

The statements that are made by some other person often dictate the way that we feel about ourselves, the other person and the situation that is the topic of conversation. Our feelings are extremely sensitive aspects of ourselves and change rapidly and frequently. Often, the change in feeling is undetected by us until it develops into a stroke or heart attack.

Remember, everything with which we come into contact brings about a change — either minor or major — in our pulse rate, our heart beat and other significant aspects of our physiology. Many people think that we experience a change in pulse rate only when we are confronted with an extreme situation. The truth is that the pulse rate can experience drastic changes from one minute to the next.

If we are at home, relaxing and watching television, the pulse rate may be normal. But, it changes as soon as the telephone rings or, the dog barks, or we read a letter from a friend, or we think about work, or we think about a bill that we must pay.

Thoughts affect our state of being as well as do activities in our environment. Often our feelings are more affected by our thoughts than by other factors. Try us-

Somalia, located in the strategically vital Horn of Africa, is one of the world's poorest countries. Since October, 1979 an average of 1,000 refugees per day have been crossing that country's borders, fleeing the disputed Ogaden region of Ethiopia. The overwhelming majority of these refugees are women and young children.

In scale, the tragedy of Somalia rivals that of Indochina and its boat people. And yet the world community largely has been indifferent to the suffering of the unfortunate Somali victims of Ethiopian brutality. Moreover, little attention has been paid to this problem by the black community in the United States.

Recently, I returned from Somalia, where, as part of an International Rescue Committee study group, I observed first-hand the dimensions of the refugee problem.

In one arid refugee camp into which approximately 65,000 Somali women and children have been crammed I observed a thin, sickly young mother taking her child to a nearly dried up river to feed her baby what she knew was poisonous water. Her desperate act was intended to provide temporary comfort for a child which she knew would ultimately die whether of dehydration

Coping

Feelings

By Dr. Charles W. Faulkner

ing your imagination. Try thinking about a beautiful beach in Hawaii, the sun producing gentle warmth — there is a soft breeze blowing and you are relaxing on a blanket, drifting off to sleep. How do you feel?

The above scene has probably relaxed you and may, in fact, send you into a quiet, comfortable sleep. Your pulse rate is most likely quite low and stable. Your heart beat is normal and you are feeling good.

Now, imagine that you are on a lonely road in the country at night. It is very dark and you can hear dogs barking in the distance. It is beginning to rain. You hear thunder in the distance. You are lost with little hope of

being found any time soon. Examine your pulse, heart beat and feelings now. Do you notice a difference?

Often, you will feel the very way that you think you feel. If you think that you are nervous at this very moment, you can actually feel yourself becoming nervous. If you think that you feel and itch on the back of your hand, you will begin to feel the itch on the other hand. If you think you are strong and stable, you will begin to feel confidence permeating your body.

Your thoughts dictate your feelings and your feelings determine the physical condition (physiology) of your body. This factor can also be used to determine how you

will feel. If you expect to be in complete control of your emotions during a difficult situation, you will probably have much self control. If you expect to be nervous and forget the information when you take the test tomorrow, you will probably forget it.

Most people like to think that they are "cool" under all circumstances and do not feel the pressure of adverse conditions. Many people are unaware of the psychological (body and emotions) change that is taking place in their systems at a given time because of the subtle nature of the change.

Some people would like to be cool, calm and collected during stressful periods but do not know how to bring this condition about.

Many people can actually feel changes taking place within their bodies but do not know what is causing it.

Your questions are welcomed. Suggestions for future articles will be appreciated. Cassette tapes of this and other articles are available for individual use, discussion groups and classroom use. All letters and inquiries should be sent to: Dr. Charles W. Faulkner, Post Office Box 50016, Washington, DC 20004.

Death In Somalia

By Bayard Rustin

A. Philip Randolph Institute

or the muddied water's poisons.

In another instance, our small group was able to save the life of one child by transporting it by jeep to a makeshift hospital where an understaffed medical team was able to help salvage an innocent life even as others were foredoomed to death.

The unrelenting flood of refugees is taxing the resources of a drought-stricken, underdeveloped country with one of the world's lowest standards of living. Yet Somalia's indigent population has had to absorb close to 1.5 million refugees into a country whose native population numbers 3.5 million. When proportionally

adjusted to America's population, this is as if our country had to absorb seventy, yes seventy, million helpless and starving poor.

The Somali refugees now live in makeshift encampments on barren territories carved out of the desert. Most of them live in ramshackle huts or worse. Many of the children are deformed by the bloated stomachs which indicate starvation.

Death is all pervasive in Somalia. The monstrous brutality of the pro-Soviet Ethiopian regime, coupled with a drought which is affecting all of East Africa, has resulted in widespread death and misery.

While famine and drought are crucial contributing factors to the steady stream of refugees, it does not help

explain the reason why these refugees are streaming only in one direction: toward Somalia and away from Marxist-Leninist Ethiopia.

