

# 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.

June is the happy month for brides, graduates and conventions. The brides are happy, the graduates are numerous and the conventions are pompous. The brides are necessary, the graduates useful and the conventions, at least our conventions, are in the main entirely unproductive and unnecessary.

For several years now this writer has closely followed our conventions. Not in person, but in spirit and thought. From various sources, copies of the proceedings of our conventions have reached the writer. They have been recorded and studied. A special file has been provided to list their resolutions and pledges for future activities.

A constant check is made against this file and as we write there are before us hundreds of cards, representing as many resolutions, etc., made during the last conventions, with most of them showing a blank or a balance in red on performances that have not been carried out and in a great many instances no apparent effort has been made toward their accomplishment.

On the other hand, we have read weeks in advance outlines of proposed conventional happenings, some of which have brought much factional dissension and publicity, but at the actual conventions these same programs have been steam-rolled through while the loud opponents are either being entertained at social functions or are resting up from the after-effects. In either event the same accomplishment could have been produced at a strictly executive meeting of a few hand-picked officers or proponents.

We have a few large Negro organizations who are doing business on a national scale with thousands of agents and representatives in as many different localities who are successful because they maintain a highly efficient sales and promotion department. Through letters, circulars, house-organs, novelties, etc., these companies are in constant touch with their productive members and more real profitable benefit is achieved in a few months of such efforts than other organizations achieve of conventions.

Among the many conventions of the month are those of four of our national organizations that this writer is glad to mention because they are achieving some thing and if by focusing the spotlight of the nation on their annual meetings they can gain prestige and active interest in their work they are entitled and worthy of such. The National Urban League's convention will be held in St. Paul, Minn. The National Association for the Advancement of Colored People will meet in Pittsburgh, Pa. The National Negro Business League in New York, and the Independent National Funeral Directors Association will meet in Chicago, Illinois. In their respective fields each of these organizations are necessary and powerful.

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## KEEPING -FIT-

A Health Column dedicated to readers of The Advocate by DeNormal Unthank, AB, M.D.

### MYALGIA

Myalgia is a condition that effects muscles or groups of muscles in such a way as to cause pain of varying degrees of severity and occasionally stiffness and general disability. Myalgia is often spoken of as muscular rheumatism.

Myalgia has many causes. A sudden chilling of the body may bring on the condition. Straining and any over use of muscles is quite liable to bring on muscular stiffness, as in the case of athletes or laborers who overwork. Frequently acute or chronic infectious diseases may be blamed. Acute rheumatism in influenza, scarlet fever, typhoid fever, tonsillitis, syphilis, diabetes etc. are often the offenders. Metal poisonings of the muscle or the underlying organs are quite frequent causes. For example acute appendicitis or peritonitis causes extreme muscular tenderness.

The most common types of myalgia are torticollis (stiff neck), Pseudomydion (belt-like pain along one or more ribs) and lumbago.

The duration of myalgia varies. Acute cases last from a few days to one or two weeks. Chronic cases continue—keeping the patient up and down—from one month to many months.

The muscular pain is usually so severe as to completely disable one. Myalgia that fails to respond to rest in bed, irritating rubs and hot applications should be carefully investigated.

### CORRECTION

Our attention has been called to an error in a news item carried in the columns of The Advocate a few weeks ago which stated that the Pullman porters quarters were raided. We are informed that the Pullman porters quarters have been closed for some time and the premises which were raided under a different management. We are happy to make this correction.

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## 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:

Do you think the present day girl should smoke even if her parents approve of her doing so? I am going with a girl that does and do not think it is a thing for any girl to do under any consideration. I do not know whether to stick to this girl or get another. In other ways she is very capable and would make any man a good wife, loving, intelligent, and understanding.

Am I too particular about little things? Many women smoke now-a-days, but I just don't like it. Thank you.

BOB

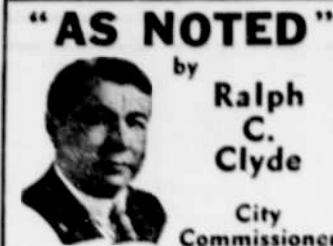
Sedatives of any kind effect the nervous system, so necessarily effect the brain. In some cases they act as a narcotic, quieting and soothing the nerves while under a strain; in other cases they have an exhilarating effect stimulating the nervous system. In either case the effect is the same producing forgetfulness, or loss of memory of one's troubles, aggravating conditions in one's life. The same effect can be produced by turning the thought to a higher more spiritual state of consciousness, by using the will.

