

# THE PAPER

VOL. 36, NO. 4

222

TUESDAY, OCTOBER 31, 1972

So we stand here  
on the edge of hell  
in Harlem  
and look out  
on the world  
and wonder  
what we're gonna do  
in the face of  
what we remember.

—Langston Hughes



## “Communicating Scientific Awareness”

Once it was thought that a mythical vacuum existed in interstellar space between stars and planets. Now it is realized by astronomers, that what was once considered a vacuum, contains more materials of an uncondensed nature than all of the condensed material of the celestial bodies.

If the planets and stars don't exist in a void, then how is it that the individual, as a terrestrial being, has a way of thinking as if in empty space? How is it that a given leadership, as an organizing entity, functions and thinks as if in an ideological vacuum?

Science has a history of destroying the mythological dogma that goes along with vacuumized thinking and behavior. Dealing in the field of science gives great importance to empirical observation and logic as an extension of imagination, intuition and innovation.

For centuries Black folks in the U.S. have been inventing convenient and complex mechanical devices which numbered in the thousands and which were vital to business and industry.

These innovations were developed in spite of a lack of national identity, divine guidance, and popular ideology; at a time when more than 80% of the Blacks in this country were considered illiterate and were faced with legal and social obstacles.

Conferences are not new. And neither is Black involvement in science new as a result of some special guidance from any single individual.

Conferences bring people together from different parts of the country to participate in a group-learning experience. At the same time, the individual in the group is searching out opportunities to further his personal career. A conference also provides the vehicle for the organizing leadership to propagate its ideology, or lack of ideology, within impressive surroundings.

If, within the context of such a setting, the leadership, the individual, and the group think, feel, and behave as if insulated from the total community environment and its implications, then the process becomes an unscientific, antisocial, stifling experience.

The key to a healthy perspective is communications. Not a one-way monologue bent on one point of view, but a dialogue with a mutual exchange of ideas.

In the field of science, a mutually respectful dialogue, is critical to a healthy attitude that does not distort basic scientific premises.

Thus, if there is a heavy leaning toward a certain ideology within the group-conference experience, then there should be a workshop in ideology and its place in science, or on whether science is its own ideology. This is communication, because there is dialogue. The conference would have a fresh unbiased atmosphere.

The “Fourth National Conference on Black Students in Medicine and Science,” held at the Americana Hotel, was very educational and inspiring, especially to Black students seeking a career in that field.

Many student participants expressed dismay at the fact that at every chance, some of the student organizers unnecessarily pushed their own religious orientation in their speeches and panels.

The workshops and demonstrations, because of their reliance on accumulated factual data, tended to be more clearly informative. Also, there was a healthy question and answer period throughout.

A science conference for Black folks is too important to be distorted by isolated ideologies. The field of science is too critical to survival to be personalized by any individual or collection of individuals.

Implementing a national science conference for Black students is a difficult task. It is for this reason that more Black science students should share in the work, so that the heavy burden is not shouldered by a few, but by a broader collective base. This way, the human tendency to internalize the direction of the project according to personal prejudice, due to being overworked, will not take effect.

Outside of the grad school, med-school opportunities, the community still represents the basis of achievement, and no amount of professional opportunism should negate the need for teaching and learning, speaking and listening, growth and development on a community wide basis.

Congratulations to the brothers and sisters who made the sacrifices in order to present a fourth conference which is a beginning of a Black reawakening in science.

4th Annual Black Science Conference:

# Inspirational and Informative

By GWEN NEW

The Fourth Annual National Conference on Black Students in Medicine and Science proved to be highly inspirational to all who attended.

Putting together a national conference is a very complicated operation. There are the problems of getting qualified individuals to conduct the workshops, making the stay of out-of-town conferees as comfortable as possible, and other numerous tasks.

The conference began Thursday, October 19, at Harlem Hospital, where students viewed films on hospital procedure, and discussed questions with staff doctors. The duration of the conference was held at the Americana Hotel.

The National Black Science Students' Organization is a moving, viable organization. Many more people are becoming involved with this group; and as its membership increases, one wonders what avenues will be open to it.

Paul Simms, former student at CCNY, and co-founder of NBSSO, stated, "Black Science is doing much as a student organization. We are trying to get students to understand the process of nationhood, the process of white supremacy. This organization has turned into a dynamic force and it's hard to perceive where it can possibly go next. We are finally receiving the re-

spect we deserve from the medical schools in this country."

