

Television, excitement, knowledge and friendship were the most obvious characteristics of the first stop on my nationwide lecture tour at Lane College in Jackson, Tennessee.

Lane College invited me to give three days of lectures that were exhilarating. The Student Government Association as the result of having read my columns in their local newspaper contacted me in Washington and invited me to be the guest lecturer for their Bicentennial Celebration. The itinerary was: A lecture on phobias and fears and how to cure them; a demonstration of the medical procedure of hypnotherapy, which was televised on a major television station; a lecture on the psychology of race relations in America for their centennial year focus on Black History; a luncheon with the president, Dr. Herman Stone; and a reception for me.

I made the following points in the first lecture:
A) Approximately eight per cent of all fears and

Coping

Television, Hypnotherapy and Excitement

By Dr. Charles W. Faulkner

phobias (of height, animals, snakes, water and taking tests) developed very early in life;
B) Eighty-five per cent of your personality is developed before you become three years old.
C) The most significant behavior that you perform is subconscious, conditioned and habitual.
D) Sigmund Freud's time-honored belief that you must know the causes of your problem before you

can solve the problem is no longer true. With the proper procedures it is now possible, and even preferable, to eliminate the effects of the problem before locating the causes.

E) Psychiatrists and psychologists are now directing much of their attention to changing habits and eliminating compulsive behavior with subconscious behavioral therapy such as hypnotherapy.
F) Subliminal and superliminal behavior comprise all human behavior. An enthusiastic question and answer period followed the lecture which was televised by television station WBBJ.

The second lecture and demonstration was titled: "The medical and psychiatric value of hypnotherapy." Some of the points brought out were:

A) Hypnotherapy was accepted in 1957 as an approved specialty by the American Medical Association (AMA). Since that time hypnotherapy is being used to help people in every civilized country in the world by doctors, psychologists, educators, dentists and the average person.
B) Hypnosis is a condition of complete relaxation and selected concentration that is similar to daydreaming. Most people hypnotize themselves often without being aware of it. It is not sleep.
C) It is often possible to immediately eliminate problems of habit and compulsion without lengthy counseling.
D) A demonstration of hypnosis and the power of suggestion, using audience volunteers, took place. The volunteers felt better than they had ever felt in their lives as every ounce of stress and tension was eliminated from their bodies using only their imagination to accomplish it. An exciting question and answer period followed.

The third lecture which I conducted was titled: "The psychology of race relations in America." This lecture was conducted before an audience in one of the largest auditoriums at Jackson, Tenn. These points were made:

A) Black people can no longer afford the luxury of complaining about racism and blaming the white man. Blacks must take steps to save themselves physically and psychologically.
B) Both blacks and whites are suffering the physiological stresses of racism. But blacks are being slowly destroyed.
C) The life span of the black person is ten years shorter than that of a white person.
D) The leading cause of death among black males ages 17-30 is suicide caused by stress and frustration.
E) The initial action that blacks must take to save themselves is to learn to manage their stress.
F) Hypertension and strokes are endemic in the black community.
G) Negative self-image and self-hatred are weapons that blacks are unfortunately and, often, unknowingly using to kill themselves.
H) Television is a leading culprit in destroying the black self-image.
I) A poll conducted by Black Enterprise magazine showed that 96% of its readers felt that whites harbor "some form of racism toward blacks." Three out of four black readers (78.1% admit to "some negative feeling toward whites."
J) These attitudes translate into anxiety, stress, under evaluation of black capabilities and a loss of motivation: A self-fulfilling prophecy of inadequacy.
K) Racism is more prevalent now than ever before. The races are more separated now than ever in the last forty years.

A wonderful reception and luncheon with Dr. Herman Stone, president of Lane College were high points of my visit.
The intellectual hunger and enthusiasm for more and more knowledge provided one of the most intellectually stimulating experiences I have ever had. I left Lane College with ambivalent feelings of sadness to leave my new found friends and enthusiasm to visit the next college on my lecture tour.