Women are more highly sensitized than men, so are more easily effected one way or another by the use of narcotics; besides women are supposed to have more strength of character, and a spiritual outlook that they lose when they suffer a moral lapse. As the homemakers, and as the teachers of little children, they should be careful about exerting a destructive influence, as one thing leads to another.

I think if this girl loves you and wishes to marry you she would give up smoking if she thought you objected. If she hasn't enough will-power to do this, I am afraid she would not stand up to other tests and not make a very good helpmate.

NANCY LEE

Rev. Daniel G. Hill and Rev. Walter R. Lovell were guests on the U. of O. campus a short time last week. They motored down in the former's car.



### "AS NOTED" by Ralph C. Clyde City Commissioner

### LOUD RADIO NUISANCE

For the benefit of a number of indignant citizens whose slumbers have been disturbed by loud squawking, phonographs and other ear drum breaking devices, the City Council on July 9, 1930, passed a law to put a stop to this annoyance.

If you are suffering from an ingrowing disposition on account of nerve wrecking noises, all you have head of the Nuisance Division, at 20 is to 'phone Mr. Joe Roberts, the City Hall. Mr. Roberts will investigate the matter pronto. If your complaint is justifiable, Joe will warn the culprit to soft pedal the nuisance. If the guilty party refuses to be good, he or she will be subject to fine and spend some time in jail.

This is good news to the afflicted ones, Mr. Roberts will hold their names in confidence if so requested.

### HARLEM SCHOOLS DEFICIENT

New York—(CNS)—Serious deficiencies in the equipment of the elementary and junior high schools in the Harlem district where nearly 300,000 colored people live, was pointed out in a report made public by the joint committee on education, an independent body, here Tuesday.

The report, based on a survey of twenty-five schools and four annexes made under the supervision of Caroline Florence Lexow, stresses in particular the need for more school auditoriums, better teachers' rest rooms, greater play facilities, better medical and dental supervision, more visiting teachers and more expert vocational guidance, and increased attention to training, for the many pupils who must begin to earn their own livings.

### BOXING BOARD

### SUSPENDS MOORE

At a special meeting of the Portland Boxing commission held Saturday noon Promoter George P. Moore, one of three private promoters under the supervision of the commission was suspended until October 15 for his actions in calling off his show last Tuesday night 1 hour and 40 minutes before the first event was to be staged at the Auditorium due to lack of interest.—News-Telegram.

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### MORE ABOUT SCOTTSBORO CASE

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Mr. Pickens reports to the N. A. A. C. P. National Office that all of the boys expressed willingness to sign up with the N. A. A. C. P., some of them saying, "Please tell those other people to lay off and let your people handle it."

Meanwhile contributions to the Scottsboro defense are pouring in on the N. A. A. C. P. from all parts of the country.



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## SCOTTSBORO

(Continued from Page 1)  
nation admitted that they were near the courthouse when a demonstration broke loose celebrating the death verdict of Norris and Weems, the first cases tried. They also admitted hearing the brass band playing in celebration of the death sentence. Chamberlain then argued that these men were prejudiced and influenced and had accepted jury service although disqualified.

Brodsky Surrounded and Threatened by Mob

While in the court room at Scottsboro arguing for the defense, Joseph R. Brodsky, I. L. D. attorney, was surrounded by a mob in the presence of a Birmingham reporter. He was threatened that he must leave town. One of the mob leaders pointed his finger at Brodsky shouting: "We're waiting for you Reds. We will get you on the outside." The New York Times in reporting the attacks, stated that Brodsky did not ask for protection and that the court did not volunteer any.

Chance Isom together with two white youths was returned to Portland from Hood River Thursday of last week to answer charges of grand larceny. They were held under \$1000 bail each in the city jail. They were arrested when they ran a stolen automobile into the Columbia river at Hood River after stripping the vehicle, according to police reports.



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