

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.

Johnnie writes that he is very unhappy because his father and mother quarrel "all the time." What shall he do?

He probably would like to run away. Just what caused the quarreling, whether his father drank or his mother nagged, or both, he did not say, so it is very difficult to give advice under the circumstances.

It is certainly very hard for children to listen to their parents' incessant bickerings, to say nothing of the poor taste they display in airing their troubles in the presence of their little ones, or in the presence of anyone, for that matter.

I advise Johnnie to praise the good qualities of each to the other, and to be very loving, kind, and obedient to both parents, so as not to be the cause of any more friction in the home.

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KEEPING FIT

A Health Column dedicated to readers of The Advocate by DeNormal Unthank, AB, M.D., Arata Building—12½ N. 8th St. Phone AT 1703; MU 2621

It is practically impossible to make a sharp distinction between the common cold, grippe or influenza from the standpoint of prophylaxis and treatment. From the standpoint of the laboratory man—the bacteriologist and immunologist—who is interested chiefly in the classification of the causative factors of diseases, each of the three diseases is a separate and distinct entity. For practical purposes the three diseases are often grouped as "catarrhal fever." Thus they become common colds, grippe or influenza, according to the severity of the attack. If the attack is mild it is spoken of as a common cold; if severe, as grippe, and if more severe and especially at the time of an epidemic, as influenza.

Catarrhal fever comes unto one suddenly. It is usually as a result of chilling and exposure, crowding together of large numbers of people, etc. It is acute in nature and easily spread from one individual to another—even more contagious in the presence of epidemic. It occurs most frequently in winter and spring, the occasional cases may be found at any time.

The common symptoms are cold in the head, sore throat, severe headache, chilliness, nausea, pains all over the body—especially the legs and shoulders, deep soreness over the chest, etc.

Anyone is susceptible to catarrhal fever. The individual's general body reserve and resistance has much to do with the severity of the attack or the ability of the individual to throw the attack off.

One big job in combating catarrhal fever is to control the disease in its early stages in order to avoid very serious complications—that is, more serious diseases that may develop. The most common of the more serious diseases are pneumonia, chronic bronchitis, pleurisy, acute infections of the heart, acute infections of the nose and ears, etc.

It is perfectly justifiable for an individual to attempt to check the milder attacks of catarrhal fever with home remedies. It is not justifiable, however, if the patient does not show an immediate turn for the better—say, in 24 hours. If suitable results are not obtained a physician should be called that he may supervise your treatment and in many cases prevent serious after diseases.

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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 reader's 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.

For the past few weeks our press has been deluged with the financial statements and press notices of our successful insurance and financial corporations. To this writer, these statements make interesting reading. It is cheering to note the steady increase in assets. Even in these times their reserves and surplus accounts seem to be increasing, instead of diminishing.

At this writing there is before me a collection of such financial statements, covering the operations of companies located from California to New York and from Florida to Washington, and when the assets are combined the total is quite impressive running way into the millions.

The thought comes to the writer that if there was some practical method of bringing the various captains of finance, who control these companies, together on one board of directors that a national finance corporation could be organized and so directed that would eventually solve the most of our economic problems.

Such an organization would not need any press-agenting or ballyhoo to put it across. They would not need any emotional appeals for aid nor would sectional habits or customs interfere with their success. Each company could underwrite, at par, a certain allocated amount of the capital stock which in turn could be passed on to their immediate associates and friends whose confidence they have already gained by their successful methods, clean habits, progressive tendencies and proven ability. Others would soon be clamoring to become identified, financially and actively, with such an organization.

Imagine the benefits that would accrue to the deserving in our race with such a national financial institution. When some local merchant, publisher, promoter or other professional or business man or woman found themselves in need of financial aid, or had ideas that would increase and improve their business, giving our race more employment, they would only have to place their proposition thoroughly and frankly before the national company.

Such an application would be acted upon in a business-like manner. If the applicant was worthy of immediate assistance he would get it. If certain requirements first had to be met to make it consistent to render financial aid, the company would have at its command experts in every conceivable line who would thoroughly diagnose and recommend a definite and adequate plan of action whereby the applicant and the company would both profit.

Eventually, through the nucleus of such an organization, every race man or woman who had any particular ability would find an avenue in which he could be of service. The premium then would be on "merit" and not on "agitation," "appeals" and "propaganda." The masses would benefit for there would be brought in existence every branch of business to take care of their wants. Success breeds success.

