

Jamaicans—The Beautiful People



Nearly every day one can read news stories about the "Beautiful People," those elegant sophisticates that gather everywhere—quite often on the Caribbean island of Jamaica.

Yet Jamaica, whose motto is "Out of Many, One People," happens to be the permanent home of another kind of beautiful people—the Jamaicans themselves. Their physical beauty, locally taken for granted, evolved from a coming together of emigrants from all parts of the world.

First the original Arawak Indians were displaced by the Spanish, followed by the English and Africans. After slavery was abolished, a Lebanese, East Indian, Chinese and Jewish influx began.

Much later, with the discovery of Jamaica as a place to regain one's health and peace of mind, or a place of growing industrial worth, a different kind of emigration began, and it is still going on: Canadians, U. S. citizens, Germans, French and South Americans.

Thus, although a majority of Jamaicans reflect some measure of their African heritage, the endless variations range from blond to black, from blue-eyed to brown, from tiny, delicate bone structure to powerful, rangy and tall.

Travelers pausing on a mountain road to buy a hatful of mangoes or a bag of "pepper shrimp" may be surprised to find the saleswoman an exotic combination of almond eyes, golden brown skin and a tiny, 96-pound frame; she could be a mixture of Chinese, Scotch, Negro and East Indian—and who knows?—perhaps even a bit of Lebanese. Truly, Jamaica's motto could easily be "Out of One Nation, Many Beautiful People."

Anonymous Black Medical Student Tells Different Aspect Of City Drug Story

By MARK PINSKY

McNeil is quite candid in his analysis of why most psychiatrists are more interested in treating users of marijuana, hashish and LSD users than heroin addicts and alcoholics.

"Most psychiatrists like patients who keep appointments, get well soon and say 'thank you.' Addicts and alcoholics don't usually fall into that category and, he adds, usually take three times the effort for little or no demonstrable and lasting progress.

And while McNeil has gotten only "halfway through 'Black Rage,'" he has read much of Arthur Jensen's work on the heritability of non-intelligence among black children. Beyond that, he tends to think that the answer to some of Durham's problems of high rates of narcotics use, illegitimacy, AFDC (welfare, Aid for Families with Dependent Children) lies with the expansion of "family planning" (i.e. birth control facilities in the ghetto, rather than "social engineering" programs.

An Aside

An area black medical student, who preferred to remain anonymous, pointed out a different aspect to the drug problem in Durham.

"Not three blocks from that Durham County Community Mental Health Center is the place where for thirty years heroin has been openly sold and distributed in the black community. It's gotten so bad lately that the city has asked that it be declared a 'public nuisance' and has actually said why it is a nuisance. They didn't request that the city police or the SBI actually do anything about the people who bring the stuff in every week. To them, all that dealing out in the open is just a 'nuisance.'"

Community Center

Dr. John Giragos, the composed and friendly Director of the Durham County Community Mental Health Center, is concerned with the image of his facility. He explains that in recent months administrative duties have kept him from doing substantial case work. At present, his staff consists of five psychiatrists, each of whom spends one full day a week at the Center, two social workers, several nurses, one psychologist, a parttime pastoral psychologist and two secretaries. All are white. Most of the psychiatrists come from Duke on a "consultant" basis. With a staff and facilities Dr. Giragos readily admits to be inadequate to the needs of the County, he is concerned that County residents get the idea that the Center is "only for the poor" or "only for the black." He would like people to see it rather as a Center for all of the county.

However, when questioned on the special problems of mental health care for black people, or "black psychiatry" as it is called by some, Dr. Giragos claimed not to have heard of, let alone to have read such recent, best-selling "classics" in the field as "Black Rage", by black psychiatrists Grier and Cobbs, "The Wretched of the Earth" and "Black Faces, White Masks" by the late Dr. Frantz Fanon, or even the less popular "Mark of Oppression," by Kardiner and Ovesy or more recent "Black Suicide" by Hendin. Beyond that, he said he was unaware of the quantity or proximity of heroin traffic down the streets from where he was sitting. No special efforts at advertising the Center's existence in the nearby black community were being made, he stated, other than sending out PR releases and having stories written in the local papers, despite the general mistrust by black people of white psychiatrist treatment noted by Dr. Giragos during the interview.

As the discussion got more pointed, Dr. Giragos suggested visiting Dr. Jackson, whom he described as "fanatical on this black/white business," but warned that she was "totally unobjective."

