

COMMENTS

EDITORIAL PAGE

OPINIONS

..EDITORIALS..

THE OMAHA GUIDE

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Race prejudice must go. The Fatherhood of God and the Brotherhood of Man must prevail. These are the only principles which will stand the acid test of good.

All News Copy of Churches and all Organizations must be in our office not later than 5:00 p. m. Monday for current issue. All Advertising Copy or Paid Articles not later than Wednesday noon, preceding date of issue, to insure publication.

NEGR OHEALTH WEEK

PUBLIC HEALTH

Most communities have Health Boards whose function is to generally protect the health of the municipality by such activities as, regulating building construction to assure ventilation, drainage and plumbing; to control the sale of drugs and foods and thereby prevent the marketing of impure or dirty food products and the sale of foods in unsanitary stores or restaurants; the supervision of street cleaning and the inspection of schools and other institutions.

Good health is man's most important possession. The world today, with its thousands of opportunities, offer a boundless outlet for all forms of useful ambitions. To take full advantage of these opportunities one must have a sound mind and body free from the drain of disease germs.

Health authorities have for years waged a courageous and relentless fight to eradicate and isolate disease germs, in spite of their efforts, there is a notable amount of neglect in the observance of everyday precautions which are necessary for a long and useful existence.

While the economic status is a factor in many cases, simple health habits can be and should be religiously practiced by every teach and observe good health habits at all times.

one. It is the profound duty of individuals and parents to study, Happy Womanhood—Health, The Foundation

You who aspire to take a part in the work of the world should assure yourself of good health. Without it all other preparation may be in vain. Today, in addition to the more familiar duties of the home, new occupations in factory and office are open to you. In many fields you may now compete with men. But only if you possess good health—a vigorous body and a clear brain—can you expect to undertake the new and trying work successfully. No matter how thoroughly you are trained, such training will be of little value unless it rests upon a foundation of good health.

Good health is even more important from the point of view of motherhood. In some of the war-ridden countries of Europe most of the babies who are born die during the first year of life. Thousands of others begin their lives under tremendous handicaps. Why? Largely because the strength of the mothers has been sapped by food shortage and overwork so that they cannot give their babies proper nourishment. The dream of these mothers of chubby, rosy-cheeked babies, who were to have been their joy has vanished. Upon healthy womanhood depends to a large extent happy motherhood.

Physical fitness during youth is the best foundation for healthy, happy womanhood. It is an asset of which you may rightly feel proud. With health you can look forward to the time when you can participate actively in the work of the world; with health happy motherhood becomes a well grounded hope for the future.

Beauty and Popularity

Besides fitting you more effectively for your life's work, good health will incidentally increase your beauty and attractiveness. True beauty comes from within, it cannot be put on from without. Good health gives such beauty, a beauty that will wear. Its foundation is health of mind and body; its expression is a sparkling eye, a clear complexion, a graceful body and active brain.

Every girl wants to be popular with her companions. Today the popular girl is the girl who glows with life, who can swim and dance and play outdoor games, who has plenty of energy for fun when she has finished her daily tasks. Good health, since it produces high spirits, vitality, cheerfulness and leadership, will help to make you popular. Every girl likes to enjoy herself. She likes to go to parties and picnics, to find the real joys of living. Physical fitness, by enlarging your opportunity for enjoyment and your power to enjoy, makes more such occasions possible.

How Fitness is Attained

Plenty of physical, fresh air, sufficient sleep, frequent bathing three well-balanced meals a day, erect carriage, and comfortable clothing will help to make you strong and well.

How Vigorous Manhood is Achieved

These who would achieve the maximum vigor must observe at least five essentials. The first of these is sufficient exercise of the right kind. Reading the sporting page, yelling in the grandstand, and watching the baseball bulletin boards may be enjoyable, but will never make a man vigorous. He himself must take daily exercise. Hiking, baseball, rowing and canoeing, skating in the open air, swimming, if taken moderately, general gymnasium work, boxing and wrestling where the air is fresh, are coming the most beneficial of exercise.

A young man's daily exercise should be vigorous enough to cause him to perspire freely. This helps his body to throw off certain waste products which would act as poison if they were allowed to accumulate. After exercise a bath should be taken. A shower is better than a tub bath. A wash bowl or any contrivance is better than nothing. Warm water should be used first then cold. The bath should be followed by a vigorous rub-down with a coarse towel, the whole process taking no longer than four or five minutes. The bath and rub-down should produce a healthy glow of the body and a general feeling of well-being.

Second, young men should sleep in the fresh air, work and exercise in the fresh air as much as possible, and be sure to have the indoor air kept fresh. Fresh air is often more valuable than any quantity of medicine.

