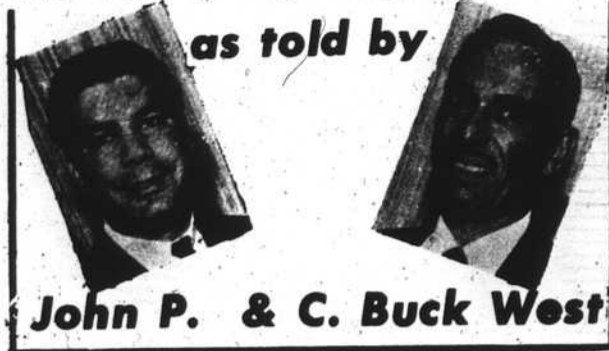


Hidden History

The Unsung Saga of the Black Man



as told by
John P. & C. Buck West

EMPEROR HAILE SELASSIE of Ethiopia traces his ancestry back 3000 years to the romance of Makeda, Queen of Sheba, and Solomon, the Judean monarch.

The story of Sheba and Solomon has been reconstructed from "Songs of Solomon", and from Kebar Nagast (Glory of Kings) the chronicle of the rulers of Ethiopia.

King Solomon (about 1000 BC) dispatched couriers to Ethiopia requesting the African merchants to bring their trade caravans to Jerusalem. Solomon was building the Great Temple and wished to purchase the exquisite wood and marble of Ethiopia, as well as the gold of that country which was most unusual because of its red color.

An Ethiopian merchant, Tamrin, responded to the wishes of the Judean king, and took a caravan of goods to Jerusalem. The merchant became fascinated by Solomon and remained in Jerusalem for several years to acquire some of Solomon's great wisdom. Tamrin told King Solomon of the beauty of his queen, Makeda, also known as the Queen of Sheba. The glowing description of Sheba, as told to Solomon, by Tamrin, fascinated the legendary son of David to the point where Solomon became obsessed with a passion to add this comely black queen to his harem.

Solomon prevailed upon Tamrin, the Ethiopian merchant, to return to Africa bearing gifts for Sheba and a message requesting her to visit him in Jerusalem.

Tamrin returned to Ethiopia, presented both the message and the gifts from the Judean King, and told his Queen of the splendors of Jerusalem and of the fascinating wisdom and personality of Solomon.

Sheba was so impressed by Tamrin's reports that she decided to accept the invitation of King Solomon. Sheba actually had fallen in love with the image of King Solomon that Tamrin had portrayed so magnificently.

THE QUEEN, with a thousand of her faithful followers, each leading a beast of burden laden with gifts for Solomon, set out from Ethiopia to visit the Jewish monarch. It is alleged, in the chronicles of the Ethiopian rulers, that the gifts which Sheba took to Solomon amounted to the most elaborate gift in history.

Solomon prepared a special apartment for Makeda, Queen of Sheba, which was built of crystal and ornamented with the most precious decorations in all Jerusalem.

King Solomon was impressed by the great caravan of gifts, but he was overcome by the startling beauty of the black Queen.

According to the scriptures (I Kings, 10:10) "She gave the King 120 talents of gold, and of spices very great store, and precious stones; there came no more such abundance of spices as these which the Queen of Sheba gave to King Solomon."

SOLOMON AND SHEBA fell in love upon first sight. Each was dazzled by the other. The king set up a throne for Sheba beside his own. He placed his new love above all of his thousand wives, 700 of whom were of royal blood. To the great dismay of these 700 wives of nobility, the black queen became the favorite of King Solomon.

The "Songs of Solomon" contain a verse which Sheba spoke to the monarch's other wives.

"I am black but comely,
Oh, ye daughters of Jerusalem
As the tents of Kedar
As the curtains of Solomon
Look not upon me because I am black
Because the sun hath scorched me."

After six months Sheba, expecting a baby, was compelled to leave her King, and return to Ethiopia to take care of her duties as Queen.

Six Ways To Avoid A Heart Attack

Six ways to reduce the risk of heart attack are spelled out in a new booklet now available from the Nevada Heart Association. Entitled "Reduce Your Risk of Heart Attack", the 16-page pamphlet is the first such publication to wrap up the latest scientific knowledge of factors which significantly increase the risk of premature heart disease. It was prepared by the American Heart Association, parent organization of the Nevada Heart Association.

On the basis of population studies in which thousands of middle-aged persons participated, the Heart Association prescribes this six-pronged attack on heart attack risk factors:

- * Have regular medical checkups.
- * Regulate fat and cholesterol in the diet.
- * Reduce if overweight.
- * Control high blood pressure.
- * Don't smoke cigarettes.
- * Exercise regularly.

PERIODIC MEDICAL checkups, the booklet points out, make it possible for doctors to detect and treat promptly a number of conditions predisposing to heart attacks. These include: diabetes, high blood pressure, and high blood levels of cholesterol and other fatty substances.

MODIFICATIONS IN DIET to prevent elevation of serum (blood) cholesterol are recommended for the public as a whole, starting early in life, as a long-range deterrent to the development of atherosclerosis, the artery-clogging disease process which sets the stage for heart attacks and strokes.

