

# Helpful hints

by Nancy Lee

A new department is being offered to the readers of The Advocate. A column devoted to advice on friendship, love, and all matters pertaining to the home.

Anyone wishing such advice, please write Nancy Lee, in care of this paper.

Dear Nancy Lee:

I am wanting some advice for a very dear friend of mine. Will you please tell her what to do?

She is greatly interested in a very prominent man, and she has had him to lunch several times. He seems to like her, but does not take her any place. What can she do to make him more keenly interested? Appreciate your advice.

B. R.

Dear B. R.:

I think your friend is "running after" this man. In spite of the methods of the modern woman, man still likes to do the courting. He likes to plan entertainment for his women friends, because he likes to take them to places that attract him. He also likes to make the advances, as he loses rest in the chase when the woman tries to usurp his rights.

I would advise your friend to become interested in some other man, and try to forget him for a while. He may become so lonely for her that he will seek her company and plan some entertainment for her himself.

To interest a man, a woman should be sympathetic, sincere and interested in his hobbies. This man may not be a sponger, but just tired and depressed over business conditions, and would rather spend his evenings quietly, or he may be very busy evenings in his office, and not have time to take your friend out. In any case, she should not invite him to lunch with her again, until he shows some disposition to repay her hospitality, or seek her company.

NANCY LEE.

# KEEPING -FIT-

A Health Column dedicated to readers of The Advocate by DeNorval Onthank, A.B. M.D. Arata Building—124 N. 6th St. Phone AT 1703; MU 2621

The human race is controlled by a certain amount of mass psychology in all of its undertakings. Just as men and women are slaves to fashion, so they are slaves to medical superstitions and fads.

The superstitions and fads are based upon fear and ignorance. Individuals fear sickness in that it leads ultimately to death. They attempt to avoid death by keeping healthy and avoiding sickness. Every individual, therefore, has his own ideas about keeping healthy. He seeks advice only when his own theories fail. Then he seeks the group of healers or the cult that most nearly fulfills his own ideas of healing. Thus each race and each generation since the beginning of time bows to its own superstitions, fads and medical cults.

Despite education and civilization, superstitions as to medical healing still exist. Children still go to school with beads of dried potatoes around their necks to ward off diseases. An asafetida bag tied around one's neck, safely and securely in a dirt-catching sack, will do away with the necessity of the much heralded vaccinations and toxin anti-toxin injections in the minds of some people. Children in tenement districts are still sewed in their underwear for the winter. It is not a good policy—so some say—to comb one's hair while very sick, as it may prevent a speedy recovery or may even cause death. To move the bed of some extremely sick people will surely prevent a speedy recovery.

Some women about to become mothers would not think of "reaching up" because of extreme danger to herself or the baby. Some others feel that a woman about to become a mother is susceptible to exciting events so much that they will leave lasting impressions upon the child. I have had many patients who have firmly believed that they had had "spells" cast upon them.

There are just a few examples of superstitions which lead to medical fads and medical cults and cause them to flourish.

# Digesting . . . The News

By CLIFFORD C. MITCHELL

The Advocate does not necessarily share in the writer's views, but whether we do or not, the opinions are sane, logical and interesting. It is the readers' as well as our privilege to disagree with the writer who invites your opinion upon the subjects discussed from time to time in this column.

This writer, who thoroughly reads about fifty of our publications weekly and about half as many white papers, was very agreeably surprised by an advertisement that appeared in the Charlotte Republican-Tribune, one of the best white weeklies in Michigan, in their issue of the 6th.

On the second page of their first section the Eaton County Savings Bank carried a quarter-page advertisement and to attract attention to their savings feature they use the following:

"Booker T. Washington said: 'Tomorrow, my brother, after you have said your prayers, go and start a savings bank account.'"

The remarkable feature of this advertisement, to this writer, is the fact that the white bank and the white paper were appealing to white subscribers and prospective bank customers, there not being enough Negroes in that particular community to warrant, much less to make it profitable, appealing to them through an advertisement of this size.

If the admonition, quoted above, is applicable for the whites, it certainly should be more so for our bankers, our large insurance and financial companies should engage in an advertising campaign to teach our masses the benefits to be derived through systematic savings.

Our people, especially, who find themselves caught in these depressed times, do not need much teaching. Given the opportunity, they would gladly go back a few years when they were rolling along in luxury and curtail and budget their expenditures, placing the funds that they so recklessly spent in a savings account or a good revenue-producing investment.

There are, however, even now, a large number of our people whose income has not been diminished, of whom we are constantly reading of their good-time parties and affairs, who need to be taught the advantages of savings and preparedness so that when their affluent days commence to recede they will not be caught in the same web of financial disaster of their less fortunate sisters and brothers.

