wages to employees engaged in the production of goods for interstate commerce is the basis for its action. Wages as such is not itself commerce, but may well obstruct and burden commerce to such an extent as to require a regulation.

Congress
The insurant resolved that question, leaving only for determination whether particular goods were produced for commerce.

and sweeping; where it keeps within its sphere and violates
no express constitutional limitation it has been the rule
of this Court, going back almost to the founding days of the
Republic, not to interfere. The Civil Rights Act of 1964
we find to be plainly appropriate in the resolution of what
the Congress found to be a national commercial problem
of the first magnitude. We find it in no violation of any express
limitations of the Constitution and we therefore declare it valid.

The judgment is therefore

Reversed.