In the third place, most young men need at least eight hours' sleep every night, and most boys between the ages of thirteen and sixteen need from eight and one-half hours to nine and one-half hours. With less one can get along, but he cannot keep himself in the best possible condition. One should not lie in bed after waking up, but should jump out and dress immediately.

Proper food is another requirement. One should eat chiefly vegetables, cereals, bread, butter and fruits with fresh meat or fish not oftener than once a day. All food should be chewed to a pulp-

KELLY MILLER SAYS

ROOSEVELT'S NEGRO POLICY

The appointment of William H. Hastie as federal judge of the Virgin Islands indicates President Roosevelt's broad-minded interest in the welfare of the colored race. Professedly he has no specific Negro policy. At the beginning of his administration, he engaged to integrate all elements of American people barring none, into the general equation of national welfare. He began at the very bottom by asserting his concern for the "forgotten man."

In his address at the dedication of the Chemistry building at Howard University last fall, he declared that there should be no forgotten race. As this address was made at the height of the presidential campaign, it may or may not have had any political implication. President Roosevelt has refused to single out the Negro for any particular formula of treatment. He has not dramatized the political and civic hardships, as the Republican party has done ever since reconstruction. He refused to indulge in impossible promises to remedy obvious and just grievances when he had neither the power nor the purpose to do so. His policy, if it can be called such, has been constructive and ameliorative, and not blatantly and declamatory. The Republican Party has long since discredited itself with the Negro voter by its pre-election promises and post-election nonperformance.

Under President Roosevelt's administration the Negro has received more generous treatment than under any of his predecessors since his distant kinsman, Theodore Roosevelt. Indeed, he has accorded the Negro greater official recognition than his four Republican predecessors, including Taft, Harding, Coolidge and Hoover.

Until the coming of Franklin D. Roosevelt, it was generally understood that the Democratic Party, under the domination of its southern wing, was hostile to government recognition of the Negro. Although the Democratic contingent of the North was every bit as friendly as their Republican counterparts in that section, yet such blatant Southern Negro baiters as Tillman, Vardaman, Heflin, Bleas and others of that ilk were so noisy as to frighten their northern copartisans into silence.

But during the last four years no voice of racial vituperation or bitterness has been heard on either floor of Congress which is Democratic in both its branches. Indeed, a resolution was introduced by a Negro representative and passed unanimously forbidding discrimination on account of race or color in the recruitment of the CCC camp. This forbiddance of discrimination on account of race or color in a government function reminds us of reconstruction days. We must attribute this subsidence of race rancor in the Democratic Party to the powerful persuasive influences of its head. With out fuss or furor, the President has appointed a number of colored men to high federal office and has assigned numerous others to important departmental positions.

Grover Cleveland, after scouring the country, selected a Negro Democrat for the position of Recorder of Deeds for Washington, D. C., but was unable

AN OPEN LETTER

Omaha, Nebr. April 5, 1937 Mr. E. M. Jacobberger, 2501 N. 49 St., Omaha, Nebraska.

Dear Mr. Jacobberger: Some time ago, I wrote you in regard to what we are entitled to—something we are paying for and not getting. Do you think that it is out of the question to ask for a part of what our tax money is being used for—to help make your salary? Too, our voters help to get you your position.

I am entitled to consideration and deserve an answer, whether I get it or not. I am sure some of us pay more taxes than you. I am a heavy taxpayer, that is why I am asking for this consideration. Perhaps it has been an oversight on your part as to why you have overlooked answering my last letter. I can only know by hearing from you. I am not seeking this position for myself. I have my job, but we have men who should receive it, and should receive the same consideration as others.

What profits a man whose to persuade a Democrat senate to confirm him. Woodrow Wilson nominated a distinguished Negro as register of the treasury, but was compelled to withdraw his nominee because of the stubborn resistance of southern senators. Indeed, it became the avowed policy of both the Democrat and Republican administrations not to nominate a Negro for a confirmatory office because of the difficulty in leaping the senatorial hurdle.

The Minister to Liberia and a municipal judgeship in the District of Columbia formed the only exceptions since the days of Harding. President Roosevelt, however, has made the customary Negro appointees and secured their unanimous confirmation at the hands of a Democratic senate.

The appointment of Judge Hastie breaks new ground and is the first invasion by the Negro of a federal judiciary. His appointment was not due to political activity on his part. Here stubborn opposition might have been incurred, but none was forthcoming. Judge Hastie probably has never voted in his life, or controlled or influenced a single Democratic vote. He was appointed as an attorney in the interior department and rendered such efficient service of a legal character that the president felt justified in promoting him to the federal bench. The fact of his appointment and his unanimous confirmation by the Senate speaks louder than words of President Roosevelt's policy and purpose concerning the colored element of our population.

