

World Scene

FOCUS ON MALNUTRITION,
A MAN-MADE DISEASE

(For Classroom and Group Discussion)

The World Health Organization has been vitally concerned with malnutrition and getting at the roots of this disease.

In this segment, we see that malnutrition is not caused by famine but by the inability of the people themselves to grow or purchase the food they require.

It is true that in the last few decades certain countries or areas have suffered severe food shortages and famine has developed. However, this is the result of man-made or natural disasters and, in most cases, represents only the acute aggravation of a chronic situation. Most countries where malnutrition is prevalent do not suffer from famine. In fact only a small proportion of their population (mainly small children) suffer from acute malnutrition, clinically recognized; but a much larger proportion are affected by "hidden malnutrition," with no less serious consequences, resulting from the incapacity of these people to produce or

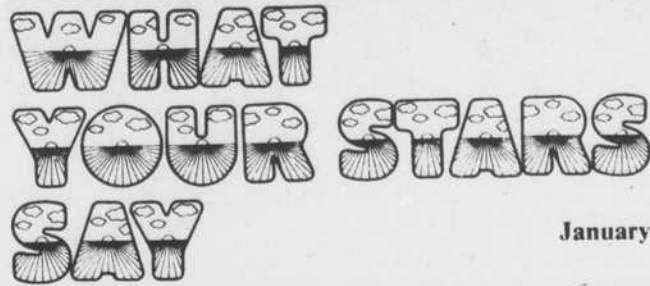
buy the food they need. The total production of food in the country or area may thus be insufficient to meet the biological needs of the population. It is true that the present very rapid population increase is making it more difficult to produce the quantity of food required, but we are convinced that this is not yet due to a fundamental shortfall in natural resources, nor will it be in the near future.

It has also been said frequently that "ignorance" is in many cases the most important cause of malnutrition, particularly in the case of small children whose mothers do not know how to feed them properly. I believe that this is frequently either an exaggeration or a misinterpretation. In general, mothers know much more than they are given credit for, and most populations suffering from malnutrition would eat better and feed their children better if they had the right resources and facilities. To try to "educate" them without solving the real problems has been a frustrating experience for many well-

intentioned workers. This is of course particularly true for populations who still live within their own traditional culture. The situation is different for people who are obliged to live with or are heavily influenced by a foreign culture. Then they may become lost, finding their traditional ways of life no longer applicable or socially acceptable, and mothers may fail to feed their children properly because they adopt practices that they do not understand or are not prepared to follow closely.

Key Questions:

1. What are three main issues in this article?
2. What does this article suggest that you can do about our world situation?
3. How many words did you look up in the dictionary? (If we do not use a dictionary daily, and for every word whose full meanings we may not know, we cannot grow individually and assure the best use of our resources for group freedom and a better America.)



January 31—February 6



FOR THE WHOLE SOUL NATION

If the weather is bad, we can at least stay in and think—but just don't think about the bad, think about the good times that you want to see happen. To concretize thoughts, all one has to do is think repeatedly on a certain idea or concept, and eventually that concept will manifest itself in the universe. However, please bear in mind that this activity is not the same as day-dreaming or fantasizing, and these two pastimes accomplish nothing constructive. To know the difference between your own positive thoughts and fanciful daydreams, you have to ask yourself, can the activity or event flashing across your mind screen be lived out by your own human body? To give full birth to an idea sometimes takes longer than giving birth to a child.

In the meantime, all of us who turned our backs on God, religion and prayer may be wishing that we didn't feel absurd because there's an urge to "ask God to help us" through these terrible times. And if God were to sit down beside you and ask you what you want please don't ask for cars and color TVs and a whole lot of money. Ask for gifts from the higher plane: enlightened consciousness for all people, freedom from poverty, ignorance and disease; opportunities that expand into true freedom; and Love restored in the heart of mankind. "How ye; for the day of the Lord is at hand; it shall come as a destruction from the Almighty." (Isaiah 12:6)

ARIES — March 21-April 20
If the Power you seemingly possess is rescinding, use any time lapses to catch your breath. Because you chose to be alone, you cannot call for help. All that you need for survival is inside you.

TAURUS — April 21-May 21
Let things be as they are; and if someone tries to change you without cause or purpose, your stubborn nature will prevent this. However, should the angel of light present itself to you sounding like your voice talking inside of your head... better listen... better do as the voice says do.

GEMINI — May 22-June 21
You really get angry with yourself when you make jive mistakes—intellectual or emotional. So be it! You'd better slow down and find a peaceable kingdom to wallow in for the next few days; otherwise, you're going to overwork your nerves—and crack!