What is the goal of the NBSSO? According to Sac Carruthers, West Coast co-ordinator of Black Science, ". . . the people who initiated Black Science, those who are now working professionals, who are in graduate, medical and professional schools, are still working to keep this organization alive. There is, however, a great need for all Black professionals, not only in health and technology, to take a special interest in the Black community."

The Black Science Organization has come a long way since its inception in 1969. Its emphasis, in the past, has been mainly on medicine, but it has gradually begun to branch out into other areas like applied sciences, aerospace, and natural medicine. "Realizing that we will still be vulnerable to the enemy if we have thousands of physicians but few professionals in other vital areas, the organization has in this conference, taken other scientific fields into consideration," stated Paul Simms.

The content of the workshops was of great value to the Black community. Nutrition, Environmental Disease, Dentistry, Prisons, Geology, Agriculture, Acupuncture, were but a few of the topics explored by scientists and students alike.

Some of the workshops were covered by "The Paper," and here are brief summaries of the workshop activities.

What did the conferees have to say about the conference? Did it meet their expectations?

Jerry Green, a Chemistry major from Richmond, Virginia, stated that "the conference was very informative, even though occasionally you did have conflicting views; but these views were very educational, because they gave you the alternative to agree or disagree, to make your own conclusion."

A pre-med student at BCU in Richmond, Virginia, felt that "the conference was beneficial, because Blacks of different backgrounds got together for a common cause and have been able to deal, even though there were conflicts. It was good to find out that there are Blacks from other parts of the country attempting to accomplish the same things we are."

Ms. Johnson, NYU pre-med student, commented "there was a lot of exchange of ideas between students. Yet it would have been better if more Black people had been notified about the conference."

Another pre-med student from Cornell University felt that the conference should have dealt with other scientific pursuits more extensively. She expressed the feeling of being "highly motivated by the conference. . . . It made me realize even more that there is a great need for Black people in my field."

## A Novel Look at Black Donations to Science



## Medical Attention to Black Inmates Very Inadequate

### — History Workshop —

Reflections of a workshop

### — Prison Workshop —

By C. DAVIS

This workshop, held on Thursday, Oct. 19, was headed by Dr. Frederick Thomas, a geneticist from the University of Rochester, who has done research in Black history for the past forty years. He spoke on the achievements of Black scientists in fields ranging from Egyptian agriculture and architecture to present day aeronautics.

"I know a lot of the things I say today you may not agree with, but I have studied for many years. But don't just take my word for it; You can check out everything I say for yourself," the doctor stated. "If you have any questions, feel free to ask them any time during this lecture."

Dr. Thomas spoke of Black scientists such as Oscar Cassel, the inventor of a flying machine and of angle indicators; John Gilbert, an archeologist who unearthed an ancient city in Egypt and made maps based upon his findings.

He told of how Egyptians knew astronomy 40,000 years before the Europeans. It was also discovered, to the surprise of many, that men such as Socrates, Plato, and Euclid were Black men, even though they called themselves Greeks. Dr. Thom-

as explained that, "in that time many Greeks were Black (African) men living under Greek rule."

Black people are responsible for many of the conveniences we have today. Dr. Thomas mentioned names and inventions such as David Baker, inventor of the innertube in 1937; Sweeting, inventor of a cigarette rolling machine; and William Ale, inventor of a flying machine in 1929. Many of the inventors mentioned were unfamiliar to the audience, and Dr. Thomas referred them to other sources.

Dr. Thomas also spoke on evolution, transpeciation and the concept of the Pre-adamites. He presented the book *Pre-Adamites* by Alex Winchell and suggested everyone in the audience to obtain a copy if possible.

In two hours of discussion Dr. Thomas related many facts about the Blackman and his contributions to the fields of math and science. The **History of the Black Scientists** workshop did serve to enlighten Black people to a new and relevant part of the history of the science of the world.

By DENISE MITCHELL

"Animals in the Bronx Zoo have more room to move around than the inmates in a prison."

This was the analysis of the country's prison system made by Pat Gaston, the Executive Assistant to the Commission of Corrections in New York City.

Mr. Gaston, speaking to the participants in the workshop, said that one of the main problems of the correction facilities in New York was overcrowding in the outmoded buildings.

When asked about the Black population in New York prisons, Mr. Gaston replied that Blacks comprise 85% of the prison population although they make up only 21% of New York's population.

Also conducting the workshop was Charles Jackson, a former convict and a member of the Fortune Society. The Fortune Society is a group of concerned citizens who try to initiate prison reform and help "ex-cons" readjust to society.

Although there is no formal program in the Fortune Society, Mr. Jackson stated, "when a man hits the door, he is the program."

