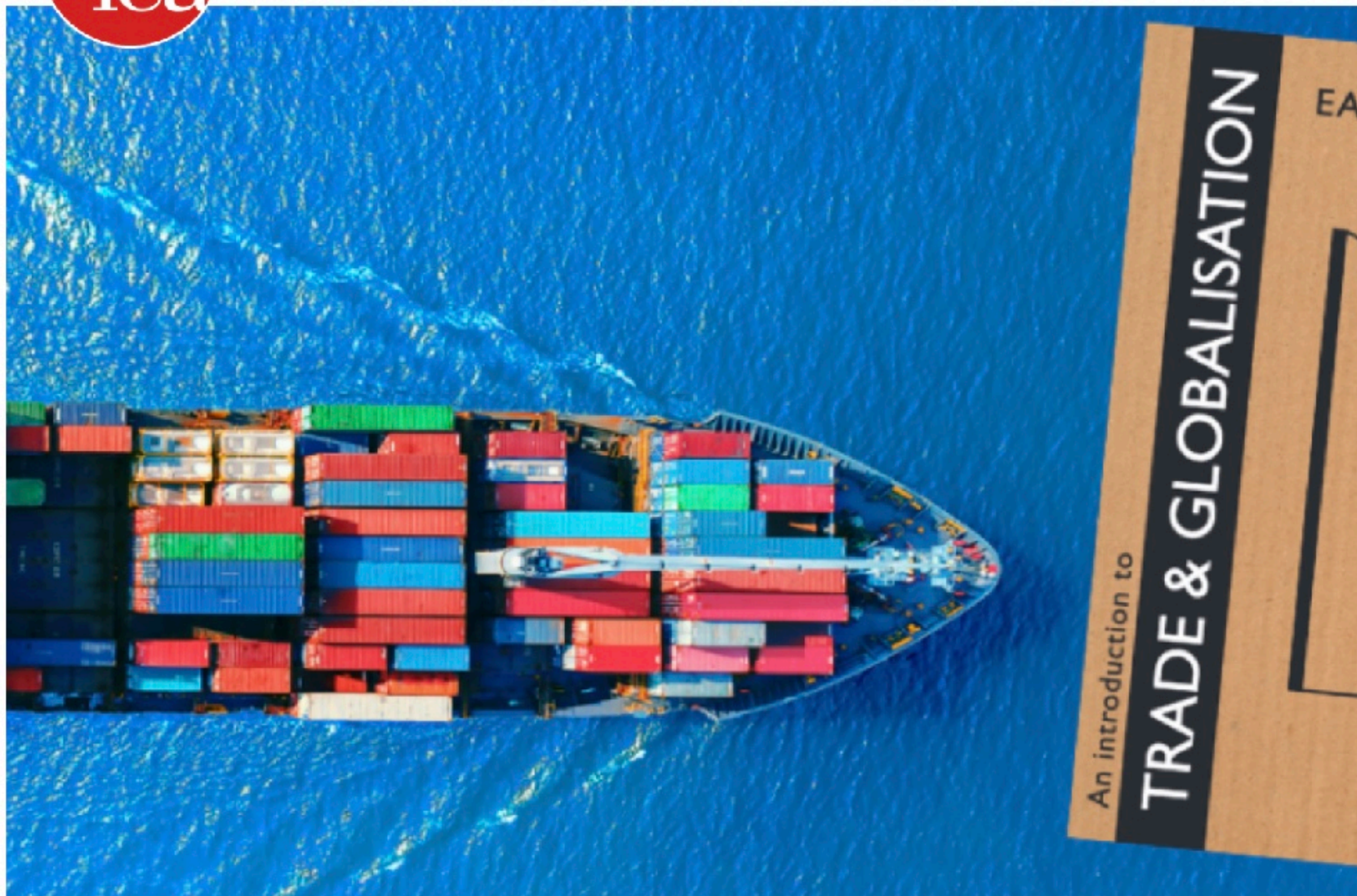
By Lee Kuan Yew School of Public Policy



International ▾

Donate ▾

Events ▾

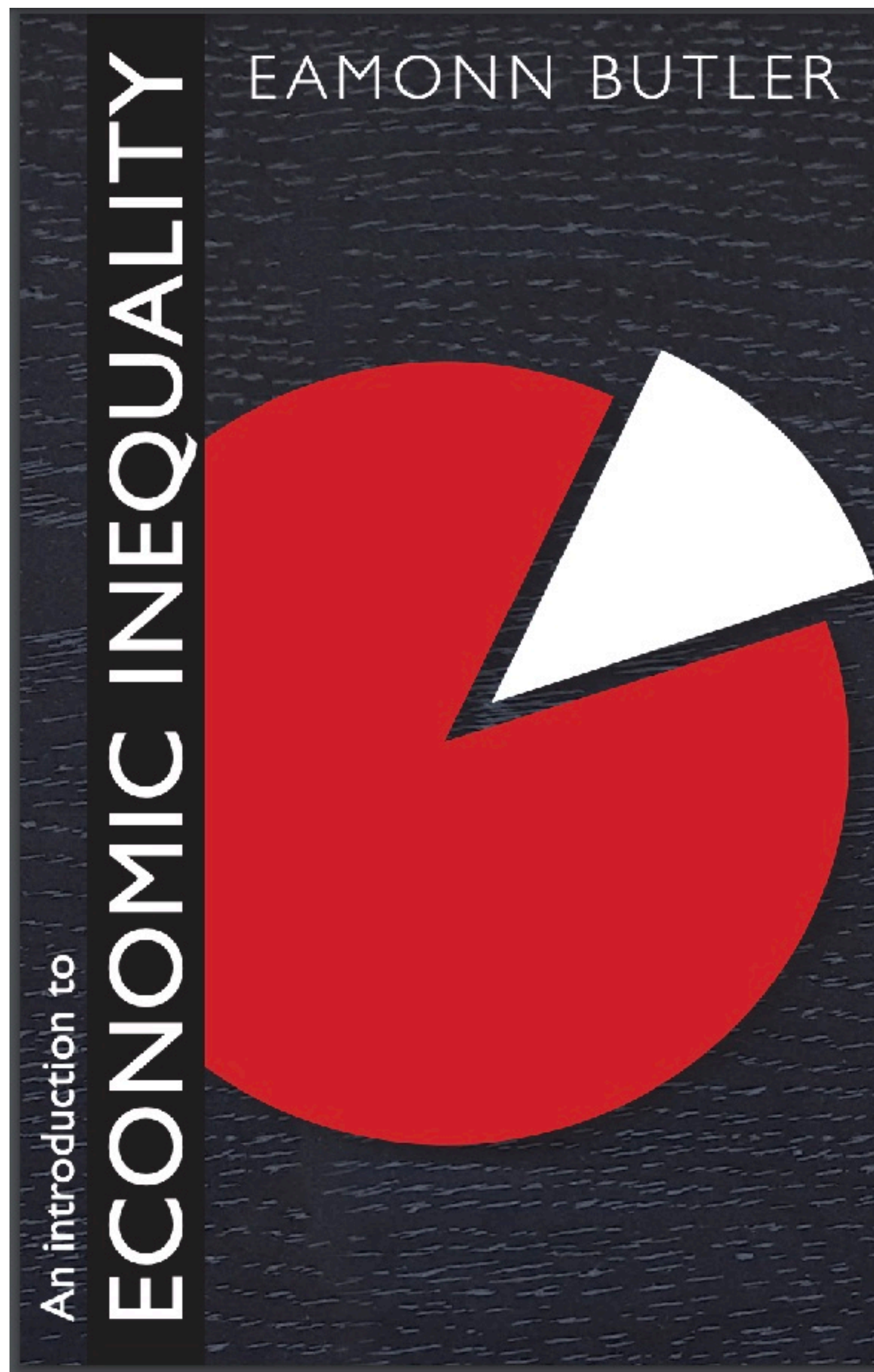


RESEARCH

An Introduction to Trade and Globalisation

DR EAMONN BUTLER 27 OCTOBER 2021

iea.org.uk/publications/an-introduction-to-trade-and-globalisation



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Data shortcomings

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Is there a gender pay gap?
Are CEOs worth their money?

