

For And About You

By Harriett Muhammad

DEAR HARRIETT: I'm a fifteen-year-old girl who has a "problem-mother." We get along horribly—always fighting and arguing. I am old enough to know, and have read enough to know that a certain amount of conflict between teenagers and their parents is normal and functions as a process of breaking ties.

Our problem is that to this normal amount of friction, my mother has added an ingredient that is making me almost hate her—she lies—sometimes by exaggerating, uncontrollably, sometimes by making up things so that she can come out on top in an argument.

My father overlooks a lot of what she does, but I'm not bowing down to her wrong doings just because she is my mother and is older—I just can't! So we fight because I go to all ends to show her her lies. Then, after all my efforts, and I have her against the wall, so to speak, she goes into a tirade of how disrespectful I am—how ungrateful, how I will come to no good end because I'm rebellious and stubborn.

What am I to do since no matter what, I can never win? Please tell me something because I have been entertaining all sorts of ideas about leaving. Really, the only reason I don't leave is because I know that she would put the authorities on my trail and it would end with my being forced to return. Help! — **AN ULCER-BOUND TEENAGER**

DEAR MISS ULCER: Yes, I agree with you that you have a "problem-mother." Can you imagine a doctor

curing a patient who has recurring severe headaches through the beating process? You know that one—you have a headache and you beat the head hoping that you will beat the pain away and you beat until you beat something away—either the pain or the head—then you exclaim — "see, no more headaches."

That seems to be the process you're using on your mother. She's a sick person and you're trying to beat this sickness out of her every time she succumbs to an attack—it doesn't work like that. First you must step out of the picture and look at it in a mature manner.

You probably know, there are varying degrees of mental illness just as there are varying degrees of physical illness. You know that hospitals are for those who are in need of special attention and otherwise, they are treated in clinics and offices. Have a private talk with your father and see what he thinks can be done to help your mother.

Whether or not she gets treatment, it is up to you to treat her differently. By putting her against the wall, you make her lie more—making her condition worse. If you change your attitude, being

Judge Says Self-Help Best Solution

SHREVEPORT, La. — Judge Thurgood Marshall has called for a determined program of self-help as one of the solutions to the problems of black people in America.

"The Negro could do more to help himself than the courts, civil rights organizations, the government or any other agency," Judge Marshall said in a speech before the Prince Hall Masons here, highlighting a fund-raising banquet at which the Masons celebrated the construction of their new \$100,000 temple.

Judge Marshall, who represents the second district of New York U.S. Appeals Court, was formerly head of the NAACP legal defense staff and is credited with successful presentation of civil rights cases before the U.S. Supreme Court.

A detailed explanation of how his challenge could be accomplished was not explained in his speech, but his remarks were interpreted as a "blind" challenge to black Americans.

as mature as you are should make it possible for you to get along with your mother. Conflict will still arise, but if it is serious, go to your father to settle the matter.

Something on your mind? Write and let me know about it.

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