

EDITORIAL/OPINION

Schultz is in no position to criticize

President Reagan and Secretary of State George P. Schultz recently criticized Moscow for their human rights record. Everyone is aware of the violation of human rights by the Soviets, both abroad and in the Soviet Union. However, many do not realize the human rights violations being committed here in the United States by the Reagan Administration.

Since Reagan took office in 1980, the Administration's policies have violated the rights of millions of poor and low-income people. The Reagan Administration has attacked past civil rights laws that have helped to assure basic human rights for minorities, the elderly and women.

The Reagan Justice Department, headed by Attorney General Edwin Meese III, urged all 50 states and local agencies to seek removal of racial preferences from court-approved programs designed to remedy past job discrimination against minorities and women. Most agencies refused to go along. In fact, the NAACP filed a suit in the federal court to stop the Justice Department from trying to "dismantle and wreck" affirmative action programs throughout the United States.

To illustrate the Administration's efforts to deny basic human rights to some of its citizens, one must look at the actions of the Justice Department in Indianapolis. Over the opposition of Indianapolis city officials, the Administration went to court in an attempt to remove numerical employment goals from police and fire departments' affirmative action plans. This was the first time the federal government attempted to overturn existing goals for hiring minorities and women in the absence of a local dispute.

Although many citizens are being denied basic

human rights as a result of Reaganism, Blacks are suffering the most. The Administration claims there is an economic recovery, a decline of the poverty rate, and a falling unemployment rate. However, the state of Black America is disastrous. While many Blacks are living in depression-like conditions and increasing Black unemployment, the Reagan Administration is cutting back federal employment and social service programs. In fact, the income gap between the wealthiest American families and the poorest American families has widened during President Reagan's first four years in office.

Not only does the Administration violate basic human rights by attacking the civil rights programs that help to insure minorities opportunities to compete in society, it supports other countries that deny basic human rights to their citizens. President Reagan has supported the racist government of South Africa since his first term in office. Reagan's policy of "constructive engagement" has strengthened South Africa's government control of the Black majority in that country. Over 24 million Black citizens are denied such basic human rights as where they can live or work and the right to vote.

This Administration's support for the barbaric government of South Africa and its poor human rights record at home, makes the criticism of the Soviet Union pure hypocrisy. It is hypocritical for a child molester to criticize a murderer, since both are wrong. The same principle applies to the Soviet Union and the United States, when each accuses the other of human rights violations, for both countries are guilty. It is just as wrong for the Soviet Union to jail people who exercise their human rights as it is for the United States to create new poor citizens.

Letters to the Editor

To the Editor,

I hope those who have "jumped ship" on Oregon's historical dedication to building a fair taxation system are preparing to rededicate themselves to our traditional values and will renew efforts to achieve an equitable balance in our taxation system.

Many of the latest deserters fear for adequate support for schools if the sales tax measure is defeated. It will be.

But support for schools will be not be increased by adding the considerable cost of a new bureaucracy to collect and administer increased taxes. And support for schools will not be enhanced by a sales tax which shifts still more taxes from large property owners and those with high incomes to those with lower income levels.

School support will come only as schools sell themselves as deserving of support. There should be greater state participation along lines long recognized as desirable by the state legislature but not yet fully implemented.

The total tax take in Oregon is not unequal to that of other states: without a sales tax, property taxes and income taxes must bring in more revenue. This doesn't mean overtaxing is a serious drawback to continued growth. What it does mean is that close attention must be given to how our property and income taxes are levied. Herein lies the agenda for the future — after the sales tax goes down. Administration costs can be held lower by sticking with our historical taxing system. But changes do need to be made and Oregonians who care about the future of the state need to get with it! Oregon's agenda should include:

- A reversal of a long-standing trend to remove large classes of real property from the tax roll. This policy

has shifted too much of the burden to those left to pay for local budgets.

- A re-examination of historical exemptions and an application of at least a minimum property tax to cover services provided for all real property — such as police and fire protection.

- Serious consideration of taxing intangible property, particularly that which is income producing.

Revenue from the above sources would reduce the load for those who now carry an unfair burden because of so much property being tax exempt. The \$64 question is whether each citizen and each business is willing to contribute an equitable share to provide for the common good.

- Adjustments are needed in the income tax laws: exclusions from taxable income result in overloading those who now carry the load.

- Those who care must soon concern themselves with the national tax program which is also peppered with exclusions and loopholes. Though we've heard much from national leaders in both the executive and legislative branches about reduced federal budgets and increased state and local responsibility, these leaders continue to present and adopt record breaking budgets. At the same time they have refused to balance these budgets by slashing revenues and insisting on no new taxes. It is the responsibility of every concerned citizen to do his part in reigning in this interlude of national irresponsibility by letting our representatives know we've had enough, that we expect more discipline and more fairness in federal programs of taxation and spending. Never before in the history of this nation has there been a greater need for both the executive and legislative branches to return to reality.

HAROLDE L. BARTON

To the Editor:

Having attended Radical Womens' forum on prostitution, I read with interest Nathaniel Scott's article, Prostitution: legalize or decriminalize. Unfortunately, the article did not adequately address key points made.

The most important point made, and made very clearly, is that economic necessity drives women into prostitution. Would a woman (or man) who could adequately support herself and her family choose to live the life of a streetwalker, under the constant threat of police harassment and assaults from customers and pimps? When economic factors allow employment for all, free child-care and education, and when women are viewed on equal status with men in society, then there will no longer be a prostitution problem. Until that time, legalization of prostitution is the only fair alternative for those who are forced into the life thru no fault of their own.