A View From Capitol Hill:
Can The Country Afford More Of Reaganomics

By Gus Savage
Member of Congress

Last year when Congress was being steamrolled time and time again by the occupant in the White House, I, in a speech on the House floor during debate on the fiscal year 1982 budget, predicted that the American people would eventually wake up and recognize the President's economic policies for what they really are — prescriptions for disaster.

Remember for a moment, back to the last months in 1981, a time when Reagan and his surrogates, in triumphant flourish after twin budget and tax victories, confidently claimed that economic recovery would begin almost immediately. Well everyone knows that the economy has never taken off in the manner Reagan assured us it would, but few know just how badly the economy is actually faring under his reign of incompetence.

Since the Reagan administration is into report cards of sorts, I have come up with an Economic Report Card of him, and virtually every economic indicator of any consequence bears bad tidings.

Long Term Interest Rates: Those for corporate and municipal bonds, car notes and home mortgages, are higher now than when Reagan assumed office.

Unemployment: More than 9.3 million Americans were out job hunting in December 1981, more people out of work since 1938. Unemployment among blacks and other minorities stood at 15.7% in December, the highest rate since the Great Depression.

The Gross National Product: This key economic barometer of the state of the economy dropped from a plus 8.6% in the first quarter of 1981 (before Reagan's policies were in place) to a minus 5.2% in the fourth quarter of 1981.

Bankruptcies: Business failures rose from 277 per week in January of last year to 396 per week this January, a whopping 43% increase.

Farm Prices: The prices that farmers get for the sale of their crops and animals fell 13% between January and December 1981, the very first time in history that farm prices decreased for twelve consecutive months.

Housing Starts: The number of new homes being built dropped from 1.7 million in January 1981 to an annualized figure of 894,000 in January 1982, a 42% decrease and the lowest number of this industry since 1946.

Industrial Production: Output in the industrial sector fell 9.6% between July 1981 and January 1982, the largest decline in this industry since the recession of 1974-75.

All these important indicia point to the inescapable conclusion that Reagan's successes are bringing about the ruination of our country, something that more and more objective fair-minded Americans are coming to appreciate.

In terms of his personal popularity, Reagan is beginning to slump in his saddle a bit, and his keepers of the flame in Congress are increasingly showing signs of coming down with a severe case of jitters, with the projected budget deficit for fiscal year 1983 being what it is and this being an election year. As a result, many of his most faithful followers in Congress last year are silently scurrying for cover and trying to distance themselves from administration economic policies.

While not oblivious to all this, Reagan and David Stockman over in the Office of Management and Budget (I think a more appropriate appellation for this agency would be Mis-management and Cut-it) are increasingly showing signs of classic bunker seige mentality regarding the FY 83 budget, saying that they will resist attempts to cut into swollen Pentagon spending and that they frown upon rescinding outrageous tax give-aways to big business. Of course the administration's position begs the obvious question: If not the Pentagon, and if corporate welfare-ism is sacrosanct, where should Congress look to pare down the largest projected deficit in the history of our country? Domestic pro-

grams took a severe beating last year, and the administration is looking for even deeper cuts in these programs for fiscal year 1983. Even if Reagan gets the cuts he seeks in this area, which is by no means certain, the swelling tide of red ink will exceed \$157 billion if you use the more realistic economic assumptions of the Congressional Budget Office.

I think the clock is running on Reagan, his policies and his blindly loyal supporters in the political arena. This is yet another year and the facade of Reaganomics is increasingly losing its luster for peoples of all persuasions. The fall elections will bear me out.

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An Ungodly Turn

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justice, but what they do. Proclamations mean nothing, and after twelve months of leadership there has not been one single act of President Reagan or the Congress that has been designed to assist and aid blacks, minorities, and the poor who are struggling most to survive in this society. The action of the Senate implementing busing restrictions is just one more action in a long and continuing series to undermine the social gains of other years. As the President says, "We have taken and ungodly turn in the American society."

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