

# Health

NNPA FEATURE

## COPING

by

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### A SHORT MEMORY

Quick! When was the last time you heard or read about the brutal beating of Rodney King by Los Angeles police? Outside of Los Angeles, the case is practically forgotten. It's back to business as usual. Black people have short memories. Black people are "So kind and forgiving."

The unfortunate fact is that Black people have experienced police brutality, and general racism, so frequently that they accept it as a way of life. "Nobody ever did anything before to stop it, so what makes you think that anything will be done this time?" This statement represents the thinking of most Blacks. And this is a major reason for the continuation of racism and for the brutal by-products of racism from job discrimination to police brutality.

The great M.C. Hammer sings "you can't touch this!" Racists say, "you can't touch me!" They generally know that nothing bad will happen to them if they beat up on a Black. Whites generally feel, "if Blacks aren't going to help themselves, then don't expect to me to help help you. After all, I receive the benefits of racism such as good jobs." Many of my friends have told me that not a single white colleague of their's bothered to discuss the brutal beating of Rodney King.

You should not underestimate the severe ugliness that the Rodney King brutality case conveys about racism in America. You should never forget that as Rodney King was being clubbed in the head by a policeman, he turned over onto his back in order to avoid this continuous attempt to crush his skull. Another policeman, then, clubbed him in the face and broke the bones around his eye.

Yet, few whites across the country even discuss the case, and most Blacks act as if they would rather forget that it happened. Jewish citizens of this country use an excellent tactic against anti-semitism. They publicize every single act of anti-semitism that occurs, whether large or small. They make a continuous effort to keep anti-semitism on the front page. Black people must adopt the same tactic. They must join together to contact the media regarding the smallest instance of racism. When the media gets tired of hearing about it, they must go from door-to-door and tell anyone who will listen, about what happened to them. You can join or organizing a group whose purpose is solely to collect and distribute data about every case of racism.

The Rodney King police brutality case presented a once-in-a-lifetime opportunity to force the public to focus on what really happens, daily, to Black Americans. This window of opportunity has nearly closed and may never open again.

Continuous publicity of racial insensitivity will have two major impacts. 1) It will let the world know that racial brutality really does exist, and that Blacks experience its ugliness daily. 2) It will let the world know that Blacks are a strong, strong people, contrary to what many people currently think of Blacks. Few people of any race could withstand the **psychological** ("you're lazy, dirty and stupid"), **physical** ("Beat the hell out of this nigger") and **legal** ("you can never prove that we won't give you a job because you are black") aspects of racism. Black people are strong people.

### WHO LIVES, WHO DIES, WHO DECIDES?

## Reid Debates Ethics of Health Care Rationing

Who lives, who dies, who decides? The high cost of health care in the U.S. gives favored treatment to the wealthiest citi-

zens and hurts low-income, working class people, according to U.S. Senator Harry Reid.

Reid made his remarks on June 19 to a panel of distinguished medical ethicists appearing before the Senate Special Committee on Aging.

As a member of the committee, Reid took part in a hearing to discuss the future of health care in the U.S. and the ethnics of rationing.

Currently, 35 million Americans, primarily low-income or working class, are uninsured. These individuals receive no medical attention until they have a costly health crisis, which places tremendous burdens on the entire system.

Senator Reid testified: "Health care in this country is rationed according to the ability to pay or job status.

Rather than issuing rationing

coupons, like those issued in World War II, we rely on U.S. dollars or employment benefits as "coupons."

These health "coupons" are distributed unevenly in ways that might be considered illegal if it were a government program. Children have the least; women get small share; people at some companies get unlimited coupons, while other workers get few.

"The bottom line is that we are rationing now, only we are doing so in ways that we all can agree are unfair, that cannot pass the test of health "ethics."

At the same time, health care costs are escalating out of control. The system is broke. We need to explore ways to fix it. This hearing is a good starting point for finding a more enlightened way to distribute our life-preserving health resources."

### WELL-KNOWN CRIMINOLOGIST TO PRESENT INFORMATION ON GANGS AND TEEN HOMICIDE

HCA Montevista Hospital is proud to present a free seminar on July 10, 1991 entitled "Gangs and Teen Homicide," presented by James R. Davis, Criminologist, at HCA Montevista Hospital, 5900 West Rochelle Avenue, Las Vegas, Nevada. The seminar will begin with hors d'oeuvres at 6:00 p.m. followed by the lecture from 6:30 p.m. to 8:30 p.m.

Mr Davis will discuss how to recognize the symptoms of street gangs in our community, graffiti, hand signals, tattoos, uniforms, i.e. dress, Fila brand, bullet tops and clothes, along with the M.O.'s of street crimes.

Mr. Davis has been a member of the law enforcement community, college instructor in criminology and professional police and corporate security training for the past 18 years. He has written six workbooks, three textbooks and numerous articles on law enforcement and security topics. His firm is certified, approved and recognized by over 20 state training commissions. He has provided training to countless audiences and police agencies throughout the country.

Seating is limited. Please call to pre-register, 364-1111, ext. 101.

Your body,  
your skin & you  
**dial-ogue**

**DEAR DIALOGUE:** Although she did me a favor, my best friend just told me I had bad breath. I wasn't aware. How can I tell, and what should I do?

M.C., Payson, Ariz.

**DEAR M.C.:** Sometimes there's a medical problem causing halitosis (bad breath), but usually it's caused by notoriously smelly food, such as onions and garlic, by a sour stomach, or by food particles between the teeth. Here's a tip: run dental floss between some of your teeth, and then sniff the floss. If you've got bad breath, your nose will tell you! It's a good idea to floss thoroughly after every meal, too.

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**DEAR DIALOGUE:** My feet are killing me—especially when I wear high heels.

K.W., Florence, Ala.

**DEAR K.W.:** Chances are, you are suffering from "Cinderella Complex." Another word for it, vanity. According to a University of Southern California study, nine of ten women wear shoes smaller than their feet. And 80 percent suffer foot problems as a result. Apparently most women avoid having their feet measured, so they are in the dark about proper size. But, you must realize that the higher the heel the more your foot is in the downhill position toward your toes. A lower heel should help.

**DEAR DIALOGUE:** Do I have to worry about exercising during periods of bad air pollution.

T.T., Kansas City, KS

**DEAR T.T.:** The quick answer is—Yes, worry. A new study in Phoenix reports that in 1990, on those days that a brown stain hung in the air, deaths increased. There's plenty of other evidence that athletes are particularly at risk, because during exercise their bodies process greater amounts of air. Thus, if air is polluted, they take in more pollutants.

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**DEAR DIALOGUE:** I love salads, but hate low-cal dressings. Which regular dressings are the best to use?

G.S., Union City, NJ

**DEAR G.S.:** In general, regular dressings are high in fat—much higher than the reduced calorie dressings. Here are average calories contained in a tablespoon of the popular dressings: ranch, 100 calories; Russian, 150; blue cheese, 155; Italian, 140; French, 135; thousand island, 120.

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Do you have a question about personal hygiene or wellness. Write The Dial Corporation, Dial Tower, Phoenix, AZ 85077-2452. For a personal reply send a SASE.

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