The roots of the Somali tragedy derive in part from the historical decision to retain Africa's colonial borders. As a consequence, many African ethnic groups have been divided between several countries and are not allowed to live together in states which correspond territorially to historical and cultural traditions.

This pan-African problem will result in continued upheaval in the decades ahead. And yet those who argue that ethnic peoples such as the Somalis should remain a divided nation, ignore the fact that national identity remains a principal source of upheaval and discontent in Africa and throughout the world.

Clearly, what is needed is a far-reaching negotiated solution to the struggle for control of the Ogaden. Yet such a solution appears to be very far off. What is needed immediately, however, is massive international humanitarian aid; aid in the neighborhood of \$500 million. Our International Rescue Committee mission has recommended that the U.S. commit itself to \$150 million of such aid.

Currently, the U.S. contributes one-third that amount through the United Nations High Commissioner for Refugees. Unless additional support is forthcoming from the United States and the world community, hundreds of thousands of innocent Somalis will die. Blacks, and indeed all Americans, cannot remain indifferent to the plight of the starving and drought-stricken Somalis.

The world community responded with amazing generosity to the plight of Indochinese refugees. The world must respond with similar compassion to the horrors which plague Somalia. If we do not have the compassion to help the dying mothers and children from the Ogaden, then most certainly we will not have the compassion to solve the severe problems which affect minority and other poor Americans at home.

Business In The Black

Black American Teenagers Deserve At Least the Absolute Minimum

By Charles E. Belle

It has been said that blacks in America are too religious. Republican party disciples are apparently more disciplined than their democratic peers. Thus we must preach to the brethren! Participants at an invitation only program in San Francisco last year, it was billed as a conference on black leadership, sponsored by the conservative think tank called the Institute for Contemporary Studies crucified the minimum wage law as the greatest evil of our era. In fact, placing the minimum wage as the most important if not the single reason for the unemployment of one out of every two black American teenagers. The problem has been with us for some time so we understand the prayerful pediatric's for a simple solution.

"A mind is a terrible thing to waste," is a quote to haunt even the most heartless honky or hypocrite. Soothsayers of black American background such as Thomas Sowell, a senior fellow at Stanford University, ultra conservative Hoover Institution of War and Peace, predicts continuing black American disenfranchisement as long as there is a minimum wage law on the books. We now find he has been rewarded by President Reagan. Sowell is now on a twelve-member advisory board on economic matters to the President.

Black American Walter Williams, a conservative economist professor at Temple University, resigned his position on the President-Elect transition team dealing with the Labor Department at least in part, according to him, because of the presence of the minimum wage for teen-agers.

To tell the truth, Professor Williams wants a lower if not eliminated minimum wage for teen-agers as a means of bringing more black American youth into the work force. Frankly speaking, he would not stop there at deregulating measures that are anathema to the trade union movement. Mr. Williams still is waiting for his Presidential reward.

Most people who believe that the minimum wage law is detrimental to black American teen-agers take too little time to examine the standing line of qualified, yes, qualified black American teen-agers who cannot get a job regardless of the rating of their productivity. Principal problems with these black American thoughts in the true free enterprise system is the subsequent result of racism for the chosen few. Finding fault with a technicality while ignoring the total game plan is a problem for too many "tote heads" at the top.

Talented black Americans like Mr. Sowell, a close adviser to Ronald Reagan, and Professor Williams will want to bear in mind more religious writings such as Colossians 3:12, "Put on . . . compassion, kindness, lowliness, meekness and patience."

Pray tell, Messrs. Sowell and Williams' problem, like the problem of the Pharisee in Jesus' story is not one of virtue. The problem might be in fact they think of themselves as virtuous enough, and therefore are "closed." This lack of openness alienates one from one's true self, from others and from God. Allow the religious legions to offer a little prayer for those who have taken the temple from Andy Young, "Save me from wanting to be better than others, but keep me wanting to be better than I used to be. Amen."

When? America

"The Nation is rapidly moving toward two increasingly separate Americas (one Black and one White, both separate and unequal). Within two decades, this division could be so deep that it would be almost impossible to unite. . . ."

—Kerner Report, 1968

" . . . the only genuine, long-range solution for what has happened lies in an attack — mounted at every level — upon conditions that breed despair and violence. . . . All of us know what those conditions are: ignorance, discrimination, slums, poverty, disease, not enough jobs. We should attack these conditions — not because we are frightened by conflict, but because we are fired by conscience. We should attack them because there is simply no other way to achieve a decent and orderly society in America. . . ."

—Lyndon B. Johnson

Hawkins

(Continued From Page 14) by Mr. Reagan will help only those in the high income brackets, and will be of little significance to those who earn between \$17,000 and \$70,000. In fact, the tax cuts will actually harm those who earn under \$17,000. Overall, and this may be the greatest tragedy — the tax cuts proposed by the Administration will fuel inflation.

Answering the critics who say current programs such as school lunch, food stamps, CETA, medicare and compensatory education are wasteful and mismanaged, the Committee called upon the budget cutters to identify the waste in these programs, as well as the waste in the military and all other federal programs before destroying them and before other alternatives are devised.

