

EDITORIAL/OPINION

Violence No Stranger to South Africa

The present violence which is occurring in South Africa (over 1500 people have been killed during the past year) is nothing new to that racially divided nation.

The history of South Africa is a story of bitter, blood-drenched conflicts. South Africa's violent past is why many today believe a major blood bath is imminent for that country unless Blacks are given freedom soon.

South Africa's modern day violence first occurred between the Afrikaners and the British. Britain first occupied the newly independent Cape in 1795.

The British and the Afrikaners didn't get along too well. The Afrikaners resented the British Imperialists, their Tory governors, their missionaries and their attitude toward slavery.

The abolition of slavery in 1833 dealt a severe economic blow to the Afrikaners. Within two years, more than 10,000 Afrikaners left the area and began the Great Trek north in search of new homes. They eventually established the independent republics of the Transvaal and Orange Free State.

They continued to resist British rule until their defeat in the Boer War of 1899-1902. After existing a few years as self-governing British colonies, the Transvaal and Orange Free State merged with the southern Natal and Cape provinces to form the Union of South Africa, a self-governing British dominion. Britain pulled out of South Africa in 1914.

After the British pull-out, the Afrikaners began their present day control of Blacks. Afrikaner

nationalism was born. The key ingredients of their nationalism were religion — the puritanical Dutch reformed Church — and the Afrikaner language, which evolved from 17th-century high Dutch.

Their goal was to reconstruct the alien South African society radically and for all time. The method for reconstruction was "Apartheid", the separation of races in all spheres — jobs, homes and politics. Apartheid was adopted as the official policy by the National party in 1945 and helped it win the 1948 election.

Although the Afrikaners fought with the British during the 1800s, they also fought against non-Whites. They fought nine major wars between 1779 and 1900. During the Great Trek, they killed 3,000 Zulus at Blood River over grazing land for cattle.

The first blood bath of Blacks protesting Apartheid occurred in Sharpeville. In 1960, South African police fired on a crowd and killed 69 Blacks, the slaughter was known as the Sharpeville Massacre.

In the Soweto uprising of 1976-77, 575 people were killed. Since Soweto, the killing of Blacks in South Africa has become a routine occurrence. Given her bloodied past and her present day violence, it is easy to understand why Bishop Desmond Tutu of South Africa once told the California Legislature that unless political and economic pressure is used against South Africa, an Armageddon will occur in South Africa. "Race war in my country would have the most horrendous consequences for race relations in the United States and other Western countries with significant non-White populations," warned Bishop Tutu.



Healthwatch

by Steven Bailey N.D.

One of our country's greatest health concerns, is the use and consequent detriments of cigarettes.

Smoking not only is highly related to the development of lung cancer but has been shown to be associated with increased birth defects, increased incidence of childhood asthma and bronchitis as well as general cardiovascular problems. While textbooks of old mention "tobacco heart" as a regular malady of smoking, we only recently have begun to openly challenge the practice of smoking.

Unlike most practices which lead to ill health, smoking not only faces limited opposition but actually is given government support in the form of farm subsidies for tobacco growers. What this subsidy results in is increased consumption of tobacco. A 1983 Canadian study showed intake as inversely related to costs. The U.S. stands alone in providing the cheapest (equal buying dollar) cigarettes and has a not-too-surprising intake of 4-8 times that of non-subsidized countries. It is a sad irony that we so cherish the economic importance of tobacco farms while letting wheat and corn farmers go belly-up because their non-subsidized food crops are unable to pay their costs.

I write this article to help those who want to quit smoking. Recent studies show that the physiologic

withdrawal of tobacco can be strongly influenced by what we eat and hence our blood stream's acid/alkaline conditions.

The more acid our blood is, the more quickly nicotine is broken down and hence the more quickly we crave another cigarette. If we can maintain a basic blood stream the nicotine stays in our system for a long time and our physical cravings are minimal. The normal American diet is highly acid, as the chart below shows.

