

FOUNDATION FOR NAT'L NEGRO HEALTH WEEK

18TH ANNUAL OBSERVANCE

Tuskegee Institute, Ala., Apr. 1—The 18th Annual observance of National Negro Health Week begins Sunday, April 3rd and extends through Sunday April 10th. The objective for the year is "Help Yourself and Your Community to Better Health."

The observance of National Health Week is under the auspices of the following organizations: The Annual Tuskegee Farmer's Conference, the National Negro Business League, the National Medical Association, the National Negro Insurance Association in cooperation with the United States Public Health Service, State Health Departments, City Health Departments, and various health and civic organizations.

In 1918, Dr. Booker T. Washington sensing the possibilities of a periodic health movement for the race as a whole issued a proclamation for a National Health Improvement Week, which later became the National Negro Health Week. In that proclamation which was printed in the Tuskegee Student January 23, 1918, Dr. Washington stated:

"In Alabama, Louisiana, North Carolina, and other states, a special Health Days have at one time or another been observed. For some years the Virginia Organization Society under the leadership of Major R. R. Moton has observed a Health or Clean-up Week. It is thought well to unite all these efforts into a National Movement and join the movement on to the Virginia effort."

"It is thought that the race will welcome this opportunity to unite all the efforts in one great National Health Movement."

On March 2, 1921, Dr. Robert R. Moton, successor to Dr. Washington as principal of Tuskegee Institute, addressed a letter to Surgeon General H. L. Cumming requesting the cooperation of the United States Public Health Service in promoting the National Negro Health Week and in carrying out a year round program for the improvement of the health of the colored population.

Beginning with the year 1921, the Public Health Service has published each year a Health Week poster and since 1922 a Health Week poster also. These may be obtained from the superintendent of documents at Washington, D. C., at five cents each.

As the Health Week grew in extent and in demands upon Tuskegee Institute and in the very evident need of continuous, rather than interrupted activities for the maintenance and promotion of its program, ways and means were considered which at the annual Health Week conference in Washington, D. C. in the very early part of the Health Week should be established on a year-round basis. Howard University because of its proximity to U. S. Public Health Service was chosen as headquarters.

Dr. Roscoe C. Brown is chairman of the committee for the 1932 observance, with Monroe N. Work of Tuskegee Institute, secretary, Dr. George W. Bowles is chairman of the executive committee.

The important feature of the 1932 Health Week at Tuskegee Institute is the twenty-first annual meeting of the John A. Andrew Clinical Society at which time leading surgeons and physicians, white and colored from north and south will perform operations, read papers, hold discussions and examine and treat hundreds of cases and from over all Alabama and the adjoining southern states.

Dr. Eugene H. Dibble director of the Tuskegee Institute hospital is leaving no stone unturned to make the clinic of the greatest benefit to Alabama and the south.

SGT. JOSEPH WHITE
Spanish-American War VETS
Meets
2nd and 4th Saturday Nights
Veterans Hall
County Court House

WIN



EACH DAY'S BEAUTY CONTEST!

Eyes—eyes—eyes! Looking at you. Appraising you. And you want to see all these Beauty Contests each day brought then use Camay, the Soap of Beautiful Women, before you use powders and creams. Camay—gentle, luxurious, creamy—white—will give you the sweet, clean loveliness the whole world finds so attractive. And you'll win each Little Daily Beauty Contest!

CAMAY
The Soap of Beautiful Women

Not Alarmed at Poverty of Depression

By CARTER G. WOODSON

"Few things in this world trouble people more than poverty," says Hosea Ballou, "and indeed it is a sore affliction; but, like all other ills that flesh is heir to, it has its antidote, its reliable remedy. The judicious application of industry, prudence, and temperance is a certain cure." "The inevitable consequences of poverty is dependence," says Johnson; and Franklin believe that poverty often deprives a man of all spirit and virtue. Yet this was hardly true in the case of the latter, for few have had less than Franklin in boyhood, and few later reached a higher position of comfort, ease, and influence than he did.

"Wealth and poverty are seen for what they are," says Emerson. "It begins to be seen that the poor are only they who feel poor, and poverty consists in feeling poor. The rich, as we reckon them, and among them the very rich, in a true scale would be found very indigent and ragged."