The Black ex-convict has had a difficult experience in prison, and

it may be difficult for him to function again in society. The Fortune Society therefore tries to get the man a job or whatever else he may need.

Both Messrs. Gaston and Jackson gave the workshop participants valuable insight into the problems Black prisoners face. Mr. Jackson stated, "When a Black man is convicted, he is placed in a cage and looked upon as an animal with no rights."

On the matter of health and medical services, Mr. Gaston stated that New York City prison institutions have resident doctors and a drug detoxification program under a doctor's supervision which has cut the suicide rate of addicted inmates by 85%. Mr. Jackson stated, "If you are a Black inmate you pray that you don't get sick, because medical attention is inadequate and sometimes nonexistent."

Mr. Jackson and Mr. Gaston ended the workshop with a plea to the public to get involved in prison reform and in helping those who have been victimized by the prison system. In the words of Mr. Gaston, "Another Attica shouldn't be necessary to make the public aware that there is a prison problem."

# News In Brief

By AYAD MOHAMED

## Uterine Cancer & the Black Woman

Reports from the American Cancer Society reveal that an estimated 12,000 out of 43,000 women will die of carcinoma.

Carcinoma is a cancer which occurs in the cervix portion of the uterus. The cervix is a small cone-shaped portion of the uterus which protrudes into the vagina.

Essence, in its October 1972 issue describes Carcinoma's four stages:

"Stage one is strictly confined to the cervix, and is determined by microscopic examination of cells on a slide.

"Stage two, an early invasive form of cervical cancer, has extended beyond the cervix, but not to the pelvic wall.

"Stage three usually presents lesions on the cervix and has extended into the pelvic wall and the upper third of the vagina.

"The fourth stage of cervical cancer has extended beyond the pelvis and involves the vagina, bladder and rectum."

There are no specific symptoms of the disease. However, bleeding after intercourse or a sour smelling vaginal discharge are possible signs.

Carcinoma is low among women of Jewish or Muslim faiths because they are less likely to have pre-marital sex: in those religions men and women are forbidden to indulge in pre-marital relations.

Studies revealed that this disease is low among societies where men are circumcised.

However, carcinoma is high among women who get married before the age of twenty.

The Pap Test, which is performed by many family doctors and gynecologists is a way of detecting and preventing Carcinoma.

In the next issue of The Paper, the Pap Test will be described.

## Racism in Brooklyn School

Members of Public School 61 are preventing a group of 35 Black children from attending that school.

Parents and teachers of the children of the all-white school have staged a 'sleep-in' in order to block the Black children and Black parents from entering the building.

Even though the school is located in a district neighboring Brownsville (one of Brooklyn's Black ghettos), this would have been the first major step towards achieving racial balance in the school, had it not been for the protest.

Meanwhile, parents and teachers of P.S. 61 stated that "... they wouldn't want to upset the present racial balance of the school."

The reason for bringing more children from Brownsville schools into the schools of neighboring districts is because the schools in Brownsville are overcrowded.

## New Black Party Formed in Apartheid South Africa

A new party, the Black Peoples' Convention (BPC) has been formed in South Africa.

The group is composed of Black, Indian and other non-white members, seeking the liberation of all oppressed Black people.

The first of its kind, the African Congress, was banned 12 years ago.

The BPC's immediate goal is to form a mass organization of at least a million members within three years.

It is the only Black organization which would be independent of the South African government.

## Open Letters

# To James Brown

Brotha u the baddest thing in the universe . . . sometimes. Eventho i never really forgot how u sang that song bout "This is My Country." something told me to sit down and write you then.

I mean, do a million dollars make a man forget that his people don't own no-thing in this wilderness-make a man forget that either we was taken from the land or the land was stolen from us. and we ain't got no-thing but us & our mean expressions, our real love, and a long, hard fight on our hands. like we, the people, are the first basis for struggle, James.

Dig it. we know that we have lasting life lyrics and a most-mean warmlove for each other, don't we, even if we look close enough? i guess we do, or else my rage could not rest upon these written words. what i mean is (as Brother George Jackson would have put it, had he lived. u know? do u recall his story?) Perfect Love for our people/Perfect hate for the enemy.

I said all that to say, why is u supporting the enemy: alias ricky nixon. if he drops bombs on the vietnameese and locks up thousands of his own people when they protest, and then sends some snakes to spy on his other half (Watergate Incident and the Democratic Party, respectively), then what do u think he got in store for us . . . u?