10 The roots of equalisation policy

From ethics to politics
The impossibility of equal outcomes
Compensating bad luck

11 Political approaches to equalisation

From equality to equity

Inequality, Populism, and Nationalism

- ...European and U.S. *nationalism... protectionism... populism's* threat to global trade...[and integration]
- ...Many have blamed *growing economic inequality* within developed economies [or] *outsourcing* or *[technology]*
- [But] a decline in inequality may be a motivating factor...*blame populism's rise on improved income equality across all nations.*
- During the 1990s, **a 70% income gap** stood between emerging economies and the G7. That gap shrunk to **under 14% in 2016** and...**disappear by 2020.**

the **HUMAN FREEDOM INDEX**2022

A Global Measurement
of Personal, Civil, and
Economic Freedom

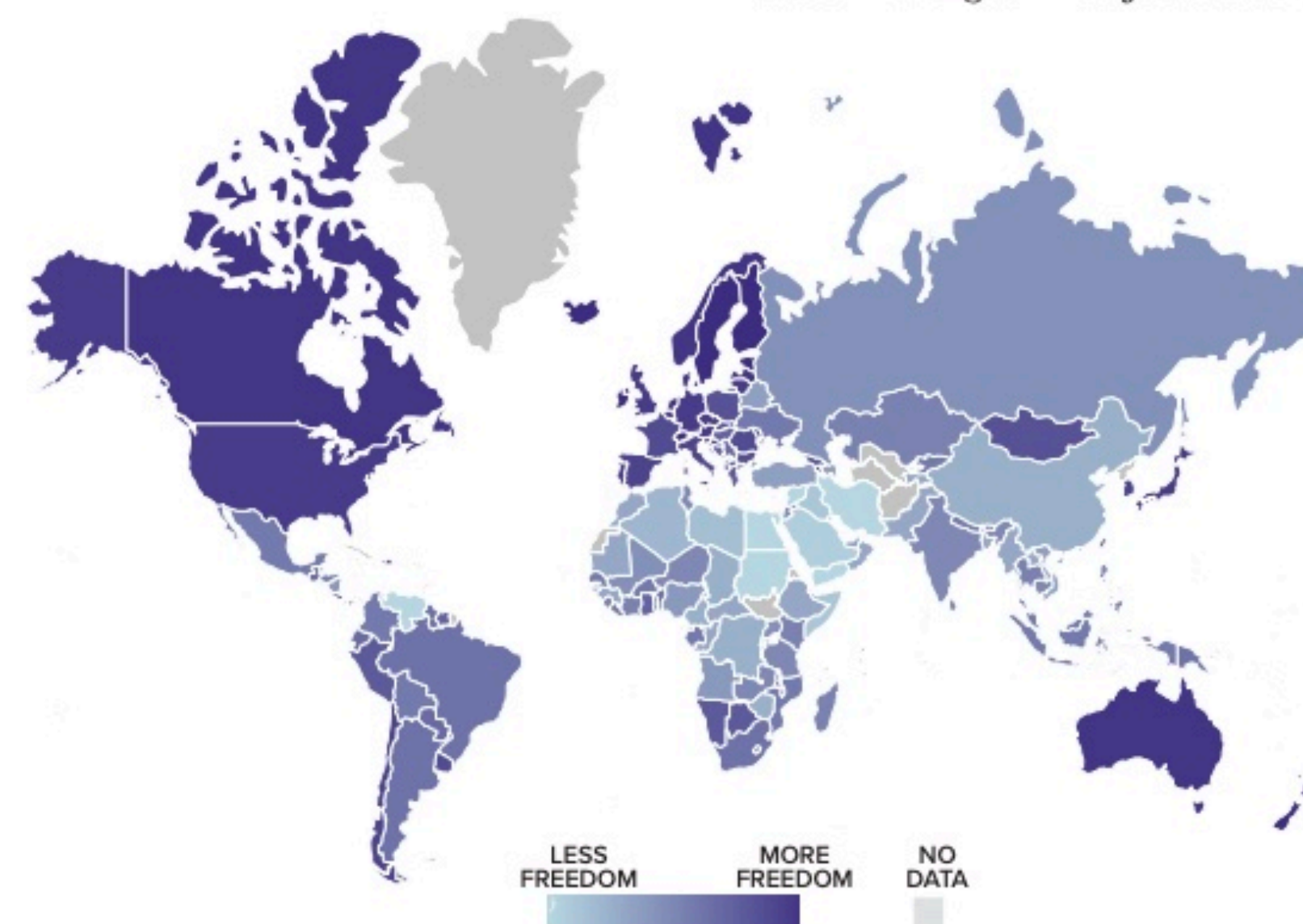
Ian Vásquez, Fred McMahon,
Ryan Murphy, and Guillermina Sutter Schneider

