

For And About You

Answers to

A Nervous Bride and Worried Mother

By Harriett Muhammad

DEAR HARRIETT: I'm a mother of three children and would like to do something to help my kids get a good education. Our family income is low, so I can't afford to put out much money, but I want them to have a better chance than I had.

What can I do to make them take their studies seriously? They and most of their playmates seem to be interested in just getting high enough grades to go to another class.

I sense something is wrong and would like you to give me some ideas about what could be done.

—A CONCERNED MOTHER

DEAR CONCERNED: Our people in the United States have been the victims of centuries of racial discrimination. You probably realize that many of us have a weak self-image.

You must do your part in making your children love and understand their people. Teach them to understand that they can play a great role in the betterment of their people by improving themselves. Teach them the practical side of learning.

With a good educational background, they will be better able to cope with the com-

plex society we live in. Also, with a good educational background, they will be able to continue their studies on a college level, thus making it possible to make greater contributions to society and to earn a more substantial livelihood.

Many times teachers in the lower income neighborhoods complain that parents aren't cooperative. You must make it a point to meet your children's teachers and see what kind of cooperation is expected of you. Does your school have an active P.T.A.? If so, join it and participate in some of the projects.

Buy as many books as you can—and get a public library card from your local library and make good use of it.

Why don't you study along with the children, Mother? You, too, can benefit from more knowledge.

DEAR HARRIETT: I am 20 years old and just got married. I read your column in Muhammad Speaks, and decided to write to you before I go to visit a doctor for people with sick minds.

My problem is my personality. Lately I've become a nervous wreck and it's very

embarrassing to me. Whenever I get around where there are a lot of people, I get nervous and I can't hold a conversation with any of my husband's friends or people. I'm too nervous and scared to talk and this is every time I'm around people.

Please, if you can give some advice to me about how to solve this problem, I would appreciate it because soon I believe my nerves will destroy me. Maybe this is not your field. If not, please let me know, then I'll go to a doctor.—**NERVOUS BRIDE.**

DEAR NERVOUS: You're right. This isn't my field, so I suggest that you see a physician. Don't wait until your nerves "destroy" you. There are many people today, like you, who, due to external pressures, go through a stage of insecurity.

Since you've just gotten like this lately, some event or change may have started everything. How is your married life? Maybe you haven't adjusted to some phase as yet.

You have one foot on the road to recovery, as you realize you have a problem and want to deal with it directly. Chin up.