Response

Dr. Jackson has her own rather blunt reaction to Drs. McNeil and Giragos.

"Very often, individuals harboring negativistic attitudes toward blacks fail to verbalize their real feelings. They tend to conceptualize legitimate efforts designed to reduce racial prejudice and discrimination as illegitimate ones in order to help maintain the status quo—a status quo which must be changed if further inroads in reducing racial discrimination are to occur. Too often, persons in decision-making capacities—administrators especially—send up 'red herrings' to try to avoid the critical issues at hand. When confronted with individuals bearing legitimate concerns and demands, such persons yell 'Communist,' 'fanatics,' 'leftists,' 'radicals,' 'campus bums,' and so on. This labeling is quite inappropriate, for the issue is still at hand."

At this point, Dr. Jackson loses her customary smile.

"Perhaps since 'fanatics' have no success in effecting changes through mere verbalization, it may well be that, unfortunately, harquebusiers (Webster's: "one who carries a 1400 cent. large mouth rifle) may yet be needed catalysts in producing fundamental changes in certain modes of behavior. In any case, no individual who is prejudiced toward and/or discriminating toward blacks can function effectively as a mental health professional in treating blacks. Above all, no individual who, in 1970, persists in open use of the term 'Nigra' and who believes that Jensen was 'right' in asserting that blacks are innately inferior intellectually can provide any diagnosis or any treatment for any black."

"The major issue is still that of full-time employment of black professionals at the Durham County Community Mental Health Center and elsewhere. Qualified persons have been available and are yet available."

Employment

Employment practices both at the Durham County Center and in the Durham County Unit of Umstead Hospital, as Dr. Jackson notes, have been of particular concern to the Black Professionals Group. Al Kirk, a burly but soft spoken black man with a master's degree in psychology, was director of the Job Information Unit of Operation Breakthrough (a local anti-poverty organization) before leaving Durham for a Ph.D. program at Michigan State University. Working closely with Dr. Jackson, Kirk attempted to place a number of black professionals at the County Center and to begin extensive training programs for black youths to become "para-professionals."

The black first person was referred to the Center for a secretarial position in the fall of 1968. She was hired, but a short time later complained of having to do equal work for unequal pay and of being subjected to hostility and unfriendliness by her co-workers. As a result she left the Center and went to work for the UNC School of Public Health in Chapel Hill.

A black social worker, who was trained and experienced in psychiatric work, came down from Connecticut to interview for a job at the Center. She claimed that during her interview, Dr. Diragos said there were no openings, discouraged her future prospects and suggested she look elsewhere for a job. She was later hired by Duke, where she is still working.

Most recently, a black psychiatric nurse (RN) with over five years experience on psychiatric wards went down to the Center and was hired. Within a short time, however, she too left, charging that the staff and other employees made working conditions so unpleasant that she has to leave. She was subsequently hired by North Carolina Memorial Hospital, where she is still working.

Together with Dr. Jackson, Al Capehart, Director of New Careers (another Durham program) worked up a program for funding by the federal government. The program was to train poverty-level adults to be given on-the-job training at the Center in order to become

"para-professionals," in many phases of health work. Theoretically, this would have eased the problem of communication and trust between black and poverty-level patients and white middle-class doctors with everything else in order, Dr. Giragos refused to add his signature, thus killing federal funding possibilities.

Durham Unit

There are no black psychiatrists in Durham County. There are no black psychiatrists assigned on a full time basis to John Umstead Hospital. There are three black psychiatric nurses at Umstead (but only one, Mrs. Barbara Hayes, sees patients) and two black social workers (neither of whom are assigned to the Durham County Unit). There are naturally a number of black attendants.

According to Mrs. Hayes, acceptance of the few black professionals by whites at Umstead has been grudging and slow.

"I don't think Umstead is 'ready,' even today, she says, for a black person to head one of its nursing units—regardless of her qualifications and experience."

Duke's Role

Listed in a pamphlet entitled "A Guide For The Patient and Family," (published by Umstead Hospital) as "an additional mental health service" for Durham County residents, besides the Center and the Child Guidance Clinic is the "Department of Psychiatry, Duke University Medical Center."

What is not noted there is that in order to be admitted as a psychiatric patient to Duke it is necessary to put down a \$950 deposit. And that only entitles one to see a resident or intern. To see a psychiatrist the deposit is \$1250. There are, however, several "exceptions" to that regulation.

