

# DAILY LIVING

WHY THE FEAR OF DEATH!



William Thorpe

By WILLIAM THORPE

A local doctor told me a few years ago that he had more people occupying space in his waiting room in good health than were the sick.

He explained about a young woman who came into his office saying: "There must be something wrong with my heart. I have sharp pains and a heavy feeling in my breast. I am so exhausted, that I wake up in the morning dreading to face another day." He said he took a history of her symptoms, gave her a physical examination, and requested several tests.

The electrocardiogram revealed no evidence of heart disease, and the findings of all other tests were negative. The cause of her distress was an emotional distress rather than a physical upset.

He said, if the patient would accept his diagnosis, she would then have taken the first step in over-coming her emotional problem. But the hardest job was to get her to realize that her complaint was not due to disease, and to convince her that her emotions were making her ill.

He also quoted: "I found out later that the patient's neighbor had died suddenly of a heart attack, and my patient felt she might have one herself. I treated her for a month, giving her mild tranquilizers to keep her calm, and sedatives so she could sleep well, and she soon got rid of her emotional problem."

I told you about that because so many people perhaps fear death, and worry themselves over the uncontrollable that they are afraid to go to bed at night, fearing they won't awaken the next

morning. Believe it or not, some people get nervous just riding by a funeral home, or listening to the obituary column on the radio. In fact, a friend of mine was building a house several years ago; by the time he finished the foundation, he got married. His wife stopped him at that point, because she couldn't stand the idea of going by a cemetery to get home. He actually gave up building it to satisfy her.

Now, the question is: "Why do they fear and worry about these things?"

In my opinion, if a person fears death to the extreme, he should find out why. Maybe he was reared up with the idea that fire and brimstone would be his lot after death; or the devil will get him, and he will be burned through eternity.

During my adult life, I never have sought anyone's opinion about anything unless I had reason to believe that another person knew more about the subject than me. Therefore, if so many different things would be eliminated about the hereafter, perhaps most people wouldn't worry about death.

Now, I once feared death when I was a boy. I would sometimes dream that I was dead and could see them letting me down in my grave. But when I awoke, I would be on the floor beside the bed. My mother would talk to me about dreams. She said: "Take your dreams backwards son, and don't worry about the thought of death. You have a lot to live for." I did what she said, and no more worrying over dreams or even death for me. Now! how do you think I feel some thirty years later? I feel free; also I'm proud to be an adult, and I'm not afraid to die, because I keep myself so busy living that I don't have time to worry about circumstances beyond my control.

Finally, all it takes is faith in ourselves. Faith can show us what needs to be done, and gives us the courage to do it. We should therefore do what we can to remain in good health and good spirit, avoid obvious threats to life and in other ways, make logical use of the motive of self-preservation.

## NCCU NEWS

FREELANCE PHOTOGRAPHER HAS EXHIBIT AT NCCU MUSEUM

George Walker, 24 years old freelance photographer, from Nashville, Tenn has several photographs on exhibit at the NCCU Art Museum. They will remain on exhibit until October 5.

The museum will be open from 1 to 4 p.m. Monday through Friday and from 2 to 5 p.m. on Sunday.

Walker is a graduate of Fisk University with a B. S. degree

in Political Science. He trained for one year in photography at Fisk under Robert A. Sengstacke.

He has had one man shows at Fisk, Nashville's Circle Theatre and Alabama's Talladega College. He was a contributing photographer to the ACLU Art Show in Nashville in May, 1972 and to an exhibit sent to the Soviet Union last January for 18 months.

His works have appeared in such publications as "South Today", The Chicago Daily Defender, The Pittsburgh Courier, "Indian Historian", American Report and Newsweek.

This past summer he traveled to West Africa, focusing his camera on African midwives and on Black Americans in Africa.

NCC STUDENT TEACHERS OFFER TUTORIAL SERVICES

NCCU students teachers will offer themselves as tutors to Durham Primary, elementary and secondary school pupils this semester. Tutorial sessions will begin at 5 p.m. Monday in the James T. Taylor Education Building. Pupils may also register then for the programs conducted by the NCCU chapter on the Student some of them still on parole, and set in a stylized prison.

The four-character play is scheduled at 8:15 p.m., Thursday, in B.N. Duke Auditorium. Earthy in plot and action (a toilet bowl dominates the setting), "The Cage" touches on moral, religious, and social issues.

The play was written by Rick Cluchey, who left prison in 1966 after twelve years of a life sentence for armed robbery and kidnapping. But Cluchey and his partner Ken Whelan, also once a prisoner in California's San Quentin, consider "The Cage" a work in progress.

During three national tours, the play has changed. It now incorporates references to Attica and to the shootout at

# FROM BLACK

By John Hudgins

By now you have picked out your favorite new television shows. For the next few months you will have your own self prescribed brainwashing-propaganda from Shaft to Marcus Welby. Since Black people are going to watch television anyway, I do want to make a few comments about what you will be watching and what I think is its intended effect.

