

THE VOICE

A NEGRO WEEKLY

"Dedicated to the promotion of the cultural, social and spiritual life of a great people"

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Guest Editorial

by Delight Killinger.

Health is our, to have and to keep, if we will but have the mental and physical courage to take it. Good health, of course, is not something which can be grasped or taken in an instant; rather, to attain or to maintain good health, we must constantly control our habits of living. The secret of physical well-being lies in self control and discipline. Doctors have laid down the fundamental rules of diet, exercise, recreation and work. It is our job to observe these rules. Anyone can save himself from most of the ills and unhappiness of life if he will live according to the right principles, and will guard himself against the habits that weaken his will.

The most destructive thing one can do is to follow the easy way in little things. Often we turn over for another nap when we are supposed to arise at 7:00 a.m., and when we finally do get up, we have to make up for this tardiness. The bath water, instead of being luke warm or cold, is hot, so we dawdle instead of making the bath a smart exercise with a brisk rub afterwards. A day thus begun with self-indulgence continues on the same level.

A man who does not have a true conception of self mastery doesn't walk, stand, or sit properly. He slouches in a chair with his legs crossed without thinking that the blood vessels which supply them run down the backs of the legs, and that when they are crossed, the arteries are shut off. This puts an unnecessary strain on the heart by increasing the amount of nerve energy required to send the blood through the body. As a house whose foundation has been destroyed by small termites may collapse, so our good health may become impaired by neglecting many small habits essential to health, beauty, and personality.

Teen Age Chatter

Reporter Dotty Greene
Asst. Ruby Lee Harper
Asst. Loretta McWilliams



Hi Chums and Chumlets:

Frank Burden is the only Negro graduate of 1947 that was on the National Honor Society, we wish to congratulate him.

I wonder who's ring Ruby Harper is wearing around her neck, could it belong to this Don I hear so much about?

Elois (Lopy) Finley won first prize at the Capitol Theater last Friday night. She sang "For Sentimental Reasons"

It seems to be several picnics brewing for next Sunday, I hope it doesn't rain.

We are proud to announce the winner of the Mystery Person of the Month Contest, she is Bettye Tarpley, who guessed Betty Bowman, who was the mystery person. She will receive a check for \$1.00 in the mail Monday morning.

Margo Gill did a tap dance number at the Erving School Wednesday evening.

A little bird told me that Freddie Powell was out with a most fine man the other night. (I wonder who he was)?

Interviewing the Talented Teen-Agers

This week we will look into the life of Elbert Starks better known to us as "Junior".

To sing and dance is the ambition of this 16 year-old sophomore. His wonderful performance in Joy Night certainly proves that he has the ability to do either.

The first time he made a public appearance was in a "Kiddies Burlesque" at the age of six.

He won the first prize of \$20 at a local theater on Talent Night and since then has made two return appearances as guest star.

He was in a musical, "A Night in Cuba" and also a radio program, both in Salna, Kansas. He has also sang at local night-spots.

All of his songs are in his head. He doesn't read music and he says, "I never do the same dance twice, but just what I feel like."

His family has lived here for three years, Junior was born in Pittsburgh, Pa., and lived in the following places, Indiana Harbor, Milwaukee, Seattle, and Wichita, Salina and Abilene, Kansas.

The worry of his life is that someone won't like him, he wants everyone to be his friend.

Junior has the coming weeks full of engagements.

He will appear in the program that the L. H. S. students will present at North East High School.

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THE BIG ANNOUNCEMENT
NEXT FRIDAY

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