

# THE MONITOR

A Weekly Newspaper devoted to the civic, social and religious interests of the Colored People of Omaha and vicinity, with the desire to contribute something to the general good and upbuilding of the community.

Published Every Saturday.

Entered as Second-Class Mail Matter July 2, 1915, at the Post-office at Omaha, Neb., under the act of March 3, 1879.

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SUBSCRIPTION RATES, \$1.00 per year.

Advertising rates, 25 cents an inch per issue.

Address, The Monitor, 1119 North Twenty-first street, Omaha.

## "CONCERNS NOT EVEN THE SHERIFF."

In its issue of August 5th, the New York Age, commenting on the Temple, Tex., barbarity, which was witnessed by thousands of men, women and children, press reports stating that women searched in the ashes for charred bones of the victim, which they desired to keep as souvenirs, had this to say, under the above caption:

"Not satisfied with the fact that statistics show an increase in the number of lynchings for the first six months of the present year, some citizens of Texas, a few days ago resolved to raise the percentage with respect to cruelty. A Negro who was accused of murder—mind you, not rape—was taken from the court and burned at the stake. If we remember correctly, Texas was the American pioneer in this form of inhuman savagry, but it seems that she wishes not only to be recorded as the pioneer, but hailed as the reviver of a practice that would shame cannibals.

"But of graver import than the action of the Texas mob is the apathy of the country; some of the newspapers did not even carry this incident as an item of news, and we have yet to see an editorial protest against it.

It does seem like hollow hypocrisy that this nation is now standing as the protector of human rights before the world, that it is ready to raise armies and navies to uphold the principle of international law which guarantees protection to non-combatants aboard merchant vessels; even when those vessels belong to belligerents; and yet, the fact that within its own borders one of its own citizens is taken from the custody of the lawfully constituted courts and burned at the stake by a mob will not call for the raising of even a sheriff's posse."

The Age had not then seen the editorial of the Chicago Tribune or those of the FEW, exceedingly few, other dailies which had the temerity to condemn this atrocity. It would therefore modify its statement about editorial comment to that extent. Otherwise its indictment against the press of the country, speaking generally, for its apathy concerning mob-violence against Negroes must stand unchallenged.

We believe, however, that such apathy can no longer continue. We know how mercurial the American temperament is, how prone we are to forget the lessons which we should learn from chastenings which come to us in various ways, and yet with all this, we can scarcely conceive of the people or press of the country remaining apathetic or indifferent to mob-violence and race prejudice after the startling awakening of the past two weeks.

Patriotism demands, the humanitarian instincts of the American people require that against this too-long tolerated reign of lawlessness press and pulpit of this country cry aloud, spare not, lift up their voices like a trumpet and shew the people their transgression and their sins, until the righteousness and justice of this nation shall be recognized and praised throughout the earth.

But this reform must begin with the individual's proving himself to be too big, to be dwarfed by race or religious prejudice. It must come through personal restraint and self-discipline.

Our country's greatness or littleness; her strength or weakness, rests with every American citizen.

Our readers, not only at home but elsewhere, will be gratified to know with what characteristic and commendable promptness the city authorities acted when the fact that "The Birth of the Nation" is objectionable to a large group of American citizens was brought to their attention. The simple fact that this photoplay, wherever it has been presented, has been compelled to eliminate certain features because the censors believed that such features would stir up race prejudice ought to be sufficient to convince all fair-minded people that its presentation is anything but edifying. We want good legitimate entertainments here, but there ought to be no place in any well regulated city for plays or publications which foment class, racial or religious strife.

We have received many compliments on our special edition. We hope all our enterprising and progressive readers will coin their compliments into cash by buying several copies of this excellent number, of which we have several hundred on hand, and mail them to their friends. Give us a list of friends to whom you wish them mailed and we will mail them for you and collect 5 cents a copy from you. How many do you want?

Prof. Waddle's Ladies' Band made quite a hit in the parade of last Friday. The band, attractive in natty uniforms, in a decorated band wagon drawn by four white horses, won most favorable comment. It was quite a unique feature. The band goes to Lincoln on Labor Day.

The Brandeis Stores are excavating at the corner of Dodge and Seventeenth streets for a power and HEATING plant. From the depth of the excavation it looks as though that enterprising firm intends to get heat from below.

SUBSCRIBE FOR THE MONITOR.

## Science Notes

BY WILLIAM G. HAYNES.

### How Much Water Should I Drink in a Day?

(By Edwin F. Bowers, M. D.)

What advantage is there in water drinking, and how much should one drink in a day?

When we stop to consider that from 60 to 66 per cent of "us" is water, and that the only way to maintain that ratio—indispensable for the preservation of life, health and happiness, is to drink water, the advantages of water drinking are obvious. In fact, the drink habit is a most effective life-saver.

