

 <p>A Health Crusader must be neat. Our health lies in our hands, they say. So scrub them well before you eat, To wash the dirt and germs away.</p>	 <p>No Health Crusader is content With just a hasty, careless rub, I give my neck and ears and nails A thorough, hearty, soapy scrub.</p>	 <p>Mouth and nose are gateways where Disease may enter, so beware! Don't swap candy, fruit or gum, Or suck your pencil or your thumb.</p>	 <p>Brush 'em up! Brush 'em down! Brush 'em well from base to crown! Every morning and at night, Crusaders' teeth are clean and white.</p>
 <p>Ten full deep breaths will help To keep us well and strong, Crusaders try to catch Each sneeze that comes along.</p>	 <p>Outdoor play Every day Leads to health in youth's true way.</p>	 <p>She stretches yawns, moans and sighs, Sleep hangs heavy on her eyes, If she'd slept ten hours last night, She'd be looking much more bright.</p>	 <p>I drink four glasses of water, All tea and coffee I shun, Each night I check my health chart, To show what I have done To keep my health and gain a wealth Of sturdy strength and fun.</p>
 <p>Aren't you ashamed to gobble so? I'll make you ill, you'll see! You should join the Health Crusade And chew your food like me!</p>	 <p>Beat 'em up! Spruce 'em up! Sit up straight! Be cheerful, cause you care, Health Crusaders never slouch. Stand straight And be a man!</p>	 <p>Two nights a week I fill the tub And gaily take a good warm scrub. It makes me clean and keeps me well, I'm a Health Crusader, as you can tell.</p>	 <p>In days of old Crusaders bold Rode forth to fight the foe, And we to-day, as brave as they, Forth to the battle go. Let's fight for health and happiness, And on each trusty blade, We'll write the glorious motto, HEALTH! Hurry! Join our Crusade!</p>

and hygiene to colored children. These panels cost only fifty cents each, are colored by hand and 17 by 28 inches in size. A set of twelve panels is shown above. Persons interested may communicate with the editor.

Chicago will have to pay out more than \$500,000 for the race riots of 1919. Eighteen death claims aggregating \$81,000 were approved by the city's Council Finance Committee. The city has already paid out \$20,800 for five other deaths and 15 claims still remain unsettled. All this is in ad-

dition to the expense of maintaining 6,000 state troops for nine days. Property damage is not included in the \$500,000.

Mother A. M. E. Zion Church of West 136th Street, New York, has taken title to the property at 140 West 137th Street, paying the sum of \$5,000 in cash. This gives the church a frontage of 100 feet on 137th Street in the rear of their properties on 136th Street. Here the new Mother Zion Church is to be built extending through from one street to the other.



OFFICE OF DR. W. T. FOREMAN, NEWPORT NEWS, VA.

The Catholic Church has issued plans for the erection of the Cardinal Gibbons Institute to be built at Ringe, St. Mary's Court, Md., on a 200 acre site. The late Cardinal Gibbons furnished the money to purchase the site. The colored Catholics of Washington and the vicinity have contrib-

uted sufficient funds to carry out the preliminary work.

In Birmingham, Alabama, Mr. Robert Adams was recently a candidate for Associate City Commissioner. We present a facsimile of one of the cards which he sent out appealing to white voters.



Say! Don't you think this great city should own a pair of REAL GOOD, WELL-TRAINED BLOODHOUNDS, for the purpose of catching some of the ROBBERS, BURGLARS and other CRIMINALS, who now find it SO EASY to escape? I KNOW it should, and if you elect me one of your City Commissioners we'll HAVE a pair of the VERY BEST that can be found.

ROB. ADAMS, for City Commissioner