Of most importance to me is the rapid increase in the number of shows glorifying policemen, private detectives, law enforcers. This phenomena is no accident. There are two basic processes behind this trend. Let us look at them.

I. For white people in this country the police are a symbol of white control. America is indeed a very violence oriented society. Thus when the television shows Mannix, and Dan August, and the F.B.I. and others shooting up people who threaten the status quo the white psyche is reinforced that "we" are still in control. People who watch T.V. shows identify with the main characters. Thus questions are not asked when Colombo, Barnaby Jones and others harass people into confessing. We don't ask questions when Dan August beats up a suspect, cause we understand August as the "good guy". Thus we find ourselves along with white people justifying all kinds of oppressive behavior in the name of law and order. (Notice how they read the rights after they psyche somebody out or beat him up.)

II. The other process which is more important for our thinking is the effect all of this has or is intended to have on Black people. We see a constant reinforcement of white is right. Whether the crook is Black, white, brown, or purple, the winner or the good guy is always white or works for white folks (like Shaft). Not only that be the illusion of what crime is, is perpetuated. The kind of crimes that people want to see are projected. We don't see Mannix chasing down slumlords, or Barney Jones breaking a dope ring of prominent white businessmen. The illusion is perpetuated that the white boy always win. We know for a fact that there are many crimes that are not solved (4 murders in Durham). There is no projection of the failures of law enforcement to protect all of the people.

Thus we and our children go around with the idea of an infallible white boy law and order. Thus when it is time for us to become active in protecting ourselves or in liberating ourselves we remember that the F.B.I. always gets its man, especially if he is Black. What you forget are the number of uncaught pushers that you personally know, and the number of people who can pay their way out of jail (after Kojak catches them).

Take that into consideration the next time you set down along with some of these questions:

1. Why is it that Marcus Welby and Joe Cannon only see one Black or minority patient a year?
2. Why is it that Owen Marshall and Perry Mason only get one Black client per year?
3. How come the Black fellow never puts his fist in Archie Bunkers' mouth?
4. How come Mannix's secretary doesn't have a boy friend?
5. Why nobody Black ever reads the 6:00 news even when the regular white boy is sick, on vacation, or dead?

I understand that television is a major source of entertainment in this country for most people including Black people. I only hope that you begin to think and to analyze what you watch. It may entertain but unless you understand it, it can do far more damage to your ability to deal with reality than, we can afford as an oppressed people.

the Marin County courthouse that resulted in the charges against Angela Davis.

Its actors and writer knows what they're talking about. They have experienced prison, and the society of which the prison is a microcosm, themselves. But they are also trained actors-- a Federal grant paid for the training-- and they have performed before members of Congress, in New York, Philadelphia, and San Francisco theaters, and on more than 400 campuses in the United States, including Alaska and Hawaii, and in Canada.

The play opens the Lyceum Series at NCCU. All presentations in the Lyceum Series, directed by Earl Sanders, are free of charge.

Also on the fall Lyceum schedule are "The Descendants of Mike and Phoebe," a jazz group, on October 25, and the George Faison Universal Dance Experience on November 13. Education Assn.

Miss Katie J. Lawson, president of the chapter, said tutors will include students who plan to make teaching their career and other NCCU students. The program, planned and coordinated by the SNEA chapter, uses members of the NCCU education faculty in an advisory capacity.

NCCU MUSIC TEACHER IN CONCERT SUNDAY

Mrs. Gwendolyn Tait Haskins, soprano, will perform a concert of classical music and traditional spirituals Sunday, September 30, at 4 p.m. in B. N. Duke Auditorium North Carolina Central University.

The program is sponsored by the university's Student Government Association. Mrs. Haskins is a member of the faculty of the NCCU Department of Music.

The concert will include works by Carissimi, Handel, Berlioz, Richard Strauss, Stravinsky, Respighi, and Menotti. It will be performed in chronological order. Carissimi was born in 1604 and wrote the opening work, "Amor mio, che cosa e questa?". In 1662. Menotti, born in 1911, wrote the final classical work to be performed in 1947.

The program will end with a selection of traditional spirituals.

Mrs. Haskins will be accompanied by Scott Hill at the piano. Assisting will be Dr. Mary Gray White, cello.

NEW YORK — David A. Culpepper of the Bronx, NY has joined the Sperry and Hutchinson Company as manager of development projects. He's responsible for searching out and reviewing opportunities for development of new business for the company's diversification program.

There was a surprise feature last week when 111 members of Union Local 144 were graduated from a 20-week course in health careers training. The surprise was a plaque presented to Local 144 president Peter Ottley, who founded the health careers program.

The body of John P. Davis, former editor of the Magazine Our World, and who edited the well known reference volume, "The American Negro Reference Book" was taken to Washington for burial. He was once national secretary of the National Negro Congress.

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