High Acid — 1. Wheat Germ 2. Lentils 3. Macaroni/Pasta 4. Chicken 5. Eggs 6. Beef 7. Beef Liver 8. Lamb 9. Cod 10. Coffee 11. Sucrose (sugar).

High Basic — 1. Black Strap Molasses 2. Beans 3. Raisins 4. Figs 5. Beet Greens 6. Spinach 7. Dandelion Greens 8. Brewers Yeast 9. Almonds 10. Carrots 11. Soy 12. Celery.

Baking soda can be taken to alkalize the blood stream. So if you are attempting to quit smoking, a little alteration in your diet may be enough to get you over-the-hump. Acupuncture, hypnosis and other programs may prove effective, but how you eat can significantly affect your success in quitting smoking. Good Luck!

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Letters to the Editor

Letter to the Editor:

Dear Editor:
Do I hear the shrill sirens of the Cold War nuclear profiteers in the recent headline "Soviet U.N. Staff Ordered Cut" by the U.S. State Department?

To me this peremptory "order" seems a deliberate effort to chill our relations with the U.S.S.R. hoping to set back the friendly spirit — and eighteen signed agreements, like air flights — of the Geneva Summit. Really a forward step in "learning to live together" on the same planet!

Our people and those of the whole world breathed a sigh of relief feeling that at the Geneva Summit — long struggled for — we had turned away from nuclear death!

But is it in the interest of nuclear weapons profiteers to try to kill the spirit and acts of the Geneva Summit? And start us again on the death march to annihilation? Do the nuclear weapons makers exercise great power in our government? Consider the actions of Secretary Weinberg whose "leaked" letter tried to stop the Geneva Summit even after Pres. Reagan's plane was already in flight!

What can we do to support the spirit and actions of the Geneva Summit and build an even better one in September?

Let our Congress and other government leaders hear our voices loud and clear! This is Election Year! Let them hear the sound of our marching feet for ending all nuclear tests, and for mutual withdrawal of all missiles from Europe at a September Summit.

We can win again — if we work for it!

Violet Orr

To The Editor:

"Our history and our culture were completely destroyed when we were forcibly brought to Amerika in chains." Malcolm X.

As the immediate embodiment of a way of life, Culture is the transfiguration of human preoccupations, the elaboration of certain specific and dated demands. Culture, at once part of reality and transcending it, engenders its own realities, polarizes society and transforms it. I'm inclined to believe, it is what, in the fullest and widest sense, enable men to regulate their lives. Moreover, Culture always expresses something. Taken at the source, it indicates difficulties; in social matters it clamors for solutions; among the people, it opens up new paths. There is no people without Culture nor society without change.

The path of tribulations undergone by the concept of Culture is, today, long indeed! The opinions of "committees of intellectuals" cancel each other out in a sterile dialectic; various "symposia" bring incomprehension and a hollow humanism into a timid encounter with historical truth and the progressive determination of man up against the greatest calamity known to history: imperialism.

European trends have dominated the study of cultural problems in Afrika. For a long time latter-day Anglo-Saxon anthropology, concerned with justifying the reactionary ideas of colonialism, cited Afrika as the home of backward people who should be forced to accept colonialist humanitarian civilization.

According to a well-nurtured prejudice, Afrikans took no part in the general task of shaping civilization. Afrika is accused of being without history and without Culture because it was necessary that this be so. Europeans slaughtered American Indians while at the same time admiring their temples and palaces. They admitted that they massacred the men to take over their land. With their conquests and domination, Europeans destroyed millennial civilizations in Asia, but they never de-

To the Editor:

Dear Sir:
I was astonished to read your 2 April editorial in which you quote Stan Peters criticism of Chief Harrington at length. Surely you have heard by now that anything Chief Harrington does or says will earn Stan Peters' disapproval. Chief Harrington is unlikely ever to get any cooperation or even a fair shake from Peters.