In this philosophy of life the Negro may learn a great lesson. While we poorer must not let the depression depress us. It may diminish our wardrobe and depreciate our property, but it must not conquer our spirit. This has always been one of the dangers facing our people; and we must be more vigilant now than ever that the Negro may not lose his morale and give up the fight against odds.

Thinking of the large number of Negroes now reduced to charity because of being displaced by white employees pushed downward into the lower pursuits of labor, a friend of mine recently asserted that the Negroes in the United States will soon be reenslaved or exterminated. This may sound alarming, but such an end is inevitable, if the Negroes do not develop their own way of thinking and abandon the popular standard of living for one determined by their indigent circumstances. With a reconstructed program there is a way out of poverty.

Some of us, of course will suffer when we find it necessary to bring our minds down to circumstances, for "not he who has little, but he who wishes for more is poor." The poor trying to imitate the powerful perish," says Paley. "The man is to be accounted poor of whatever rank he be, whose expenses exceed his resources; and no man is, properly speaking, poor, but he."

"It is not poverty so much as pretense that harasses a ruined man—the struggle between a proud mind and an empty purse—the keeping up a hollow show that must soon come to an end. Have the courage to appear poor and you disarm poverty of its sharpest sting." Do not be ashamed to walk while others ride in fine conveyances. Do not be ashamed to wear patched shoes and "slick" trousers when others display the most expensive attire.

"Poverty is relative, and therefore, not ignoble, for as society advances the standard of poverty rises. Poverty has, in large cities, very different appearances," says Johnson. "It is often concealed in splendor and often in extravagance. It is the case of a very

great part of mankind to conceal their indigence from the rest. They support themselves by temporary expedients, and every day lost in conflict is heir to, it has its antidote, its reliable remedy. The judicious application of industry, prudence, and temperance is a certain cure." "The inevitable consequences of poverty is dependence," says Johnson; and Franklin believe that poverty often deprives a man of all spirit and virtue. Yet this was hardly true in the case of the latter, for few have had less than Franklin in boyhood, and few later reached a higher position of comfort, ease, and influence than he did.

"Poverty, labor, and calamity," moreover, "are not without their luxuries, which the rich, the indolent, and the fortunate in vain seek for." "Without frugality," says Johnson, "none can be rich, and with it very few would be poor. Nature makes us poor only when we want necessities, but custom gives the name of poverty to the want of superfluities."

"Not to be able to bear poverty is a shameful thing," said Pericles, "but not to know how to chase it away is more shameful thing yet." "Poverty," as seen by Plutarch, "is dishonorable, not in itself, but when it is a proof of laziness, intemperance, luxury and carelessness, whereas a person that is temperate, just and valiant and who uses all his virtues for the public good, it shows a great and lofty mind." According to Helme, poverty has sat by the cradle of all great men and rocked them into manhood; "and this meager fostering mother remains their faithful companion throughout life."

I have never wanted wealth. I do not know what would become of me if I had to spend twenty-five thousand dollars a year on myself. I would rather have an allowance of twelve dollars and a half a week. The only need I have for money is to relieve the distress of others. It would take up to much of my valuable time to devise selfish schemes for throwing away a large fortune, and I would say, then, with Seneca, "All I desire is that my poverty may not be a burden to myself, or make me so to others; and that is the best state of fortune that is neither directly necessitous nor far from it. A mediocrity of fortune, with gentleness of mind, will preserve us from fear, envy, which is a desirable condition; for no man wants power to do mischief."

Our poverty should not hinder us from making progress. By cooperation we can devise some plan for earning a living honestly, and although every one of us cannot have luxuries, we can do much to make ourselves and others happier by contributing to the cultural and ennobling things of life. A poor man can write a more beautiful poem than one who is surfeited. The man in the hovel composes a more charming song than the man in the palace. The painter in the ghetto gets an inspiration for a more striking painting that his landlord can appreciate. The ill fed sculptor lives more abundantly than the millionaire who purchases the expression of thought in marble and bronze. For the Negro, then, the door of opportunity is wide open. Let him prepare himself to enter this field where competition is no handicap. In such a sphere he may learn to lead the world, while keeping pace with it in the development of the material things of life.

plan of using the receipt of registration as an application blank, motorists of Oregon have been saved untold hours of technical preparation of blanks and forms, work in all departments has been speeded up and the service to the automobile owner has never been more accurate.