State law requires that any hospital admit individuals exhibiting active suicidal or homicidal tendencies. In addition, indigent psychiatric patients are sometimes admitted to Duke Hospital if their particular illness comes under the purview of a research grant held by a doctor on the hospital or university staff. If the grant runs out or is cancelled, they may be forced to leave the hospital or be transferred to Umstead.

Recommendations

The Black Professionals Group has a number of specific requests to make of the Durham County Community Mental Health Center, The Durham County Unit of John B. Umstead Hospital and the Department of Psychiatry of Duke University Medical Center.

Employment

- That the three facilities, singly or jointly, make an effort to hire at least one black psychiatrist to serve Durham County.
- That the three facilities all take vigorous, affirmative action to increase the number of full time, black, professional mental health care workers.
- That the Durham County

Community Mental Health Center make an urgent and immediate step in this connection.

Facilities

- That before one more "switchboard" or "drug action center" is opened for the benefit of wayward pot heads or bad acid trips, the three facilities, singly or jointly, take steps to establish a heroin addiction treatment center.
- That Duke begin accepting at least some indigent cases for in-patient, psychiatric treatment.
- That the Durham County Community Mental Health Center begin immediately to advertise its existence and facilities throughout the black community and media.

Education

- That lacking a resident black psychiatrist, the three facilities, singly or jointly, obtain the services of black psychiatric personnel to speak at and participate in seminars for the educational benefit of white psychiatric personnel.

b. That should Duke University and Medical Center continue to use poor black people for guinea pigs and human teaching exhibits, it begin to compensate them on a level with all other such teaching personnel.

20 Persons Perish In Calcutta Floods

CALCUTTA — Twenty persons drowned during the past three days in flood-stricken Calcutta, where 30,000 have been forced to leave their homes, police reported.

The floods brought all transportation to a halt and closed most factories and offices. Monsoon rains also have flooded eastern India's Bihar and Orissa states, where 50 persons drowned in three boat disasters since Friday.

SAN JUAN, P.R. — Scientists at Arecibo Observatory plan to heat the sky over Puerto Rico with radio beams in order to study the earth's ionosphere through the use of radar techniques. They said heat changes the thickness and strength of the ionosphere, a belt of electrically charged particles beginning 50 miles above the earth's surface.

Spotlight on HEALTH

HEALTH AND SCIENCE SHORTS

An article written for pharmacists advises that dandruff needs "continuous control." Habitual use of "a pleasant shampoo containing the proven-effective sulfur and other medications" is suggested as the way to achieve this control.

A number of effective dandruff shampoos which control sulfur can be used as a "regular" shampoo after the condition clears. One of these, pHisoDan, also contains an antibacterial agent that helps to prevent bacterial infection of the scalp.

When used routinely, the antibacterial skin cleanser, pHisoHex, has been found to control perspiration odor by markedly reducing the bacterial count on the skin. It protects skin against these bacteria between washings.

Drafts, dampness or wet feet will not give you a cold! However, prolonged exposure to

chilling, dampness or overheating lowers body resistance, and the ability to fight off infection, including common cold virus.

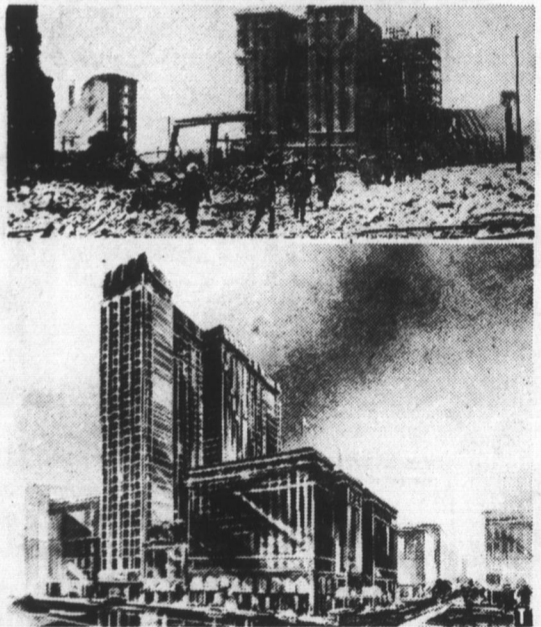
Once a cold strikes, rest helps the body to build up resistance against complications. Aspirin helps headache and achiness. Gargling eases a sore throat. Sprays or drops containing Neo-Synephrine are often recommended for relief of nasal congestion and postnasal drip.

