

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 was engaged to marry a young man and my girl chum fell in love with him, invited him to her home, talked about me, and now I never hear from him any more.

What can I do to prove to him that I am not what this girl pictured me, and how can I get him back again?

BROKEN-HEARTED

You have reason to feel badly, not only for the loss of your lover, but because of your chum's disloyalty and malicious spirit.

First, I want to advise you not to feel vindictively towards her. She probably used the only weapon she knew anything about to get his attention, deceit and falsehood. Just be pleasant when you meet her, as if nothing had happened to disillusion you as to her fine characteristics.

As to the man, if he was so easily influenced, how could he be the right one? Probably some real friend could find out the cause of the trouble and help you by interceding in your behalf. If he still cared, he would then get in touch with you himself. Do not let him know you are so broken-hearted, but interest yourself in some hobby, or some other man, and I am sure it will work out all right in the end.

NANCY LEE.

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KEEPING -FIT-

A Health Column dedicated to readers of The Advocate by Dr. Normal Unthank, A.B., M.D., Arata Building—12 1/2 N. 6th St. Phone AT 1703; MU 2821

Whenever the common cold and its coterie of related ailments visits one, it is a good policy to call a reputable physician. However, it is just human nature for the affected one and his relatives to take a turn at home treatment first. Only after he is sure his condition is not amenable to his own treatment or no matter how preposterous it is to that suggested by his friends—is he willing to call a physician. Since this is the case, it may be wise to give some hints that may, at least, prevent doing any harm until the physician is called.

When one feels the oncoming cold and its related diseases, he should arrange to keep himself warm, his body at an even temperature as possible and as comfortable as may be. The only way this can be properly done is to go to bed. More harm is done by failing to listen to mild warnings of disease than in any other way.

Mild sweating is usually advantageous in the early stages of these diseases. To this end a hot lemonade or a hot toddy—that is, if one still remembers how to make one and can still get the proper ingredients—will be found of great value.

A mustard plaster will quite often relieve the tight oppressive feeling and some of the pain in the chest. The necessary ingredients for such a plaster, consist of equal parts of mustard and flour made to a paste with warm water—not hot water—spread between two pieces of muslin cloth.

Cathartics are of untold benefit. Cathartics, however, does not mean repeated purgings. Give one good dose of the desired cathartic and call the barrage off. Purging weakens the individual and naturally delays rather than hastens the cure. Thus when one indulges in repeated cathartics, it might be said that he recovers despite his treatment.

When it becomes necessary to take medicine internally—aside from cathartics—it is a good time to call a physician and have the medication properly directed. Do it, I beg of you, before you have administered to yourself or had administered to you. Salves by the spoonful or turpentine on sugar—or liniment on sugar or other noteworthy remedies that are good for just dozens of things.

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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 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.

Next week (April 5 to 12) has been designated as Negro Health Week and while it may seem a little far-fetched to tie the subjects of health and economics together still there is no other natural force that our economic progress is so dependent upon as health.

Whether we are employers or employees, our progress depends entirely upon our ability, inclination to serve, and our health. Of these three necessities, health is the keystone. And of these three, health is probably the easiest to regulate if we could give the subject proper attention and practice.

In this machine-age, when we are so inclined to permit mechanical-robots to function for us, we are very particular in keeping the machine, whatever it may be, in the very best working order, knowing full well that its work depends entirely on its working condition, yet we are inclined to permit the human machine to deteriorate through utter neglect and wilful disobedience of the rules that apply.

Nowadays the Negro press, like the white press, carry many columns contributed by our learned and experienced medical men, treating on the many ailments with which we are afflicted, suggesting methods of cure and of prevention. In rendering this service our press makes every week a Negro Health Week to those readers who make themselves well informed by taking advantage of the many features that our press carry.

In addition to the health columns in our papers every department of health, whether it be state, county or city, is constantly publishing pamphlets that treat on pertinent subjects which can be obtained absolutely free by those who are sufficiently interested to seek same, not only during health week but throughout the year.

Our race can ill-afford to pass up any opportunity that will tend to enhance our economic progress. Knowing that it is harder for us to secure the lucrative and worthy positions we should be all the more painstaking in preserving our natural resources and realize that what our employers want is the continuous ability to perform and not a lot of alibis for not feeling just right.

Regardless of what others may do, we should know that we cannot perform the services required of us during the day if we spend our nights carousing when we should be preserving our strength and improving ourselves by studying or otherwise acquiring useful knowledge.

We have seen many persons who sparkled with brilliance, yet they were surpassed in life by the slow plodding worker who lacked the brilliance but whose inclination to serve and their health carried them on to victory while the brilliant persons were celebrating their eminence, losing their health and making themselves in general unreliable.

Mrs. W. F. Smith was indisposed with neuritis a few days this week.

W. H. Myles is on the sick list.

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Armed 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 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.

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 will 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

SENSE AND REASON



RALPH C. CLYDE
FORMER MEMBER OREGON LEGISLATURE AND

The earnings of the municipal electric plant for current sold for light and power for the year ending December 31, 1930, have been very satisfactory. The gross earnings for this year have been \$765,293.88, while the expenses have been \$220,675.59. This leaves a balance of \$544,708.29, of which a part is used for bond redemption, interest, operating expenses and depreciation. During this year \$145,000 has been spent in building of substations and more underground conduits ahead of the paving. While the charter authorizes the city of Astoria to borrow against the net earnings of the municipal electric plant, the balance has been in such a prosperous condition that it has not been necessary for the city to avail itself of this authority. All of this work has been accomplished out of the net earnings of the plant.

The growth of the plant is well shown in the production of the net KWH output for the year as compared with the previous year. The net KWH output for 1930 was 25,402,770, while that of 1929 was 23,263,750. The maximum demand established for the year was 6,100 KW, an increase of 400 KW over that of 1929. The load factor of the plant was like wise improved by approximately 47.5 per cent for 1930, as compared with 46.8 for 1929.

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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 kidnapers. 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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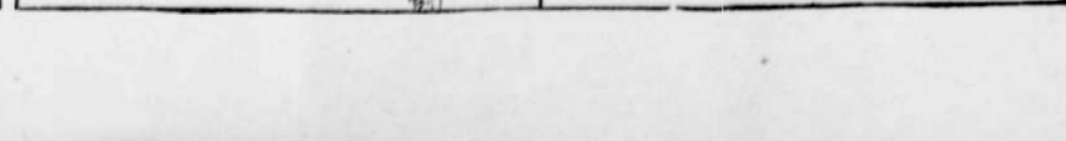
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