Diets rich in eggs, meat and dairy foods tend to raise the level of cholesterol in the blood, the booklet notes. Specifically, it is the high saturated fat content of most meat and dairy foods and the high cholesterol content of eggs, organ meats and some shellfish which are the trouble-makers.

The public is urged, therefore, to replace saturated fats in the diet with polyunsaturated fats--such as vegetable oils and fish--wherever possible and to eat less food that is high in cholesterol. When dietary cholesterol is added to that manufactured by the body, the excess may be deposited in the arteries, adding to the build-up of atherosclerosis.

COUNTING CALORIES is also recommended --to lose weight, if necessary, or to avoid gaining, if weight is normal.

Cigarette smoking has been found to increase heart attack risk two and three-fold, the booklet points out, noting that this is fortunately a reversible risk factor. Former cigarette smokers who kick the habit approach non-smokers in heart attack death rate.

As for exercise, the booklet reports, a num-

ber of studies have shown that men who lead sedentary lives run a higher risk of heart attack than those who are physically active.

ber of studies have shown that men who lead sedentary lives run a higher risk of heart attack than those who are physically active.

"While there is no ironclad proof that reducing the known risks will prevent heart attacks," the booklet points out, "most of the scientific evidence today points that way. Children stand to benefit most of all, by learning early in life to avoid eating and living patterns that may lead to premature heart disease in adulthood."

To request a copy of the booklet, Reduce Your Risk of Heart Attack, write the Nevada Heart Association, Washoe Medical Center, Reno, Telephone No. 322-3477.

(VALLEY HI, from page 1)

urally fosters segregated groups of students without racial segregation being involved at all.

There are approximately 220 Negro students attending Valley High School all of whom, almost without exception, are from our Las Vegas West Side. This circumstance is a result of a deliberate effort toward integrating the school. These youngsters have a transportation problem which prohibits them, or certainly at least, restricts them in becoming involved in extra-curricular school activities. Many of them walk to school --and from the West Side to Valley High School is a fairly long jaunt.

THESE CIRCUMSTANCES, as we have attempted to outline here, are all contributory to what students at Valley High School consider their major problem--a lack of school spirit.

How we happened to know that this is the feeling of the students is the reason why we flatly stated and earnestly believe that "something wonderful is happening at Las Vegas' Valley High School."

On the day we visited the school, our interview with Mr. Daley was interrupted by a message to him that "other people were waiting for him". He invited me to go along with him to where Valley High School Principal, Dr. James E. Smith, was meeting with a group of students (it seemed to be about 25 in number) who, in their individual positions as spokesmen for the various organizations and clubs on campus had met to discuss ways and means to combat the difficulties with which, as a student body, they are confronted. The main issue on the agenda of the meeting at which we were privileged to "sit in" was the climate that caused the eruption of minor violence last Thursday.

There were all ethnic and religious groups represented at that students' meeting and, believe us when we tell you, these young men and women were communicating with each other. . . . They are neither blind to the problem; nor are they unconcerned. They are trying, and if we stay out of it, except for requested guidance, they are going to work it out. You had to be there to comprehend the depth of feeling these youths are experiencing and the sincerity of their desire to work it out.

Yes, they're feeling their way; they're reaching out--but they are reaching out to each other. There has also been formed a Junior Human Relations Committee at Valley High scheduled to meet for the first time the day after our visit. We are proud to have been invited to attend. But we have an idea that for the present they are better off by themselves. . . . At anytime, if we, here at the VOICE, can be of service, whatever and whenever--every facility at our command goes for them.

We learned something from these young American boys and girls; and for the second time this week, ours was a deeper insight into the real meaning of the Brotherhood of Man. *AK*

Be A Selective Buyer

LAS VEGAS
Voice

A WEEKLY NEWSPAPER (Published every Thursday) DEDICATED to the INTERESTS and ASPIRATIONS for a BETTER LIFE of the NEGRO CITIZENS of the STATE of NEVADA

CHARLES I. WEST, M.D. - Publisher & Editor
ALICE KEY - Associate Editor * JOHN P. WEST - General Manager
DOROTHY WEST - Treasurer * CARITA HARBERT - Office Manager

SONDRA REID - Homemaking, Fashions * EDDY K. KIM, Society
REV. DONALD M. CLARK - Religion * DICK MILLER - Children's Books
RICHARD WILLIAMS, HENRY MILLER & ROBERT JOHNSON - Advertising
CLINTON WRIGHT - Photography * EARL PERKINS - Northern Nevada

EDITORIAL, ADVERTISING & CIRCULATION OFFICES
958 West Owens Ave. (Golden West Shopping Center) Las Vegas, Nevada
Telephone: 642-5308

ADVERTISING RATES FURNISHED UPON REQUEST

Price per copy - 15¢ * One year - \$6 * Two years - \$10
(Application for 2nd Class Mailing Permit pending at Las Vegas, Nevada)