CANCER — June 22-July 23
Even an invisible shell is made of the concrete energy known as attitudes. When you feel yourself disliking and irritatedly negative, stand in front of the mirror and smile. This shows you how bad negativity really looks. Then you can make the positive choice: "...to be; or not to be..."

LEO — July 24-August 23
Were you recently tormented by a whirlwind just as an earthquake stopped knocking at your door...? Well, good news and bad: the earthquake has stopped for a long while; the winds are just beginning. Control the fire inside yourself!

VIRGO — August 24-September 23
The false concept of beauty in America has made millions of people all over the world hate themselves because of the way they look. And if you hate yourself, you cannot attract the love you so ardently crave. Do not be guilty of this needless infraction against Self.

LIBRA — September 24-October 23
Peace at any price may cost you your temper, and the best way to avoid this combustion is to yield in all

things that don't matter. In regard to things that do matter hold on to your beliefs, preserve and uphold your inspired and artistic visions. Truth is the Way to everlasting Beauty.

SCORPIO—October 24-November 22

A way to lessen or wear down the crusts of intensity is deep-breathing or jogging. Sitting and staring in a comfortable position also helps. Other people seem to see something in you that you haven't realized about yourself. Don't let the ego speak for the "I."

SAGITTARIUS—November 23-December 21

Positive thinking has to be more than refusing to comprehend a reality because the reality is ugly. Positive thinking sees the good in all that is; and accepts that which is ugly. Purify the bloodstream. Watch and Pray!

CAPRICORN — December 22-January 20

It is possible to believe that the secret of eternal youth and longevity is Love. And Love, coupled with pragmatic principles to establish Harmony, will create an ecstatic Beauty—but only memory is eternal.

AQUARIUS — January 21-February 19

to manifest the genius inherent in one's nature, one must discipline both mind and body. If you feel good and evil warring for your Soul while you watch from a detached position, you are being the genius that you are.

PISCES — February 20-March 20

Don't let your mind just run; let it run into some positive idea that can be turned into creative revenue. You are so gifted that you take your gifts for granted, and your major life-problem can be maintaining a fearless order.

©copyright 1979
Black Resources, Inc.

OUR GIANTS SPEAK

THE STRUGGLE OF PETER AND WILLIAM STILL AND THE UNDERGROUND RAIL ROAD

(The following letters are to William Still, brother of Peter Still and fighter in the Underground Rail Road.

In the years following his and his brother's attempt to free their own family from enslavement, although that attempt was unsuccessful, he relentlessly pursued the freedom of his enslaved black brothers.)

Part XI of 12 Parts

St. Catharine, C.W.
July 2nd, 1855.

My Dear Friend, Wm. Still:—Mr. Elias Jasper and Miss Lucy Bell having arrived her safely on Saturday last, and found their "companions in tribulation," who had arrived before them, I am induced to write and let you know the fact. They are a cheerful, happy company, and very grateful for their freedom. I have done the best I could for their comfort, but they are about to proceed across the lake to Toronto, thinking they can do better there than here, which is not unlikely. They all remember

you as their friend and benefactor, and return to you their sincere thanks. My means of support are so scanty, that I am obliged to write without paying postage, or not write at all. I hope you are not moneyless, as I am. In attending to the wants of numerous strangers, I am much of the time perplexed from lack of means; but send on as many as you can and I will divide with them to the last crumb.

Yours truly,
Hiram Wilson.

Boston, Mass.,
Feb. 15th, 1855.

No. 2, Change Avenue.

My Dear Friend:—Allow me to take the liberty of addressing you and at minutes past three. You will please send me any information likely to prove interesting in relation to them.

Lately we have formed a Society here, called the Fugitive Aid Society. This is our first case, and I hope it will prove entirely successful.

When you write, please inform me what signs or sym-

bols you make use of in your despatches, and any other information in relation to operations of the Underground Rail Road.

Our reason for sending by the Reading Road was to gain time; it is expected the owners will be in town this afternoon, and by this Road we gained five hours' time, which is a matter of much importance, and we have occasion to use it sometimes in future. In great haste,

Yours with great respect,
Jos. C. Bustill.

Key Questions:

1. What are three main issues raised in this article?
2. What does this article suggest about our life situation today?
3. How many words did you look up in the dictionary? (If we do not use a dictionary daily, and for every word whose full meanings we may not know, we cannot grow individually and assure the best use of our resources for group freedom and a better America.)

SPALDING MORTUARY

Elder O. L. Jefferson, Counselor
Agent For
Golden State Mutual Insurance.

310 Foremaster Lane 384-9642