we do not have white visitors. Most of them come from other sections of the country, but occasionally we have white persons from the Montgomery community to worship with us.

**Question:** You give wonderful advice. I hope that you will help me. I worry all the time. I worry about little things and big things and sometimes when there is nothing to worry about at all I create something. How can I stop worrying so much?

**Answer:** Worry stems from several sources. Such things as a feeling of inadequacy, repressed emotions, illusions projected into reality and subconscious fears are all causal factors for continued worry. So your real problem is to discover the thing that is causing the worry. You probably cannot do this on your own. It will require the skilled and technical know-how of a person trained in this area. I would suggest that you talk with your physician and he can make definite recommendations. Another source to which you can turn is religion. One of the things that a positive and healthy religious faith gives an individual is a sense of inner equilibrium which removes all basic worries. Religion does not say an individual will never confront a problem, or that he will never worry about anything; it simply says that if the individual is sufficiently committed to the way of religion, he will have something within that will cause him to transcend every worry situation with power and faith. With this combination of medical advice and healthy religion, I am sure that you can solve your problem.

PD. *Ebony*, July 1958, p. 86.

The Martin Luther King, Jr. Papers Project

**To Daisy Bates**

1 July 1958

[Montgomery, Ala.]

On 27 June King thanked Bates and her husband, Lucius, for their hospitality during his May visit to speak at the Arkansas AM&N College commencement in Pine Bluff, and praised her efforts to "make Christians, real Christians and Americans, real Americans."1 In the following letter King invites Bates to serve as Dexter's

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1. Following the commencement, King attended the graduation ceremony of Ernest Green, Little Rock Central High School's first black graduate. Daisy Lee Gatson Bates (1914–1999) was born in Huttig, Arkansas. She and her husband, Lucius Christopher (L. C.) Bates, founded the *Arkansas State Press* in Little Rock, an investigative newspaper that advocated better conditions for African Americans in the state. In 1952, after becoming president of the Arkansas State Conference of NAACP branches, Bates spearheaded the campaign to desegregate Little Rock schools and eventually coordinated the activities of the nine black students who integrated Central High School in September 1957. In 1958 Bates and the "Little Rock Nine" were presented with the NAACP's Spingarn award. At SCLC's October meeting that year in Norfolk, Virginia, Bates was elected to the organization's executive board. Bates later wrote of her experiences in the desegregation struggle (*The Long Shadow of Little Rock* [New York: David McKay Co., 1962]).
Women's Day speaker on 12 October; she agreed on 3 July. The day after Bates's talk, Dexter secretary Lillie Hunter reported to King that the church had been "jammed to an overflowing capacity" as Bates gave an "intimately interesting account" of the struggle to desegregate Little Rock's Central High School: "She was genuinely enjoyed. This conclusion I drew by the responsive 'Amens' and the frequent foot patting."

Mrs. Daisy Bates
616 ½ W. Ninth Street
Little Rock, Arkansas

Dear Mrs. Daisy:

On Sunday, October 12th, Dexter Avenue Baptist Church will celebrate its Women's Day. We try, on this occasion, to bring some of the most outstanding women of the nation to our city.

Would it be at all possible for you to serve as our guest speaker on this occasion. . at the 11 o'clock morning service? If so, could you stay over for the mass meeting of the Montgomery Improvement Association on Monday night. You may feel free to speak on any subject you wish and for as long as you wish.

The honorarium for Women's Day would be a modest $125 plus all expenses and I am sure could you find it possible to remain over, the MIA would certainly augment that with a small donation of their own.

I don't have to tell you, Daisy, how much it would mean to the women of this area to have you come. We have had many men and they have been warmly received. But at this time, if we could have a woman whom everyone KNOWS has been, and still is in the thick of the battle from the very beginning, never faltering, never tiring. . it would be the greatest impetus, the greatest inspiration, the greatest challenge to the women to carry on, even as you are doing so courageously.

I do hope your busy schedule will allow you to come to us on October 12th.

Sincerely yours,
Martin Luther King, Jr.

MLKp

P.S. Would you kindly send me the full name and address of Mr. Ogden.4

TLC. DABCC.

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3. Bates left Montgomery Monday morning and was therefore unable to attend the meeting (Bates to Hunter, 3 October 1958).
4. Dunbar H. Ogden, Jr. was a Presbyterian minister and president of the Greater Little Rock Ministerial Association.