

ANNUAL BANQUET OF THE HEALTH CULTURE CLUB

Rev. Patterson Says Race Must Change Mode of Life or Suf- fer the Fate of the Indians

STATISTICS ON DEATH RATE

By N. BARNETT DODSON.

Cambridge, Mass.—The annual banquet of the Health Culture club of this city recently held in the Rush A. M. E. Zion church, of which the Rev. Dr. C. Fairfax is pastor, was the occasion for a large gathering of prominent citizens, educators and professional men and women, who are deeply interested in the work of the organization. Besides the principal speaker of the evening, Dr. Joshua A. Brockett, Madam Noble and George R. Margetson took part in the splendid literary program rendered.

The banquet orator was the Rev. J. Andrew Patterson of New York, the



REV. J. ANDREW PATTERSON.

noted author, lecturer and psycho-physical culturist. Dr. Patterson has given years of study and research on subjects relating to health conditions among the colored people of the United States. He has also made careful investigations from time to time of the death rate among our people as to cause, age and kind of disease and the sanitary condition of residence, whether city or country, in which large numbers of colored people live.

Dr. Patterson's address was listened to with close attention. He said in part:

"The signing of the emancipation proclamation by the immortal Lincoln was a long stride toward the colored man's freedom, but the sudden transition from the forced simple life of slavery into the unknown complex conditions and responsibilities of freedom carried with it a calamity to the race more appalling to contemplate than the passing of the American Indian. The Indian on the border line of civilization needed to adopt but few of the vices and customs of modern civilization to exterminate him.

"On the other hand, the colored man is functioning right in the midst of a thousand vices, customs and conditions that will destroy any young race. And as a sincere student of this staggering question, being armed with irrefutable facts, I warn the colored people of America that unless something is done to stop this maddening dance of death before the twilight of another century falls the nations of the earth will have wailed the dirge of another lost race. The real facts concerning the true moral and physical condition of the race relating to the increasing death rate are little understood by ministers and teachers, who hold the destiny of the race, as it were, in their hands.

"Not only is this generation innately inferior physically to the antebellum Negro, but for lack of knowledge the vast majority is not and cannot conserve its energy. In many sections marriage is sadly waning. Among those who are married aversion to rearing families is a scourge in itself that is blasting at the very foundation stone of the future race.

"Of every 100 colored children born fifty die before the second birthday is reached. Is that all? No. Unmentioned thousands pass who never know an independent heart pulse.

"Insanity is rapidly increasing among Negroes under twenty-five. Consumption, or modern tuberculosis, is becoming an epidemic almost as prevalent as the conventional bad cold. Already the young people under twenty-five are dying three to one white.

"There are those who will tell you that all is well, that there is no danger of the race dying off. I ask as one having authority, 'What will the future be?'

The speaker told of the wonderful work being done by the mind and body culture movement, or the new health culture, which principles, if applied, would soon remedy the present condition of the race.