The clear intention of President Roosevelt to give the Negro consideration as a factor in the government equation has robbed the Republican party of its chief political dynamic. The scare-crow of southern hostility and Democratic unfriendliness has gone with the wind. Comparatively speaking, the balance of advantage now falls on the Democratic side of the fence.

The method of the New Deal indicated in Mr. Roosevelt's first campaign and demonstrated in his first administration, has effectively weaned the Negro from his one-sided adherence to the Grand Old Party of days gone by. In the future the race vote will, in all probability, be more evenly divided between the rival parties, if, indeed, the GOP is again to acquire the status of a rival.

An Echo From My Den

By S. E. Gilbert

As I sit here in my den with pen in hand, meditating as it were, I feel disposed to point out some little known and rarely considered facts anent the

job perhaps pays him small wages? You may wonder how he can balance the scale to get more benefit from his job. The answer is that every man must improve his own job, and improve himself. He balances the scale with the maximum benefit to himself. This is one of the oldest truths. Do your job well and it will pay well. A job well which will give you comfort and security. A job for wages alone and support in doing it, will never be anything but a job. I am working for the public; one must take into consideration the balanced scale by considering all, especially those whose support he is getting. To make a balance, both sides must be considered, and as it has been, the scale of justice has not been balanced. When they are equal in proportion on each side, everyone will get justice. That is the only thing that should be done.

Hoping that the oversight was not intentional, I remain, Yours very truly,

(Signed) G. B. Lennox, M: D: GBL-DR.

Negro purchasing power. This is a subject on which even the scientific experts of the great advertising agencies are woefully ignorant: and for the most part, the sales directors of nationally advertised products hold stubbornly to ideas of the Negroes' buying power that are a mixture of hearsay, prejudice and inaccurate estimates based on inferred social status. As a result Negro newspapers and magazines suffer and manufacturers lose millions of dollars in sales which they might reasonably hope to gain if a little more realistic intelligence was applied to consideration of this field. The fact that the Negro in Omaha and the surrounding territory spends over \$15,000,000 annually would appear to be proof positive that the so-called Negro market is far from negligible. It is estimated that in normal times the annual purchasing power of the Negro in Omaha, amounts to \$25,000,000.

And what, does the Negro buy? He buys food and clothing, automobiles and radios, furniture and household articles, cosmetics and tobacco, cigars and cigarettes, and we suspect wines, beer and liquors. But whether he buys a Ford in preference to a Chevrolet, Pontiac, Plymouth or Dodge, and whether he buys Camels rather than Chesterfields, Old Golds or Lucky Strikes, and whether he buys Listerine or LAVORIS, should be of some concern, so it seems to us, to those who seek

to expand the market for these and similar products and should endeavor to find the doorway to this Negro market through the columns and advertising space of the Negro newspapers.

Wild Dreams

By Dr. Wesley Jones

The disease commonly called night mares, was observed and described by any of the ancient writers on medicine and was called incubus by the Romans. Roman mythology tells of incubus who was a demon who went around at night and pounced on people as they



Dr. Wesley Jones

slept. This demon fortunately got away just as soon as the victim was awakened. Because of the sensation of weight or oppression that frequently accompanies a nightmare, superstition attributes the visitation to the agency of demons or evil spirits. By various authors dreams characterized by terrors have been attributed to a bad conscience. Beyond a reasonable doubt it is true that people who retire having had mental disturbances during the day, as fear or anxiousness concerning some things in which they are deeply interested oftentimes suffer nightmares. This being true, few of us have failed to have the experience of an agonizing dream or nightmare. We may recall the stifling sense of oppression, feeling that we can't breathe and helpless paralysis of speech and movement. The mental reaction is that of abjected fear coupled with a futility of one's own efforts. Sometimes on waking, the individual will notice that his heart is racing, his breathing is rapid and he feels exhausted.

The common explanation of this phenomenon is an indigestible meal such as mince pie, highly seasoned foods as barbecue or tamales or some other foods indiscretion. Modern medicine looks upon nightmares as a combined physical and emotional phenomenon. However, the digestive setups cannot be regarded as the only causes of fearful dreams. There are a large number of people who eat very heavily and sleep as soundly as anybody else, also if this were true we could prove it by either having people eat heavy meals and produce nightmares and conversely eat nothing and prevent them. The real cause of this condition must be due to fear, dread and terror and should be sought in the emotion. Again in nervous children we have the same conditions manifested. It is obvious that any deep mental impressions made upon a child may linger in the sub-conscious mind and give rise to exhibitions of fear in the dream state. Compelling obedience by frightening children with threats that "The goblins will get you," may bear fruit in disturbed sleep and frightful dreams. While night terrors in children may not have the same basic origin as night mares, yet they simulate closely the nightmare symptom complex. By some writers they have been attributed to the acid in the system.