Dig. u only got into the white house cause

u was running round here talking bout "Revolution of the Mind." can't u see? as long as u talk bout some strange revolution inside yo head, (never took u for no hippie, tho i thought u was hip), then nixon and the rest of the criminals will always share yo politics.

I mean it, didn't nixon have the nerve to say "Power To The People"? check it out. suppose u made a jam called "Revolution in Babylon." can u vision that like u vision "Goodfoot"?

It ain't even a question of nixon or mcgovern. it is a question of not being used, of not selling yoself, but u claim u know what u doing. well James, if that's the case, don't bother to comeback home.

Like i dig yo music and things, but if yo backside is all u have to offer after all these years/

all those dollars/ & all them long lines around the Apollo embracing u and yr sound then there is something u must know . . . God don't like ugly and history records a heavy note on those who ignore their roots, even when you heart gets to aching and carrying on . . .

Yours in the spirit of fraternal criticism,

Bob Feaster

# What The Apollo Isn't

October 19, 1972

Editorial Collective  
The Paper  
Finley Center — Room 337  
The College  
Dear Editors:

The Department of Physical and Health Education, through its Division of Intramural Athletics is making Park Gymnasium available for recreation on Tuesdays from 6 to 8 p.m. All students, faculty, and college staff are invited. The only things necessary are a pair of sneakers and a combination lock. It would be a service to the student body if you would announce these recreation hours in your paper.

I thank you in advance for your cooperation.

Sincerely,  
Richard Zerneck  
Director of  
Intramural  
Athletics

Richard Zerneck:

Why not expand the idea to include members of the surrounding community?

Editorial Collective

To Whom It May Concern:

The Apollo Theatre is the "so-called" Black cultural center. But what is the Apollo offering the residents of Harlem, the poor people, welfare recipients, and faithful patrons?

The Apollo isn't offering anything to the grassroots, the people. As of now, we do not even have decent toilet facilities in the Apollo. It is filthy, infested with roaches and rats, and is also a fire trap. We do deserve more.

We need special shows in which families can be entertained. This is a time where we need family unity. We need kiddie shows and discount

shows. The fares should be reduced — at Carnegie Hall prices are \$3 to \$5, but it is clean and safe.

The Apollo has a definite commitment to our people which it has neglected for years. We need the community to be aware and involved in what is being taken from our community and what is not given.

We ask your support, concern, and interest in order to expand Black consciousness. We have been exploited too long. As patrons of the Apollo, you have power because your dollars are supporting the existing conditions. You can support by signing petitions, not going to the shows, writing letters; if necessary, be willing to picket the Apollo.

We need your support in order to make our neighborhood better.

Gloria Robinson

# Announcements

Black Universal Conscience, a new Black organization on campus, is sponsoring a TUTOR Drive for students attending Harlem Prep. If anyone is interested in helping these bloods, leave your name and telephone number in Finley, 152 in the BUC mailbox, or call Harlem Prep, located on the corner of 135th Street and 8th Avenue, 234-1363 and ask for M. Hussein Ahdleh.

The Studio Museum in Harlem, located at 2033 5th Avenue (125th Street) is presenting a Black Film Series.

The series, titled "The Nation Calling," will be shown Wednesday evenings from 7 to 9 p.m.; admission is free.

The first two films will be presented November 1:

**What Harvest For The Reaper?** — "An indictment of the migrant labor system along the Eastern Seaboard which traps

southern Blacks in an endless cycle of poverty."

**The Dumping Grounds** — Documentation of the "relocation centers" of South Africa designed as Bantu and Zulu "reserves."

**Hostos Dental Clinic Reopened**

On Sept. 25, 1972, the dental clinic at Hostos Community College, located at 475 Grand Concourse, Bronx, N.Y. 10451, resumed its practice of providing free dental services to all members of the community.

The clinic will be open to the public every Monday, Wednesday, and Friday from 9:00 a.m. to 1:00 p.m. and from 2:00 p.m. to 6:00 p.m. Individuals interested in obtaining these services should call 993-8000, ext. 273 to schedule an appointment.

According to Prof. Anita Carter, chairman of the college's Dental Hygiene Department, all the services will be administered

by Hostos dental hygiene students under the supervision of the department's instructional staff. A dentist will be present in the clinic at all times while patients are being treated.

The modern, attractively designed clinic contains six dental chairs, a waiting room, a sterilization room, a dark room, and an X-ray room. The clinic is located in Room 514 of the College at 149th Street and the Grand Concourse in the Bronx.