Interestingly, the critics were too "blind" to see any waste in defense, which now is a trillion dollar a year program, or in any of the subsidy programs (handouts) to tobacco farmers, or in the overly generous tax breaks to the major oil companies. Apparently the budget cutters are unable to understand the difference between pruning a plant or a tree for growth and chopping it down with an axe.

Somehow it seems not to matter that most of those on welfare would prefer a decent job. . . .

Somehow it seems not to matter that the jobs which the President says are "out there somewhere" are for people with skills, skills which he wants to deny the needy. . . .

Somehow it seems to make more sense to the President to terminate people on CETA and force them onto welfare than to improve the program which gives these people marketable skills. . . .

Throughout the course of the hearings, the Administration has held fast to its unworkable policies and has consistently rejected alternative recommendations which would target our spending on those programs that would both reduce unemployment and inflation, particularly in such vital areas as housing, health, economic development and food. They rejected enactment of tax reform measures which would increase the real spendable income of the

middle and low-income groups. They rejected policies which would

lower the interest rate and recontrol oil prices, both of which are major causes of our inflation problem. And finally they rejected policies which would improve our labor market services so that we could provide more adequate training for the jobs that do exist.

In the final analysis, the Committee hearing pointed out just how dangerous and diabolical the Administration's proposals are — proposals which would simply make the rich richer — on the mistaken assumption that they will create jobs for the rest of us.

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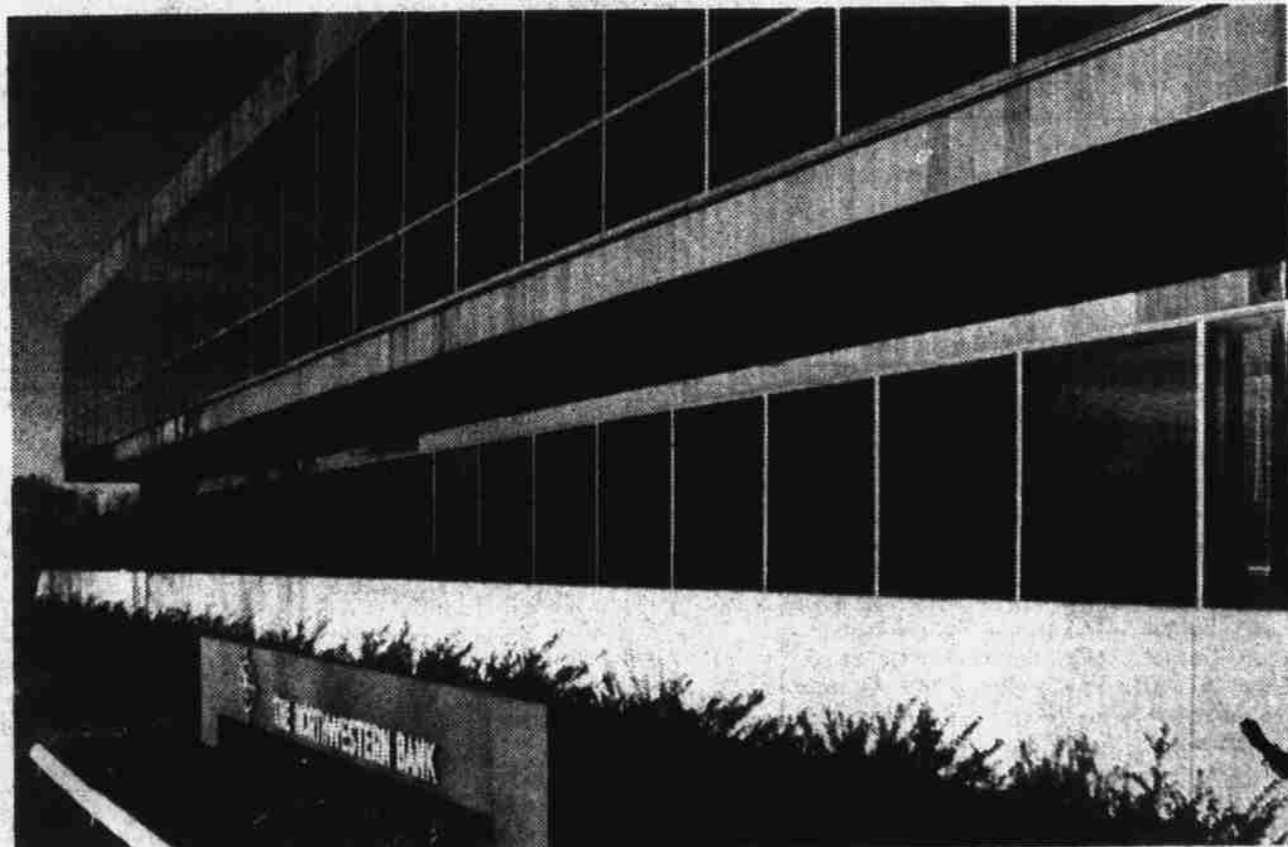
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