Teenagers with acne are more likely to seek medical help in fall and winter than in summer.

An explanation offered by a New York dermatologist is that "the ultraviolet rays of summer sun, in moderation, provide a beneficial peeling and drying action on oily, blemished skin. These rays also have a bacteriostatic effect."

The physician advises that this peeling and drying can be simulated through the use of a medicated cream, such as pHisoAc.

"FROM ASHES TO THE SPACE AGE"



(Top) The St. Francis Hotel stands above the rubble and ruins left in the wake of the catastrophic 1906 San Francisco earthquake and fire.

(Above) An artist's model of the modern St. Francis as it will appear when its new \$42 million tower is completed.

From early California's turbulent gold rush days, through the catastrophic 1906 earthquake and fire to one of the most modern hostleries in the world, San Francisco's majestic St. Francis Hotel stands as a monument to the vibrant city and its people.

A lodging place for gold barons, the original St. Francis Hotel was known as "the" fashionable house in 1849 San Francisco. Despite rumors of a questionable casino in the basement and thieves and murderers in the halls, the 3-story wood and pasteboard structure was the best early San Francisco had to offer until it was destroyed by fire in 1853. Preceding its destruction, however, the hotel established itself in historical annals by being the site of the poll for the first California election.

The city was without a St. Francis for more than a half a century until the "new" hotel was built in 1904 on the west side of historic Union Square, where the present hotel stands. The 1906 earthquake, with its following conflagration, gutted the St. Francis, leaving the basic structure sound but

uninhabitable. Before it was reopened in 1907, one of the most dramatic stories in hotel history unfolded across the street in Union Square where the hastily constructed, 110-room St. Francis Annex provided essentially the only lodging for the thousands of tourists who flocked to view the ruins. Although it had only a short life, the "Little St. Francis" was an integral part of history surrounding the earthquake aftermath.

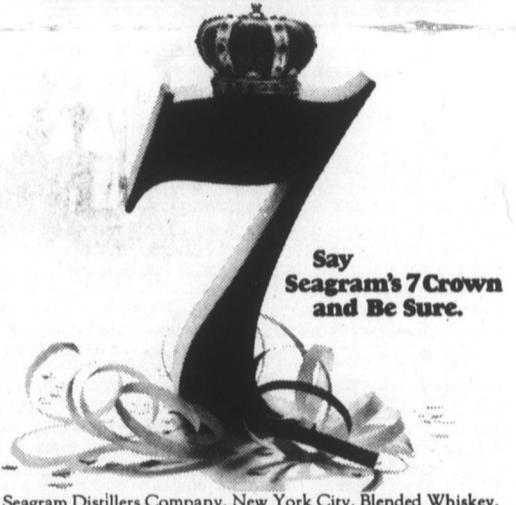
Since its reopening in 1907, the St. Francis has become the traditional lodging place of visiting royalty, dignitaries and celebrities, and its registry reads like an historical "Who's Who" with names like MacArthur, Eisenhower, Wilson, Hoover, Nixon and Pompidou. It was in the St. Francis that the United Nations was born.

William G. Quinn, vice president-general manager of the St. Francis, said, "Although rich in history, the hotel is as contemporary as any in the world, with such features as its new \$42 million tower due for completion in late 1971."

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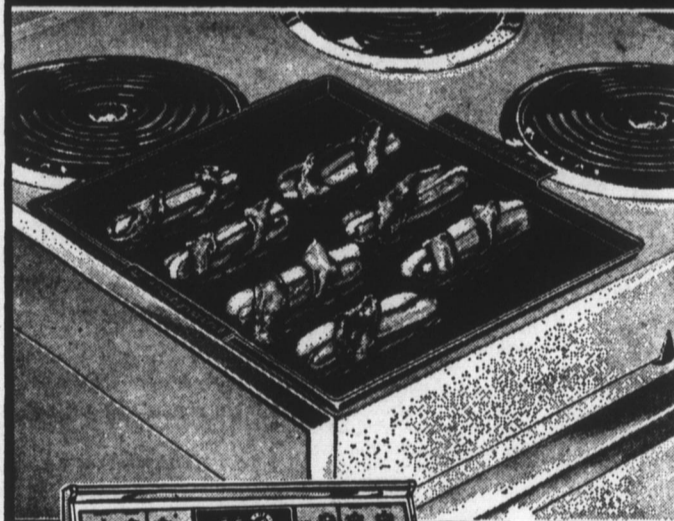
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