Karin J. Huisman



A UNITED WAY AGENCY

EDITORIAL/COMMENTARY



Healthwatch

by Steven Bailey N.D.

Fasting — safe and healthful

Fasting, or the abstaining from all or certain foods, has been practiced throughout written history. Animals naturally abstain from food in response to injury or disease, and most of us have experienced a loss of appetite while in the grips of a flu or other acute illness. While many people could benefit from a restricted dietary program, improperly conducted fasts may actually do more harm than good.

There are some basic techniques involved in fasting which can help to avoid many of the problems encountered by poorly structured programs. Understanding some of the principles and reasoning behind fasting should be helpful in understanding why these techniques should be included.

When a person dramatically simplifies their diet or follows a liquid or water diet, many changes take place throughout the body. The changes are quite different in some aspects between a water fast and a juice or simple restricted diet. As I feel a water fast of greater than 24 hours should be monitored by an experienced practitioner in most cases, I will write about the more gentle fasting programs that involve simplification yet adequate nutrition to perform normal daily routines.

A fasting program in which I am particularly experienced is a five-day vegetable/fruit juice fast that my Northwest associate and I have guided over 400 people through. A live juice fast provides abundant nutrition for normal activities and also provides dramatic relief to the digestive tract and associated organs.

When we are eating a "normal" diet we exert energy in the processes of chewing, digesting and metabolizing the nutrients into storable and eliminatable products. From the time we begin the relatively small work of lifting the food to our mouths until we eliminate or store the products, there is an inestimable number of chemical and mechanical activities that take place. The young

sciences of "molecular" nutrition, physiology, endocrinology, etc. have already identified thousands of changes that take place in response to eating, and the amount of energy that this equates to is considerable.

Along with the muscular activity involved as the food passes through the digestive tract, there are also secretory and absorptive processes occurring at a cellular level throughout digestion. In the mouth there is cellular secretion of saliva, some mucous is secreted by cells in the esophagus and when the food reaches the stomach it encounters secretions of secretin, hydrochloric acid and pepsinogen (for protein breakdown), mucous and intrinsic factor (involved in B-12 assimilation) to name the major stomach fluids.

As food reaches the small intestine the primary fluids secreted for digestion originate from the pancreas and involve enzymes to break down fat, protein and carbohydrates. The liver adds bile to these enzymes which acts as a soap to help make the dietary fats "soluble" in the body's fluids. Most of the bile used in each meal is actually recycled bile that is stored in the gall bladder until stimulated and released by fat in the diet. Mucous is secreted throughout the digestive tract and absorption processes occur throughout the small intestine and much of the large intestine.

In addition to the work involved in the direct process of digesting food there is considerable work done by the cells of the liver which metabolizes the food products for storage and/or elimination. The kidney has to work with elimination of food by-products and the pancreas, adrenals, thyroid and other glands are also involved in the delivery and utilization of nutrients. One of the major organs of digestion is the brain which regulates appetite, stimulates neuro-chemical activity throughout the digestive tract, and the more subtle activities of taste and smell.

In other words, "it takes energy to make energy." We experience this energy demand when we feel a little tired after a heavy meal. And through the three-meals-a-day, seven-days-a-week habits that most Americans practice, we are constantly placing part of our entire energy pool into digestion. This non-stop digestion that is only broken for sleep may derive energy, oxygen and blood flow that might otherwise assist the immune system, toxic chemical metabolism, and other health maintenance functions. Our bodies know enough to shut down our appetite when we have an acute illness, or excessive stress, yet we don't appreciate this logic as a whole in regards to health maintenance and optimizing the ability of our immune system and eliminatory processes to occur.

What we eat is inseparably tied with how we eat. And as science reproves the validity of "we are what we eat," just what we eat is frightening. The *American Journal of Epidemiology* recently reported that by caloric percentage, the average American's number one source of calories is white bread and rolls. This is followed by doughnuts, cookies, and cake as number two; alcohol, number three; 4 percent milk, number four; and hamburgers and cheeseburgers, number five. French fries at number ten were the only vegetables in the top 15 and whole wheat bread, at 15 was the only whole grain. As you consider the low fiber, high fat, high sugar content of these foods, it is not hard to understand why we see so much degenerative disease in our country.

Next week I will write on what we accomplish through fasting and give some basic guidelines to help with any programs you may attempt. If you are interested in one of our organized group fasts, the final one of the year begins October 10. Call 224-8083 for information.

PORTLAND OBSERVER \$15 for one year \$25 for two years

Box 3137, Portland OR 97208

Mr. _____
 Ms. _____
 Mrs. _____
 Miss _____

Street _____ Apt. _____

CITY _____ STATE _____ ZIP _____

CLIP IT

TO START THE PORTLAND OBSERVER COMING EVERY WEEK

Portland Observer

The *Portland Observer* (USPS 969-680) is published every Thursday by Exie Publishing Company, Inc., 1463 N.E. Killingsworth, Portland, Oregon 97211. Post Office Box 3137, Portland, Oregon 97208. Second class postage paid at Portland, Oregon.

The *Portland Observer* was established in 1970.

Subscriptions: \$15.00 per year in the Tri-County area. Postmaster: Send address changes to the *Portland Observer*, P.O. Box 3137, Portland, Oregon 97208.

MEMBER
NATIONAL NEWSPAPER ASSOCIATION - Founded 1885

Alfred L. Henderson, Editor/Publisher
 Al Williams, General Manager

National Advertising Representative
 Amalgamated Publishers, Inc.
 New York

288-0033