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New York City 10031  
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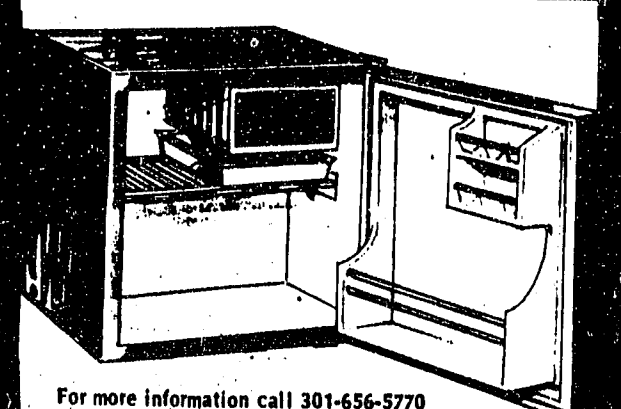
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Nat'l Household Conf.:

# Domestics Seek Change

By SHEILA V. REID

The second conference of the National Committee on Household Employment was held recently at the New York Americana Hotel.

The National Committee of Household Employment is a private, non-profit organization, devoted to the welfare of the domestic worker.

Such honorables as Congresswoman Shirley Chisholm, Manhattan Borough President Percy Sutton, Ms. Magazine Editor Gloria Steinman and National Welfare Rights Organization Executive Director George Wiley, spoke briefly.

The main events of the conference were the five N.C.H.E. workshops. They were set up in such a way that persons attending the conference could join any of the workshops in which they were interested.

One of the speakers for the three-day conference was Mrs. Edith B. Sloan, a native New Yorker who graduated from Hunter College. Before taking over as executive director for N.C.H.E. Mrs. Sloan served in the Peace Corps. She also did her internship in the Eleanor Roosevelt Human Relations Program. Mrs. Sloan also worked for Haryou Act, and was employed at the United States Commission on Civil Rights.

Mrs. Sloan spoke about the reason for calling the second conference: "Last summer we met in Washington, D.C., where the median annual wage was \$1,800. This year it is reported at \$2,072. Last year when we met we complained about the lack of fringe benefits, the lack of sick leave, paid vacations, paid holidays, health and retirement benefits, and the rest.

"From the reports coming in to our office, I dare say that for the overwhelming majority of household workers, the situation is the same."

Even in the last fifteen months, since the last confer-



Edith B. Sloan

ence, there has only been a slight drift upstream in the assistance N.C.H.E. has been receiving.

On a small scale, the local affiliates of N.C.H.E. are making progress, especially in the South and Southeast, where the highest percentage of domestic workers are.

Many domestic workers join N.C.H.E. in order to obtain regular fringe benefits, annual raises, and an understanding of the work to be done.

Mrs. Sloan and her staff know that the overwhelming majority of workers in the local N.C.H.E. are in need of special training to improve skills and prepare for related or other occupations.

"We know that these things are a result of your efforts, and your and our desire to change things. You're risking your jobs

(and I mine) — perhaps even your necks — to insure that conditions and wages for household workers do change, and soon," says Mrs. Sloan.

Mrs. Sloan also talked about how the domestics could help one another: "While standing up for your rights, teach another household worker to liberate him or herself.

"While drawing up your contract, show another worker how to draw up his or hers.

Also when you go to your meetings, take a few more timid workers with you. We need everyone we can, if we are to win this battle."

This means all third world people who can relate to the domestic workers struggle as well as their own and who are willing to help, should do so.

In closing, Mrs. Sloan added, "It will come — this revolution which we are working for — this radical change in this occupation — and in our life time."

"The stereotyped degrading aspect of domestic life will change. To ridicule or despise them would be blasphemy against our own souls and those of our ancestors. We will receive the respect which is our due. We will carry ourselves with pride and dignity that our very beings will inspire with awe and respect.

From this conference, one walks away with a new view of the life and role the domestic plays in our society, a view which is uplifting and relevant to the now black experience.



## Misplaced

By L. R. RIVERA

### In Honor Of Those Petty Opportunists Who Fall Victims To Their Own

#### Deception

His soundless yet symmetrically rhythmic patterns go unnoticed as the snake lithely moves into position. The victims, unfamiliar with the nature of snakes, do not take heed to the patterns of his motions. The snake, coiling his long thin frame, darts his head forward and draws it back in a seemingly teasing manner. He slithers along the ground, recoiling at key moments, and waits.

The victims, at first keeping distance from each other, think these motions strange and begin coming together to discuss the snake's presence.

Some, murmuring under their breaths, stare in wonder at the others in the group who remain silent. None, though, seem to know exactly what to do.