One reason that kidney disease, rheumatism, torpid liver, constipation and sundry other diseases and ailments are increasingly prevalent is because we are shy on our drinking. On an average, we consume less than one-fifth the amount that normally we should. To indulge in water sparingly is a vice. To riot and revel in it, and to flush the system to the point of super-saturation with it, are life-giving and health-giving virtues.

The function of water is to provide a solution in which our bodycells may float and move and have their being; for it enters the chemical composition of every tissue—even the hair, nails and bones. It forms the chief ingredient of all the body fluids, and maintains their proper degree of dilution. It furnishes the vehicle for excretion through two important channels—the skin and the kidneys—and assists materially in facilitating the removal of "end products" through the other two—the lungs and bowels. Therefore it is the most important means whereby the debris and clinkers clogging the human mechanism are eliminated.

Water keeps all the various inner surfaces of the body (such as the mucous and serous membranes) moist, preventing friction, and also the exceedingly uncomfortable condition that would result from their "drying out." It provides the blood and the lymph with a medium by which food may be carried to all the tissues in even the most remote parts of the body. It also serves to distribute the body heat, and by the process of absorption and evaporation through the pores it regulates the temperature.

#### For a Beautiful Complexion.

Water is the most economical medicine ever discovered, but it should be drunk freely and fearlessly in order to secure the best results. About three pints daily, or six "good" glasses, is a fair allowance for a normal adult. However if a beautiful, clear complexion is desired, water should be taken in larger quantities—say up to twelve glasses each day, for several weeks at least. Then the six-glass regime may be resumed.

In the various obstinate, disagreeable, or dangerous conditions caused by sluggish, torpid liver or inactive kidneys, this latter quantity should invariably be taken. In rheumatism, a glassful may, with great benefit, be indulged in once an hour. To make the dose more effective, a pinch of salt may be added to each glass.

#### Why Not Become Water Addicts?

Ice water, by the way, should be tabooed, especially at meal-time, as it tends to suspend the action of pepsin. Also, ice water inhibits the activity of the nerves of the stomach, and lowers the blood supply that is so necessary to perfect digestion.

The reason we do not appreciate water at something approximating its full value is because of its abundance and cheapness. If it were sold in quart bottles, at a good stiff price per bottle, we might all be water addicts. And that might be the very best thing that could befall us.

For no one can be 100 per cent efficient with his system clogged, his blood loaded with impurities, and his emunctories stagnated from tissue rust. In the interest of health, happiness, and longevity, it is extremely important to drink daily half a dozen or more glasses of this health-giving beverage.

### APPRECIATION OF OMAHA

#### WELCOME AND HOSPITALITY

Kansas City, Mo., Aug. 23, 1915.

Editor Monitor: When one leaves his home to attend a convention or the grand session of a secret organization, the question question naturally arises, How will the delegation be received in this city to which we are going. When the three cars, filled with a part of the Missouri delegation left Kansas City, Mo., to be in attendance at the annual gathering of the United Brothers of Friendship and Sisters of the Mysterious Ten of Missouri and jurisdiction, which convened in Omaha, Neb., last Monday morning, the question came to our minds, How will we be received in Omaha?

I have had the pleasure and honor of attending annual gatherings in almost every state in the union; have witnessed the opening and the welcoming of the same, but I wish to say that I have never at any time, or in any state, witnessed so magnificent a welcome as Omaha, Neb., has given the grand lodge and grand temple of the United Brothers of Friendship and Sisters of the Mysterious Ten of Missouri and jurisdiction.

The welcome accorded this splendid organization by Omaha's chief executive, Mayor James C. Dahlman, stands without a parallel. The warm words of welcome, coming from this great man, will ever be remembered by men and women who constitute this grand old order. His words, which he has assured us, come from his heart, have reached the heart again and will find a sweet resting place in the hearts to which they have gone.

The beautiful arch, extended across the street just in front of the splendid court house, with the words, "U. B. of F. and S. of M. T. Welcome," brilliantly lighted when the shades of night had fallen, have produced a feeling within our hearts of deep and sincere appreciation for Omaha and its courageous mayor.

NELSON C. CREWS,

Grand Master of Masons,  
Missouri and Jurisdiction.

Kansas City, Mo., Aug. 25, 1915.

My Dear Father Williams: Allow me to say a few words in regard to your splendid publication, The Monitor. I have enjoyed reading each copy. The science notes by Mr. William G. Haynes are particularly interesting and instructive. The women's and children's department by Lucille Skaggs Edwards is worthy of special mention—in fact, all contributions are very enjoyable. Your paper is destined to become the leading colored newspaper in the United States. I wish you much success as editor of this newsy publication and to show how much I enjoy your paper I am sending you names of friends to whom please send copies of the special edition. I want my friends to know of the Negroes' progress in the great city of Omaha.

Yours very sincerely,

RAYMOND J. KNOX.