People who are victims of night mares must recognize that while the stimulus may lie in the digestion or in some other part of the body the principle symptoms are due to disturbed mental or emotional state. The reasoning mind is asleep, hence the sub-conscious mind handles the reins and drives the sleeper over hurdles of terror ridden experiences. It is therefore necessary that the victim should sleep with someone else in order that he might be aroused if these conditions come on and very light meals should be eaten after four o'clock in the afternoon.

LET ME LIVE

A REVIEW

By ROBERT L. NELSON International Negro Press

LET ME LIVE: The Autobiography of Angelo Herndon, New York, Random House, 1937, 409 pp., \$2.50.

"You may do what you will with Angelo Herndon. You may indict him. You may put him in jail. But there will come other thousands of Angelo Herndons. If you really want to do anything about the case, you must go out and indict the social system."



Angelo Herndon

This was Angelo Herndon's answer to Judge Wyatt when in 1932 he was convicted of "attempting to incite to insurrection" under a Georgia state law, first passed in 1861, to prevent slave insurrections, and revised in 1871 to include "any attempt to induce others to join in combined resistance to the lawful authority of the state." It is well known that Herndon as a boy of nineteen was arrested twenty-four hours after he had taken part, before the Atlanta Courthouse, in a demonstration by a thousand Negro and white workers who were asking for adequate relief; that he was kept in jail for eleven days without any charges being brought against him; that finally Communist literature found in his room gave the authorities an opportunity to invoke against him an old law passed during the Civil War to prevent insurrections of slaves; that he was imprisoned for more than two years and then released on bail; that unless the Supreme Court of the United States now reverses his indictment he will be doomed to eighteen years on the Georgia chain gang.

Angelo Herndon reviews these facts in his autobiography, "Let Me Live," which has just come from the press. He reviews also the circumstances which led to his being part of that demonstration before the Atlanta Courthouse, in June, 1932—circumstances which begin with his birth as the son of a coal-miner, in Wyoming, Ohio. His earliest memories are of poverty.

"Get an education, Angelo. Lift yourself above our condition." This was impressed upon Angelo even before he started to school. They were his father's last words to him. He took seriously the trust put upon him and worked well in school. But his schooling stopped when he was thirteen, his father having died when the boy was nine. Most of Angelo's "education," therefore, has been in coal-mines, in labor camps and in jails. Between the ages of thirteen and

seventeen, he had experience in coal-mines, doing work far beyond his years, receiving almost nothing for it; learning about labor agents, labor camps, and discrimination.

When he was seventeen he happened to see a leaflet announcing a meeting of the Unemployment Council. That was in Birmingham Herndon attended the meeting and for the first time realized that the "same vicious interests that were oppressing Negro workers were doing the same thing to white workers, that both black and white worker could solve their problems only by a united effort against the common enemy." He was then ripe for the suggestion that Communism provided that "united effort." His activities thereafter among the coal-miners and the share-croppers of Alabama and his evident affiliation with the Communist Party brought him in disrepute with the police; and more than one attempt was made prior to the Atlanta incident to indict him. He served more than one jail sentence, although they were each of short duration, since no charge could be found against him.

"Let Me Live" contains an exposure of the prison system in the South and especially of conditions in the Fulton County jail in Georgia, for Herndon tells of the lack of sanitation and medical attention, of unpalatable food, of deliberate tormenting by the jailers, of a corpse left in his cell for twenty hours, etc. When after twenty-six months under unbelievably vile conditions he was released on bail, he was not as overjoyed as one might expect. He knew that nothing had been really solved: "One great truth I discovered at the moment of my freedom: That as long as there will be men rotting unjustly in foul prisons, neither I, nor anyone else, can ever be free."

Whether or not one agrees with the underlying philosophy of this work as pointing the way out, one cannot fail to find it a moving indictment of the society in which we live. It is not Herndon who is on trial but a system in which such evils as he describes can flourish. He asks to live; but his request is for more than that. He, like many others who work, would like a larger reward for his labor; but he also pleads for a world in which "justice, enlightenment and humanity should be practiced among men." This book serves to dramatize the oppression of workers, Negro and white, the evils of antiquated systems of law that permit such abuses as the chain gang, the dehumanizing effects of poverty and ignorance, the common cause of labor. It is not Herndon alone, but many others who are saying with him, "We will fight on until we have secured not only social equality, but every kind of equality. To this end I will dedicate my life until the day I die."