Suddenly, a rattling noise is heard, distinctly echoing the threat of imminent danger to the usual way of things. After some thought, the group agrees that it is probably a device used to distract them from the snake's actual intent. They agree among themselves to wait for the snake's next movement before deciding a course of action.

Immediately, the coiled snake, camouflaged by the inaction of his targets, moves within, among, and about, striking at will, his victims falling helpless in their defense.

The snake stops, recoils, and waits again to see what the others do before continuing his attack.

The victims, initially stunned by the snake's actions, become afraid, and again huddle together to rationally discuss the conflict.

One suggested a truce be called so they could search out the snake's motivation, find a meaning behind his actions. Another thought it best to leave things be, lest the slimy beast becomes more vicious.

But when a third spoke on retaliation and defense mechanisms the rest of the remaining victims quieted in perplexed silence. A stillness is heard as each begins to understand both the consequences of physical confrontation, and those attached to doing nothing.

Finally, they resolve that in the future they would be more careful in their dealings with the snake.

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## Acupuncture Therapeutic Anesthesia

By SHERYL BERNIER

The acupuncture workshop was conducted by a pathologist, Dr. Leung, of Kings State College, in Brooklyn. He went into the history of acupuncture, its uses and its potentials.

According to the pathologist, acupuncture originated in China 5000 years ago (it has some history in Japan, Egypt and Brazil also).

In traditional Chinese theory, the art of acupuncture is based on the flow of Ch'i or "Life Energy," through the body. Ch'i is controlled by the yin and yang, the Taoist concept of universal opposites existing throughout nature. Yin represents positive forces and yang the negative forces. Disease results when there is an imbalance of the yin and yang that disrupts the orderly flow of Ch'i through the body.

Originally, as Dr. Leung explained, stone needles were used to massage the skin. After stone came iron, copper, gold and finally, stainless steel needles. Acupuncture was used on many animals ranging from dogs to elephants.

Acupuncture is most known for its uses as an anesthetic. It does not carry the dangers of local anesthetics such as reducing the



Conferee and Dr. Leung

blood pressure or interrupting breathing. There is no nausea or post-operative hangover.

Dr. Leung pointed out that acupuncture is also used for other medical therapy such as amnesia, appendicitis, hypertension, goiter, polio, neurotic diseases, arthritis, eye disorders including some blindness, etc. This therapy has had noted success where western therapeutic methods have failed.

### How does acupuncture work..

"Life Energy" flows from organ to organ through the network of channels beneath the skin called chinto or meridians. Along the network of meridians are hundreds of

points within the body structure the acupuncturist must learn to pierce with needles.

Following a complex group of laws regarding the relationship between the various organs, the needles are inserted along several meridians in order to alleviate a disorder in one organ. The patient usually reports a numbness, a tingling and/or sometimes a quick shock at the points, says Dr. Leung. No one knows why acupuncture works.

He showed slides of patients he had treated. One was a male with hypertension, which resulted in high blood pressure, dizziness and cloudy vision. Another had multiple chlorosis with a paralyzed foot. While someone else, around the age of 70, had a bent back which hurt severely when they attempted to straighten it.

The three cases resulted in all or near complete recovery from the ailments.

Dr. Leung demonstrated on a male conferee. The doctor inserted two needles into the subject's hand, one between the thumb, and the other in the forefinger. These points were to numb the throat area. The subject reported no pain in his hands from the needles.



Dr. Leung points out meridians

The potentials of acupuncture are wide. Many medical institutions are now planning studies in the area.

Among the questions asked at the workshop were those concerned with how acupuncture could be used in cases of drug addiction and sickle cell anemia. It is not known yet but these and other possibilities warrant much attention.

## Farrakhan Keynote Speaker

By GWEN DIXON

Since the Black Science Conference was oriented, around the teachings of Elijah Muhammad, it was apparent that the keynote speaker would be the national representative Minister Louis Farrakhan.

But before the minister spoke, the conferees acknowledged the death of Al Simpkins, who was President of the City College Chapter of the Black Science Students Organization. The participants stood and applauded in a warm salute to Al's mother, Mrs. Simpkins and for the warrior she conceived and nurtured into manhood to become the concerned and devoted person he was.

The minister's speech didn't hold any surprises, he cited many of his usual comments, "How can you think for yourselves, until you know yourself, the knowledge of yourself," which is revelant to the mental stability, political and economic growth of Black people.

He went on to discuss a more valid point, "that the will of the Black man is his most important weapon." The realization that the universe is forever in motion, things are changing constantly for the good and the bad, means that a race of people should not remain static. The masses of Blacks should and must extend their energies above and beyond their immediate means.