"In the general office of the state department, there has been practical application of business principles, with the result that costs have been constantly reduced, notwithstanding the constantly increasing duties and demands placed on this office.

"As a member of the state land board, the bonus commission, and several other boards and commissions, and the state board of control, I have exercised careful and conscientious jurisdiction of the trusts imposed in me.

"In handling the duties of my office I have tried always to be fair and honest, I have never been a party to a 'deal' of any kind and invite the closest scrutiny of every one of my official acts. I make no extravagant claims, but I do promise an honest administration of my office, strict economy, and courteous and efficient service to the public."

The words to be printed on the ballot with Mr. Hoss' name will be: "Present secretary of state. Qualified by experience. Promises continued economical business administration."

LOUIE GOES TO COAST
NEW YORK, April 3—(A.N.P.) Another noted band leader is heading for California in the person of Louie Armstrong who left last week for the Coast.

MRS. ZEPHA BAKER BEAUTICIAN
Specializing in All Lines of Beauty Work
C. J. Walker Toilet Goods for sale
346 Williams Ave.
MUrdock 1016

MRS. S. REDMOND BEAUTICIAN
Is now located at
9911 E. 59th Avenue S. E.
Phone Su. 4125
Formerly at 745 E. 27th St. S.

"AS NOTED" by Ralph C. Clyde City Commissioner

POLITICAL NUTS
Political Nuts to the right of us; Dippy Aspirants for public office to the left of us; Gooty, Spoofy candidates all around us and each one of the six hundred bound that he will be the winner.

One poor Political Nut, who has as much chance of being elected, as you and I have of flying to the moon, solemnly assured me that his several opponents would split the vote and he would sail in to victory just like that. I first thought he was spoofing me, but he was deeply in earnest. Every office hunter has a varied fairy tale of his own, made up of amazing impossibilities, of his apparent "lead pipe cinch."

DOCK COMMISSION
Regardless of the barrage of figures, statistics and tonnage hurled right and left, the real question is: Shall the voters of Portland have the opportunity of voting on my Charter Amendment to eliminate the Commission of Public Docks and create the Bureau of Public Docks, and consolidate the same with the city government?

Right at the start this will effect a saving of \$14,000 yearly in the salaries of four officials, whose work can be done by the City Engineer, City Attorney, and other city officials, without additional expense.

I quoted City Auditor Funk in the City Council who stated a substantial saving could be offered by such a consolidation.

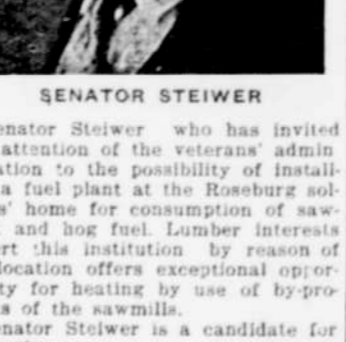
The only time the matter of consolidation of the Commission of Docks with the Port of Portland was considered was in 1929, when it was affirmatively voted by a majority of 5,000 votes. The vote being 39,955 for and 25,369 against. I am sure that if my Charter Amendment was placed on the ballot it would carry by a greater vote than the one previously mentioned.

How the Commission of Public Docks has an amendment of its own, that it wishes the Council to submit to the voters, which gives it the power to lease the docks, terminals, wharfs, piers, land, and equipment, "for such a period of time and upon such terms as the Dock Commission may deem advisable."

Here was have a ten million investment that the Commission wants the power to lease at any price or for any length of time. Even the City Council is not granted such powers as this.

Now if the Dock Commission is making such a success of the operation of the Public Docks, as it claims, why should it desire the privilege of leasing them.

OUT FOR RE-ELECTION



SENATOR STEIWER

Senator Steiwer has invited the attention of the veterans' administration to the possibility of installing a full plant at the Roseburg soldiers' home for consumption of sawdust and hog fuel. Lumber interests assert this institution by reason of its location offers exceptional opportunity for heating by use of by-products of the sawmills.

Senator Steiwer is a candidate for reelection.

HAMMERSLEY OUT FOR JUDGSHIP

Joseph L. Hammersley has filed his declaration of candidacy for judge of the District Court, Department No. 2, Multnomah County. Mr. Hammersley is a native of Oregon; married, lives at 559 East Pine street and was admitted to the State Bar in 1918.