Our National Negro Bankers Association and our National Negro Insurance Association would do well if they would embody as a part of their program, this year, a plan whereby their constituent members would donate a specific percentage of income to a common fund for the purpose of educating our masses, through the press and other advertising agencies, to the advantages and necessity of becoming a more thrifty race which will quickly enhance our standing as good American citizens.

## SENSE AND NONSENSE



RALPH C. CLYDE  
FORMER MEMBER OREGON LEGISLATURE AND

### Municipal Ownership

Here is some interesting news on public ownership, which gives the growth of the movement.

The City of Paris, Texas, recently voted two to one to build a municipal ice plant. They are so encouraged they are now planning to build a municipal power and light plant.

B. F. De Lanty, manager of the Pasadena Municipal Light & Power Plant, just sent us the 22nd annual report. This little California city earned \$650,022.21 profit in one year. If you are interested write Mr. De Lanty for a copy of the report.

Virginia, Minnesota, has one of the lowest lighting rates in the country for small cities. The rate of 33 cents per kilowatt hour charged by its municipal electric plant is remarkable when you consider the population is only 16,030.

The people of the City of Milford, N. J., have emphatically refused to dispose of their municipal light and power plant. The power trust, as usual, spent considerable money to prove public ownership a "failure." The voters could not see it that way. By a vote of six to one, they refused to sell their plant to the private company, which offered \$450,000 for the city utilities.



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### Arrow Tips

puts on a few colored women as maids in the lavatories of his store, that the whole colored contingent in Portland should flock to the store and spend their pennies. I believe that we black folk must give our patronage to the merchant who has the cleanest business methods and who live the best he knows how. We will never be good citizens ourselves until we reward the good citizen merchant. If we reward the merchant who exploits us by giving a few of our race menial jobs, we but sell ourselves for the material advantage of a few. We must carry our banner of race high above the dregs of political and economic exploitation and do right and be right and reward right actions because they are right and not because they have bought a few of us with favors.

# Arrow Tips

KITS RIED

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"Remember that if you can do a good deed, show love to someone, you must do it now, because the opportunity will pass and not return."

A friend coaxed me to go to a church the other night, one of those we nominate as a cult, or mission, where the preacher does the healing as well as the preaching. He called himself doctor, was a sleek, well-fed, well-dressed individual who very evidently enjoyed the adoration and all the rest of the emotional reactions which his operations stirred up. One could notice how he worked on their emotions until the worshippers were hysterical. The services began with singing several hymns and one could see that the music unsettled the tiny fraction of self control that would have been there otherwise. Then it was brother this and sister that until the note of intimacy was struck. Then a story from the Bible which was clearly a perfected statement of its meaning and its application to the every-day experiences of each one of the listeners. I had difficulty to keep from shouting, "It is not true. God never meant that His words should be so misconstrued." Then another brother from some far-off country who had forsaken his old faith to abide in the true religion as preached by the doctor, began a monotonous recital of his experiences. I would have been more interested and would perhaps have believed some of the story of his preparation for his life work if he had used decent grammar. I counted 16 years of preparation in different schools and colleges and yet this imminent student of the divine used such expressions as "have did," "he asked and requested" several times. Spoke of the Russians as Roosians—not so bad in an uncultured person but this man was introduced as a "cultured scholar and gentleman." His chief aim through his long rambling, inconclusive talk seemed to be the arousing of the visibilities of the worshippers. The whole thing was a pitiful exhibition of the frantic hunger of these mentally starved men and women. Their faces were blank; their clothes indicate poverty; their frantic response to the doctor's invitation to "bleed yourselves white in the cause of the Lord"—all told the story. They were in the clutches of a clever charlatan who played upon their fear of death and hope for physical healing most skillfully.

All through the evening I listened for the utterance of a truth that would be a bit of spiritual encouragement to carry away. Not one word of humility, of the sacred message of love Christ brought to us. The buffonary, the soddid appeal to greed, the questionable stories—all were disgusting, and I went away with the same sort of sadness I carried home with me the afternoon I spent at the legislature in Salem.

What a load must be lifted before we can approach to that righteousness of Christ's teachings! Although the faces of the legislators were more intelligent, there was the same expressions of greed, of vacuity, of intolerance and indifference, of fear and of parched desire in the faces of the legislators that I saw in the faces of the crowd at the doctor's "church." After two such exhibitions I came home and resolved, like old Cincinnati, to plow my fields with my own hands and stay away from the insincerity of the crowded world.

I do not think that I agree with our lady editor when she says that we should give our patronage and support to those merchants who give colored men and women jobs. I do not believe that because a merchant

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