Mrs. L. Avery has moved from the West Side to 315 Cherry street.

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Arrau Tips

KITS RIED

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 reader's 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.

I have been snooping around some of the state departments that the recent legislature put out of business in its desire to give the state a "more efficient and economical basis." I want to make a few remarks about the "business-like" methods which were used by these so-called "business men" who operated under that misnomer at the legislature. In the first place, the voters of the state turned down the bill providing for a cabinet form of government by quite a substantial majority. Our chief objection to the bill was that it delivered the control of the state government bodily into the hands of the governor. It gives that gentleman absolute ownership of one of the largest political machines in the state. Nobody deny that. Yet along comes the "business men" legislature and in its frantic loyalty to the "mandate of the people," the state departments are split up, consolidated and abolished into just the essence of the bill creating the cabinet form of government. The governor in his desire to "obey the mandate of the people" in other things besides the power bills, proceeds to unsettle every department in the state and to appoint new and untried people at the heads of the newly created departments. I don't believe the governor would follow such a policy in his Portland store, do you?

We could recover, in time, from the effects of "such a policy" if the "business men" had financed the activities of the old departments while they are waiting to turn over the work to the new appointees. But they forget, in their hurry to do the job of turning them out, to provide any money with which to pay them for the five months of their service. Isn't that a nice "business-like" way of doing business? The state of Oregon tells its employees that they can wait for their money until the next session of the legislature in 1933, according to the Sunday Oregonian. The ways and means committee made no provision for paying its workers but will expect them to wait for two years. There are several departments that have not had a cent of wages since their December, 1930, pay check. What do you think of the "business" methods of such a lot of "business" men? Who were these business geniuses? Messrs. Wm. F. Woodward, Homer D. Angell, Isaac Staples of Portland, Shephard of La Grande, Stewart of Polk county, Spaulding of Marion, etc., etc. Do you suppose these men run their own affairs that way and ought they go back to lawmaking again for the next session?

I think the communist trials are the most glaring indictments of our imperialistic American government, especially the testimony given by the government's witnesses from the immigration department. Enlightening was the exposition of political faith by one of them in answer to the question "Do you believe in a democracy?" "No, I do not; I am a republican." Wasn't that brilliant? And then his answer to the question as to his knowledge of the "materialistic interpretation of history"—he was so tangled up in "the idealistic and spiritual differences" that I don't think he is untangled yet—I know I am not. I have been trying to find out ever since if he knew what he was talking about.

Speaking of communists—have you heard about the Texas incident? Two communists, 19 and 30 years of age, both born in Texas, has been arrested on vagrancy charges in Dallas, Texas, because of taking part in an unemployment parade. Just as they were leaving the city hall after their release, they were dragged into some waiting automobiles, driven out to a lonely spot in the country, beaten into insensibility with knotted ropes and thrown into a creek. Their brave white persecutors then drove back to town. They were rescued by a Negro farmer, and sheltered in his home for five days while recovering. No move has been made to apprehend the kidnappers. It is, however, suspected that the police department and the Dallas authorities know much about the outrage. Does this sound like America or Russia?

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SENSE AND NONSENSE
RALPH C. CLYDE
FORMER MEMBER OREGON LEGISLATURE

ARE WE DUMB OXEN?

In Portland the people are aroused as never before. Empty houses, vacant stores, unemployment, business stagnation, are conditions that have caused the people to think. They realize that although a municipal electric plant won't entirely relieve the situation, it will in a great measure, help. When the father loses his position, the mother is wondering where the rent money is coming from, the folks are doing more thinking than they have done before in years.

God gave us our wonderful water power resources. He never intended that His wonderful gift should be exploited for the benefit of a few. He intended it to bless all mankind. If the development of this wonderful water power will make the people prosperous, happy, and contented, we would be fools, knaves, or slaves to stand idly by and be deprived of our birthright. Even if we were so supine as to submit in our own behalf, how about our children? Should we not at least make an effort for them? Are we dumb oxen to allow our little ones to suffer through our neglect? If we won't do anything for ourselves, surely our flesh and blood are entitled to some consideration.

Let us break the bonds of cowardice and indifference, that have so long enslaved us, and resolve that for the sake of our little ones, we will fight for what rightfully belongs to them. We will be red-blooded men and women to do and dare. It is better to go down in defeat battling for the right than to make no effort at all. At least we will retain our self respect. That is a whole lot—it will give us renewed courage and strength to rise up and to continue the fight until we eventually win—we must win.

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