The Black man's will, when directed at positive images and things, can surely accomplish the impossible. The problem is that Blacks don't realize their potential power which would liberate them from eternal slavery.



The Black man's mind is his most powerful force. He is capable of manufacturing, of owning factories and of revolutionizing his brothers. The time is his to know and understand his history and aspirations for the future, or be damned in his existence.

Farrakhan cited a parable which holds depths of its own, "As a man thinketh in his heart so is he. If one thinks failure, he will always fail. If Blacks continue to be subservient and to act as if inferior to whites, then Blacks will forever remain slaves to be manipulated as the will of whites dictates.

White men have used strategic technique to victimize men of color throughout the world. As the minister has said many times before, "this is the Black man's day." He also called for the Black intellectual, scientist, and skilled laborer to join the ranks of the Nation of Islam, because qualification in the white man's world don't mean a damn thing," emphasized Farrakhan.

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# NBSSO Films On Medicine

By WILLIAM BALLINGER

Two films showing the tremendous need and opportunity for Blacks in medicine were shown on campus recently, sponsored by The National Black Science Student Organization. A third film about childbirth and maternity care was also shown.

"Code Blue" and "A Matter of Opportunity," were films dealing with the need for more Blacks in the medical field. At present there is one white doctor for every five hundred white people and one black doctor for every seven thousand blacks.

Surely Blacks should be able to go to a doctor to which they can relate and put their confidence in.

Blacks should not be turned off by the extra time needed to get into the medical profession. After all, some Blacks are known to

spend four years of their lives just to try to enter the Olympics. Many more jobs are now available to Blacks. Some of which can be learned within a year's time.

Not only are doctors needed, but also people to help direct and assist the doctor. For example, the nurse, X-ray technician, dental assistant, computer operator, serologist, anesthesiologist, dietitian, and nurse's aide to name a few.

Opportunities vary but Blacks have to keep applying pressure on medical institutions to admit Blacks. Sometimes the opportunity is there but you have to know which door to knock on.

"Code Blue," (an emergency signal used in hospitals) summed up the theme these two films sought to put across; that it is imperative to the health, education and development of our peo-

ple, that Blacks begin to realize the need for Blacks in medicine and overcome all obstacles to do so.

"Modern Obstetrics" was a film for medical students on some of the accepted procedures on how to deliver a baby.

During the film the audience witnessed the delivery of two infants. One normal

and the other requiring the direct assistance of the doctor.

The film stressed the importance of constant surveillance of both mother and child, before, during and after the delivery.

For example, the child's heart beat is checked periodically up until it's birth. Also, after the birth of the

child, it must be checked that the entire placenta has been removed.

"Modern Obstetrics" was informative in that it went step by step into all the terminology, instruments and periodic events of child birth from the time the mother enters the hospital until she's united with her child.