Helpful hints

By NANCY LEE

"Inquisitive" wants to know if I like the new fad of painting the finger-nails?

I can't say that I do, Inquisitive. My views are not very radical on any one subject, but this aboriginal practice of coloring the finger-nails to me is vulgar and sickening to say the least, and unworthy of refined, intelligent women. It is on a par with the practice of savage women who paint their bodies with hanging rings on their noses. Modern women paint their bodies on the part that is exposed to view, and it wouldn't be surprising to see them appearing on the streets with gaily painted rings dangling from their noses. If they do they will again have to be submissive to their husbands and be pulled around by their noses.

It is inherent in women to covet admiration, and the more primitive and shallow minded she is the more she tries to attract from physical stand-point. It is much more commendable and lasting to attract thru the heart and mind, as a person beautiful and fascinating while young soon becomes faded and wrinkled with the passing of the years. No one can stay the hand of Time, consequently it is better to cultivate things of the spirit that are not subject to the laws of nature and are praiseworthy and permanent.

NANCY LEE

BOOK REVIEW

"ONE WAY TO HEAVEN" By Countee Cullen

Harpers & Brothers - New York City

Reviewed for The Advocate by CLIFFORD C. MITCHELL

Sam Lucas, although a trickster, was responsible for many souls reaching Heaven even though he was less concerned in that fact than in the discovery of an "easy living" by fooling the good church people.

It was his custom to attend revivals and at the crucial moment become converted, at the same time throwing an old deck of cards and a razor at the foot of the altar, thereby making a very sensational scene that usually resulted in open arms being extended to him by the church members. Having but one arm his situation seemed all the more pitiful and a goodly sized collection usually followed and on such funds Sam would live until he struck the next town and the next revival.

Sam's bizarre methods caused other sinners to forsake their ways and give an excuse for the title of the novel. On one such occasion, in Harlem, Mattie Johnson not only became converted but she fell in love with the unconscious cause of her conversion - Sam Lucas.

The author, in weaving the story of the love, courtship, marriage and subsequent domestic difficulties of Sam and Mattie introduces much of the life of Harlem's colored citizens, picturing scenes and incidents that to one, knowing their Harlem, would have no difficulty in supplying actual names, places and events for practically all of his Harlem descriptions.

Even as death hovers over Sam Lucas, through trickery, he makes Mattie happy, for she believes his soul has found, "One Way to Heaven"

TO RUN FOR STATE LEGISLATURE



RICHARD DEICH

Richard Deich, attorney, who has announced his candidacy for a seat in the State legislature. He is a candidate from the 14th representative district, comprising Multnomah County. Mr. Deich has served as judge of the circuit court and enjoys a lucrative practice with offices in the Chamber of Commerce Bldg. Deich is a former member of many fraternal and civic organizations. He is a prominent officer of the Spanish-American War Veterans.

Baron Lee leaves Cotton Club



Baron Lee and His Blue Rhythm Band, which features the sensational pianist, Edgar Hayes, probably will be next seen on the stage of vaudeville Cotton Club in New York on March 27, when Cab Calloway and his band returned from their picture theater tour to resume their spot at the club. The Baron and the Blue Rhythm

Represents Governor At 70th Anniversary Celebration



JAMES W. CRAWFORD

Judge James W. Crawford, of the Circuit court, who proxied for Governor Julius Meier Friday night at the 70th Anniversary celebration of the First A. M. E. Zion church. Judge Crawford grazed the church for its long, successful career in the city of Portland and hailed the church as the greatest social factor for world peace. He conveyed the Governor's greetings and expressed his regrets at being unable to fill the engagement in person. The Judge was introduced by Commissioner Riley.

Judge Crawford has served as a state senator during the 1931 legislative session. He was appointed circuit judge by Governor Meier, succeeding Judge Robert G. Morrow, deceased, and is now in his ninth month of such service. Mr. Crawford is president of the Oregon Bar Association.

He is a candidate to succeed himself at the primary election.

Keep those friendships green!
"I hadn't seen Jack Shepard since we were boys together. But last night I called him up. I can tell you the 'voice' visit did us both a lot of good."
It's easy to place an inter-city call.
THE PACIFIC TELEPHONE AND TELEGRAPH COMPANY