The *Human Freedom Index* (HFI) presents a broad measure of human freedom, understood as the absence of coercive constraint. This eighth annual index uses 83 distinct indicators of personal and economic freedom in the following areas:

- Rule of law
- Security and safety
- Movement
- Religion
- Association, assembly, and civil society
- Expression and information
- Relationships
- Size of government
- Legal system and property rights
- Sound money
- Freedom to trade internationally
- Regulation

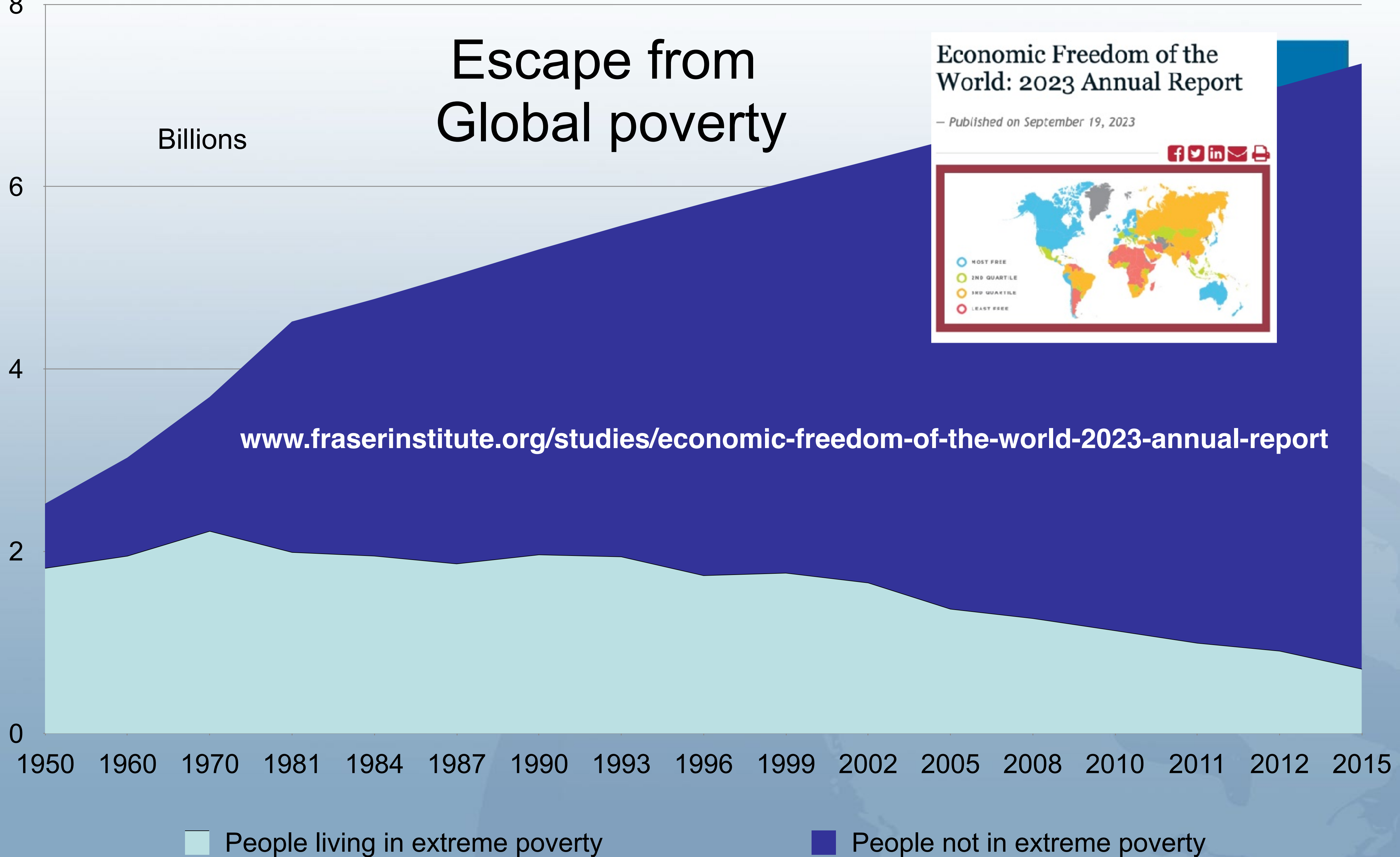
The HFI is the most comprehensive freedom index so far created for a globally meaningful set of countries and jurisdictions representing 98.1 percent of the world's population. The HFI covers 165 jurisdictions for 2020, the most recent year for which sufficient data are available. The index ranks jurisdictions over a span of two decades, beginning in 2000, the earliest year for which a robust enough index could be produced.

Human freedom deteriorated severely in the wake of the coronavirus pandemic. Most areas of freedom fell, including significant declines in the rule of law; freedom of movement, expression, association and assembly; and freedom to trade. On a scale of 0 to 10, where 10 represents more freedom, the average human freedom rating for 165 jurisdictions fell from