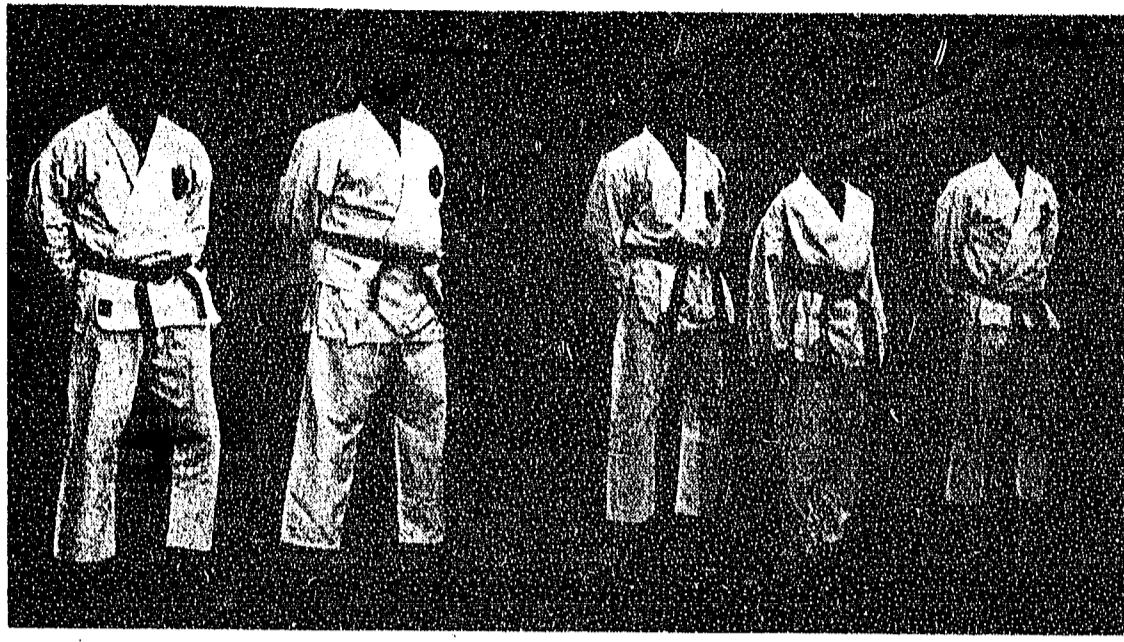


photo by Arthur Adams/The Paper  
Marshall Arts Exhibition at Conference

## Conf. Discuss Nutrition & Mental Health

### Nutrition

By AYAD MOHAMED

In this highly technological society where there is mass production and over production of foods and food stuffs, it is necessary that we become familiar with the content of the materials we consume.

For the most part we tend to eat foods mainly because they "look or taste good." But Black people must become more concerned about the state of their health.

The Nutrition Workshop was lectured by Dr. Ananias, a natural pathologist from Winston-Salem, North Carolina. He cited pork, white bread, and generally, all "Soul Food" as harmful to the human body.

"The hog" is responsible for many of the diseases that afflict the human body. "The trichina worm found in pork is very resistant to heat, and, even at high temperatures, you cannot kill the worm. When this worm gets into the stomach, it multiplies." It then effects the most vital parts of the



photo by Tony Bennett/The Paper  
Dr. Ananias

human system — muscles, tissue, the spine, and the brain. "Pork thus may cause slow thinking, headaches, laziness, hayfever, and irritability." After one has stopped eating pork, it may take up to five years to completely eliminate it from the system.

White bread, according to Dr. Ananias, could be the cause of goiter, a disease in which the thyroid gland is swollen with excessive amounts of iodine.

"White bread consists of such indigestible products like chalk, for-

maldahyde, sodium gluconate, iodine, and bleach."

The human body does not have enough juices to digest relatively tough foods. Collard greens and Black-Eyed Peas (which also contain a lot of gas) are examples of 'tough' foods.

Dr. Ananias stated "Fasting is known as one of the greatest cures for mental and physical ills. All foods have some element in them, which when taken in over an extended period of time, may be poisonous to the system. By fasting (not drinking or eating anything for a period of 24 hours or more), the organs are given a "rest" from their digestive activities."

Such foods as cauliflower, okra, tomatoes, string beans, navy beans, garlic (helps keep blood pressure down), and honey were noted for their nutritional value as natural foods.

### Mental Health

By TYLIE S. WATERS

The Black Mental Health Workshop was quite different than the usual question - and - answer type workshop. Paul Simms, a City College graduate and one of the co-founders of NBSSO, began by defining Black mental health. "Mental health for Black people really means mental health for victims of white supremacy," he said.

Simms continued to briefly familiarize the workshop participants with theories developed by a young, Black, female psychiatrist, Dr. Frances Welsing. Dr. Welsing is the one who made the workshop unique. Via a 35-minute color film on Black mental health produced by NBSSO, Dr. Welsing related her theories. Besides minor flaws in the film, it

definitely served as a vantage point.

Dr. Welsing informs us of what she calls, the "Cress Theory of Color Confrontation." This theory establishes that white people hate Black people not because they are Black but 1) because they, themselves, are not Black; 2) because they are unable to produce a color product; and 3) because they lack color and have genetic deficiencies.

The charismatic young doctor states that whenever Blacks are attacked by whites, 90% of the time they are castrated by whites. They attack the genetic producing material which is the color maker.

"The truth of the matter," declared Dr. Welsing "is that white people really desire color." The attractive doctor says if white people are not trying to adopt a Black child, they are seeking a Black mate. "Why? — Because they want color." It is well known that white people burn themselves in the sun or via sun lamps. "Why? — Because they want color."

Not only do white people hate Black people for their color, but whites are a minority on the universal scale, stated Dr. Welsing. So who really has the identity problem? Is not racism a psychological response?

Dr. Welsing's Cress theory, she confesses, is based on a textbook titled, "Victims of White Supremacy," by Nelly Fuller. The book, however, is not in print. Publishers refuse to print the book on the basis of its contents.

In the Black mental health workshop, psychological explanations were given as to why white people hate Black people, but no time was spent on the sociological and psychological problems of the Black community.

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