Your sincerely,
Janet McHary

To the Editor:

Was glad to see your coverage of the "Bias Officiating" in Jeff vs. Glencoe. I didn't see that game but I did see another game where I saw what appeared to me as bias against Jeff. Jefferson has an excellent team and, while I'm not a professional, there were many calls that seemed biased to me. My personal feeling was that the referees favored the other team. (Grant) (I know men on both teams.)

For many years I sponsored teams I attended their games and so I learned much about calling fouls etc.

Thank you *Observer* for exposing this vice.

Sincerely
Evelyn M. Collins

Dear Sherri:

I'm writing this letter because I hurt so bad right this moment and I don't know what else to do. Honey, first let me say I love you more than life itself. This last week has been the hardest in my life — bar none. I don't know what's going to happen, but I have to believe we are near the bottom, and we will start back up any day now. It's the kind of situation where I have to remind myself to take a breath, and the next breath will come; or to put one foot in front of the other, and I can keep going. It's a relief to get to the end of the day, but once there, sleep won't come. In short, I'm hurting.

Sherri I am going to summarize what I know at this point, and then offer some conjecture about the nature of the problem, then propose the only solutions I can see.

- Fact: You stole the \$212.50 meant for Tammy's tuition.
- Fact: You were fired for \$120.00 shortage in your cash drawer.
- Fact: You were paid \$80.00 in cash the Monday you left home.
- Fact: You owe U.S. National Bank \$900.00 plus.
- Fact: I found receipts for \$268.00 in unauthorized charges on my VISA in your room.
- Fact: This is a total of \$1580.50 spent in one month.

Conjecture: You have a serious drug problem/or you are buying the affection of someone who is really taking advantage of you.

Solutions: At any rate you need more help than I can give you! I propose you check yourself into a drug abuse program (It is covered by my insurance program). When you are there — give me a call and I will come.

or
Seek the help of a good counseling program and have your therapist give me a call. I will follow his/her advice about what to do next.

Sherri I don't want you on the streets alone, but you can't come home on promises and good intentions. We need help. I'm not sure how I'm going to get this letter to you but if it does reach you, give me a sign by following one of my suggestions — or proposing one of your own.

I love you.

Ma

nied the existence of these civilizations as such, and never contended the quality of their craftsmanship and their human attributes.

Concerning Afrika, Europe's first notion was not to exterminate the men with the sole idea of seizing their treasures, but to treat them as beasts to be sold on the spot or exported to Amerika, or even killed when their capabilities and selling price no longer assured an adequate profit to guarantee the success of such a venture a preliminary step was necessary that of easing one's conscience and reassuring oneself by thinking that it was a question of dealing with beasts and not human beings. Hence the alleged barbarity of Afrikans and the denial of their Culture and civilization gave birth to their estrangement from the human race.

In fact even without archaeological research and tale of the Griots, ordinary common sense was adequate to realize the absurdity or rather the class-consciousness of those who managed to imagine a cultureless people. A Culture is to be found wherever conscious life exists. Culture is the sum total of the material and spiritual values created by humanity throughout its history. This creation is both continuous and necessary. Culture is a material and spiritual acquisition, both the product

and the price of action. Creative action springs from a universal imperative and Culture, which is its reflection, subject and effect, both constitute universal realities. Wherever there is the necessity of creation we find Culture.

The fact of a Culture conditions both the existence of the people and their exercise of sovereignty and power. Everyone knows what a foul use was made of Culture by the predatory powers in the course of modern history, in their appropriation, among other things, of the Afrikan peoples. After having laid their hands on the essential elements of the Culture of their own people, the upper classes of the colonialists owners used this weapon in their endeavor to dominate and exploit our continent.

By Culture, we understand all the material and immaterial works of art and science, plus knowledge, manners, education, a mode of thought, behavior and attitudes accumulated by the people both through and by virtue of their struggle for freedom from the hold and dominion of nature; we also include the result of their efforts to destroy the deviantist politics-social systems of domination and exploitation through the productive process of social life.

Dr. Jamil Cherovee

