

**From Pacific Coast**



MISS MARJORIE W. TOWNS, of Vallejo, California, who is in the East, a student at Temple University, Philadelphia.

**Speaks to Whites**



R. McCants Andrews, an attorney of Durham, N.C., who recently delivered an address at the University of North Carolina.

more of the gravy! Some of the worst Negro baiters in the South are fine radicals when it comes to cursing Wall Street.

The worst part of it all is that the workers themselves are fooled by these self interested proponents of quick remedies. The failure of the A. P. of L. in this crisis is a disgrace and a tragedy. Matt Woll talks conference with employers and world boycotts against Russia. Meanwhile the A. P. of L. has no machinery for financing important strikes and no philosophy and no program adequate to the situation. It plays with the old parties, neither of which has any real program even for the relief of unemployment.

Why do I say these things? Not to discourage labor organization on the political or economic fields, but to discourage it. The only answer to economic illiteracy for farmers and workers is socialism. We can get a hearing. We must be aggressively on our job.—Norman Thomas.

**Colored Masonry**

With one exception the Masonic lodges in the United States to which colored people belong are not recognized by the white lodges. The exception is Alpha Lodge No. 116, F & A M., at Newark, N.J.

In 1871 several Newark Negroes, who had been made Masons in regular lodges in foreign countries where the admission of Negroes was permitted,

joined with a few white Masons and obtained a charter for a lodge from the Grand Lodge of New Jersey. This lodge gradually became colored as the white members dropped out and only Negroes joined it.

In 1908 the Grand Lodge of Mississippi severed Masonic relations with the Grand Lodge of New Jersey "until such time as the Grand Lodge of New Jersey shall see fit to desist from her present practice of initiating and affiliating Negroes as Masons."

Only the Grand Lodge of Oklahoma followed Mississippi in severing Masonic relations with New Jersey, and in 1914 she rescinded her non-intercourse decision, leaving the Bayou state standing alone in this respect.

Alpha Lodge 116 is the only colored Masonic lodge in the United States attached to a white Grand Lodge. Since it is a regularly constituted lodge of the Grand Lodge of New Jersey its members are recognized by the other lodges of the state. All other colored lodges in the United States are regarded as irregular by the white lodges.

Negro Freemasonry came from the same source as other Freemasonry and the work of the colored Masons is practically the same. The Masonic lodges in Cuba, Haiti and San Domingo were authorized and instituted by the white grand lodges of Massachusetts and Pennsylvania in the early part of the 19th century, and the West Indian lodges in turn authorized

the establishment of colored Masonic lodges in the United States.—The Pathfinder.

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**Your Watch-How to Care for it**

The life of a watch can be indefinitely prolonged, and its timekeeping faculties kept at their maximum, by observing a few simple rules. No watch is fool proof. In the rush and hurry of our modern life, these delicate mechanisms are placed under a much greater strain than is usually necessary.

It is a very general habit for instance, to give the stem of a watch a few turns at frequent intervals. A watch should be wound but once a day, slowly and carefully, and at a stated time. In winding the watch, it should be held in one position, and not turned even lightly from side to side.

Obviously a watch should be safeguarded against knocks and jars of all kinds. The delicate machinery is often injured by jerking it about. It should be placed carefully in the pocket, not thrown in or allowed to fall to the bottom of the pocket. In hanging a coat or vest containing a watch over a chair, it should not be allowed to drop suddenly.

A good watch should not be carried when one is doing violent exercise which may impair its accuracy.

One's watch should be examined by a jeweler at regular intervals, at least once each six months, just as an automobile or the teeth are gone over by experts. The mechanism should not be neglected for years and allowed to become dirty and the oil hardened.

Many people visit the jeweler to have their watches cared for, when through long neglect, they actually stop for lack of attention.

**Drink Water in Hot Weather**

By EDNA TERLE

Have you ever realized the amount of water you can drink on a hot day without any noticeable amount coming from your person in the usual manner?

Mother Nature takes care of us by causing us to perspire when overheated. The evaporation of the perspiration cools us, although we do not realize it. At the same time, the perspiration carries an enormous amount of impurities from our body, so that a good hot day is likely to be a blessing after all.

But we should drink plenty of water, milk, fruit juices, cold tea, or liquid of some kind, so that we may perspire freely and help Mother Nature as she attempts to take care of the over-heated condition of our bodies.

To go without water on a hot day is as foolish as to run the family car ten thousand miles without oil, or to attempt to start the hot water heat in the fall without filling the system with water.

**Weak Eyes**

When I was small I remember that one of my school mates dared me to stare at a mirror which he was using to reflect the sun light into my eyes. I took the dare, children still do it and as a result there is injury to the eyes.

No matter what we do, however, we are constantly doing little things that will hurt the eye sight and as a result many people suffer from eyes that are weak and watery or tired and inflamed.

Many of these cases cannot be given a permanent relief but others can if a good oculist is consulted. However, there is one little thing that any of my readers can do at home that will benefit the eyes, or give at least a temporary relief.

Fill a basin with comparatively hot water and pour into this a solution of salt that has been dissolved. The water should be quite briny and then should be kept as warm as possible without burning, and using the tips of the fingers bathe the eyes with this briny solution allowing the water to get under the lids as well as over them.

In other words, actually wash the eyes with the salt water.

This salty solution will relieve the pain of the inflamed eye, will clean out numerous particles of dust, that are collected on the eye ball and have a general healing effect.

You should of course understand, however, that this simple eye wash is not sufficient to do anything more than give relief or be of general benefit to the eyes. If you are suffering from weak eyes or have any trouble such as twitching of the eye balls or a dead ache in or back of them, you should consult an oculist.

Do not simply go to a man who will fit you to a pair of glasses but go to a man who will be able to give you a thorough examination of your eyes. Remember this, that without eye sight half of your life will be gone. Protect your eyes.

**Intelligent Radicalism**

Nowhere is the lack of constructive forces more evident than in the United States. No Communist can beat Kansas farmers in cursing Wall Street and the government now. We have plenty discontent in America but it is economically almost illiterate. Little merchants are discontented enough but their remedy is to smash chain stores. That is no remedy at all for the masses as consumers. Indeed chain stores may be making the job of socialization easier.

The farmers want what they ought to have—a decent price for their product—but the owning farmers don't want to think about getting rid of tenant farming, and few farmers bother with the general economic situation, especially in its international aspects. The oil producers who have been given under our system a right to oil which ought to have been reserved for the public, now suffer from over-production, talk radicham, and ask for nothing bigger than an embargo on foreign oil and a few other arrangements to give them



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