Escape from Global poverty

Billions



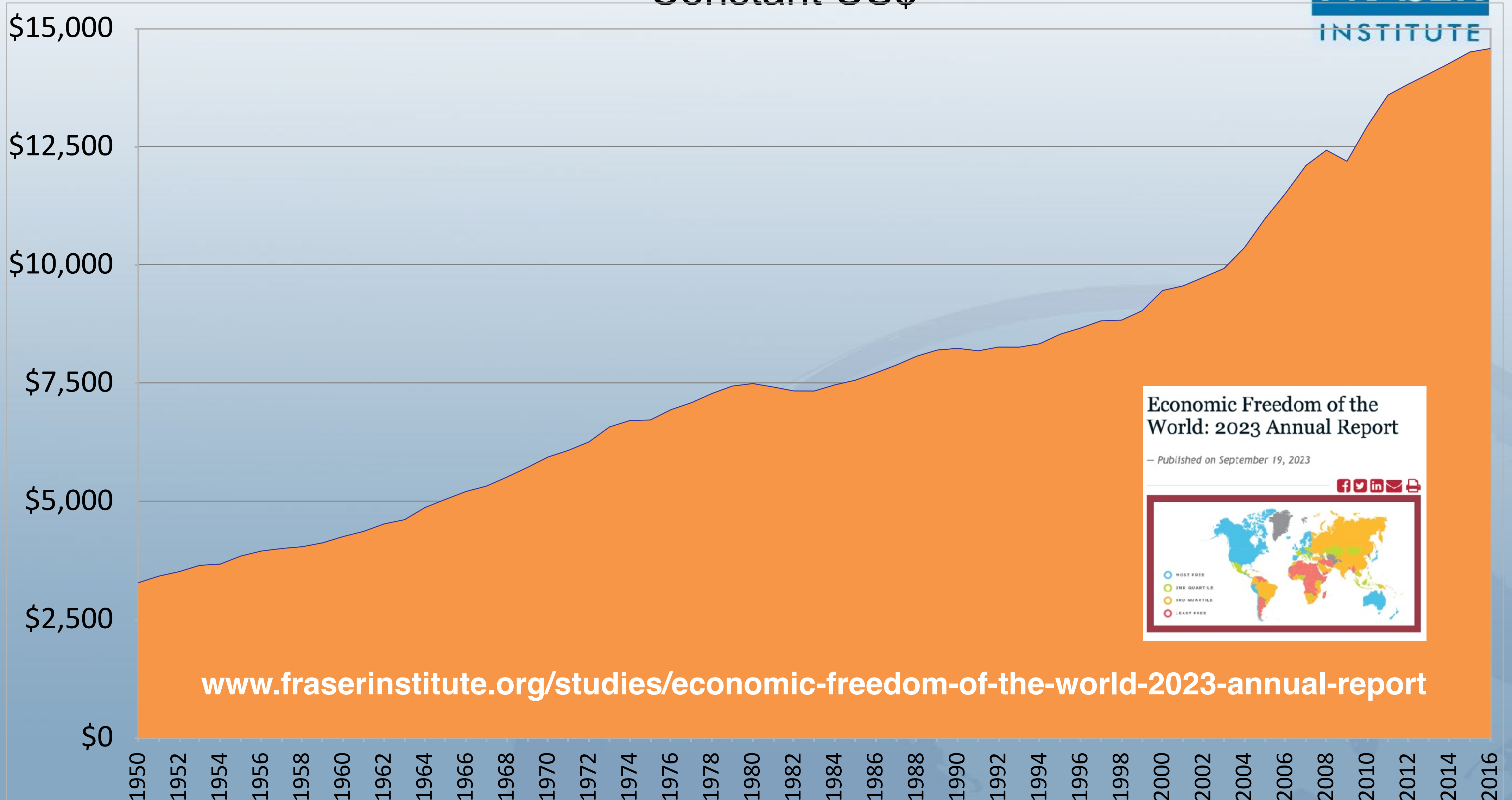
Economic Freedom of the World: 2023 Annual Report

— Published on September 19, 2023



Global Per capita GDP

Constant US\$





TED



3,135,488

Views

Hans Rosling · TEDWomen 2010

The magic washing machine



YouTube

Poverty is Energy Poverty - YouTube

Global Migration and Innovation

- “Greek” yogurt from Turkish student.
- Peet’s Coffee & Starbucks (*Holland & Italy*)
- Top tech firms: Google, Paypal, eBay,
(50% of tech founders/key tech immigrants)
- *Hong Kong was partly a refugee camp in 1950s.*
- *Syrian and North African refugees, and immigrants from Eastern Europe revitalizing (or disrupting) UK, France, Germany, Italy, Sweden.*
- *Israel’s immigration experience. New immigrants were 15% of Israel’s population in one year.*



The Shape of Immigrants vs. the Shape of U.S. Workers

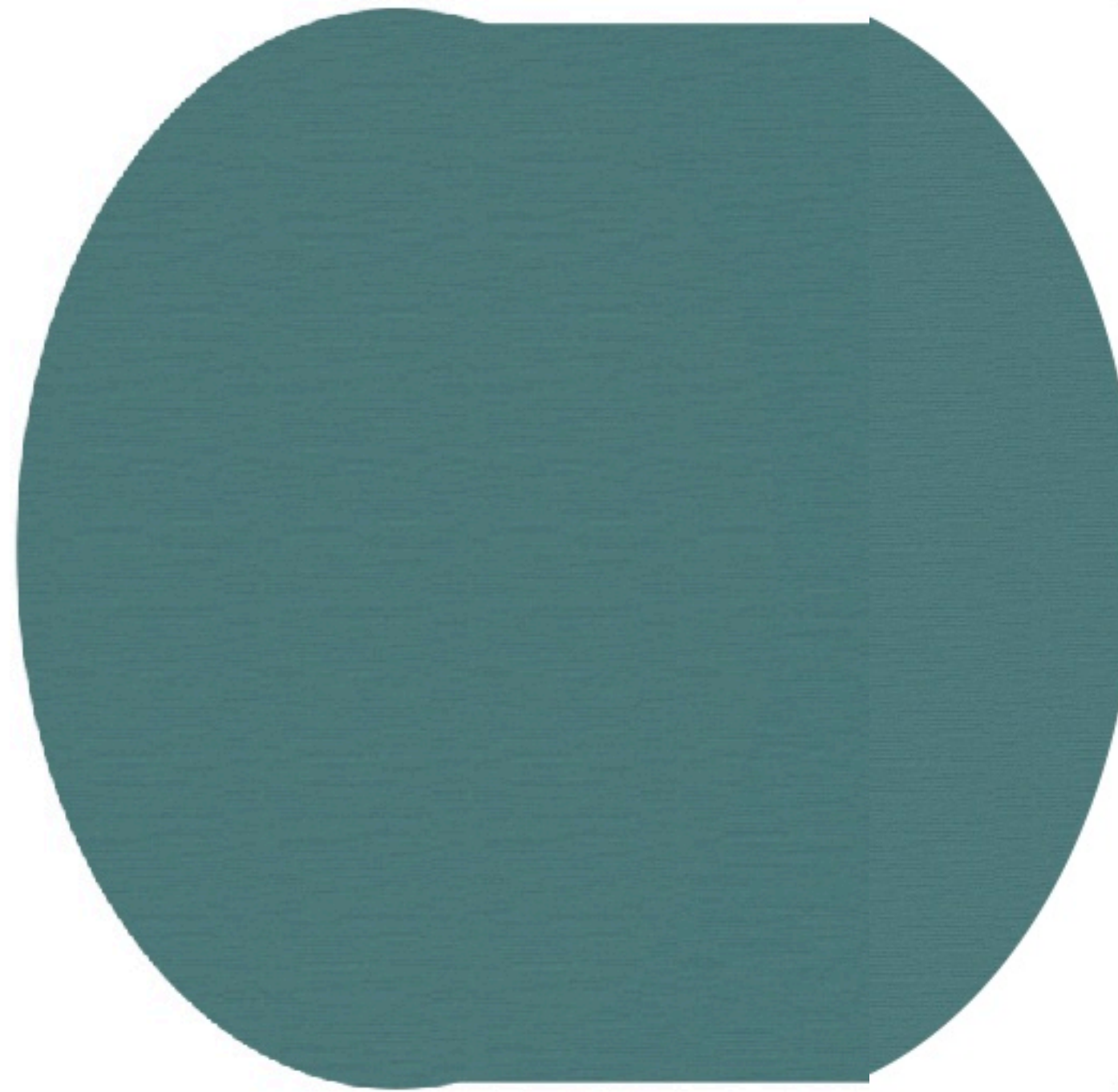
US: few
Ph.D.
engineers
and
scientists
and few
without
high
school
education.



Immigrants:
many
scientists &
engineers
and many
who didn't
finish high
school with
limited
English...

The Shape of Immigrants vs. the Shape of U.S. Workers

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