

ALONG THE ROBESON TRAIL

by Dr. Stan Knick, Director
PSU Native American Resource Center

Last week we met Ohiyessa, The Winner, the young Lakota man who went through the boarding school experience in the late 1800's and became a physician. We saw that even though in some ways he clearly assimilated into Euro-American culture, he remained critical of the government's treatment of his people. This week we turn to other writings of Ohiyessa — who became known as Charles Eastman — writings which demonstrate how firmly rooted he was in the traditional world of his Siouan heritage.

Ohiyessa wrote (in *The Indian Today*, 1915) about many aspects of Native Americans — their history and culture, their personal attributes as men and women, their potential as contributing members of American society. His view is so important now because it is one of a very few examples of Native American critical writing of his period. In a discussion of Native Americans and their traditional society he wrote:

"As a free man himself, he allows others the same freedom. With him the spiritual life is paramount, and all material things are only means to the end of its ultimate perfection. Daily he meets the 'Great Mystery' at morning and evening from the highest hilltop in the region of his home..."

"Social life is kept as simple as possible, freedom of action only curbed by reverence... and respect for the purity and perfection of his own body and those of his fellow creatures. Only such laws are made as have been found necessary to guard personal and tribal purity and honor. The women do not associate freely with men outside of the family, and even within it strict decorum is observed... Birth and

marriage are guarded with a peculiar sacredness as mysterious events. Strenuous out-of-door life and the discipline of war subdue the physical appetites of the men, and self-control is regarded as a religious duty."

These words show that, even though Ohiyessa had been through practically all that the white world had to offer in the way of formal education, he still knew who he was. And though he obviously valued the things he had learned in the white world, things which enabled him to be a physician and capable servant of his people, he still knew the value of his traditional up-bringing.

Another passage of his work gives us an idea of the high regard he had for the role of women in traditional Siouan life:

"She has always been the silent but telling power behind life's activities, and at the same time shared equally with her mate the arduous duties of primitive society. Possessed of true feminine dignity and modesty, she was expected to be his equal in physical endurance and skill, but his superior in spiritual insight. She was looked to for the endowment of her child with nature's gifts and powers, and no woman of any race has ever come closer to universal motherhood."

"She was the spiritual teacher of the child, as well as its tender nurse, and she brought its developing soul before the 'Great Mystery' as soon as she was aware of its coming. When she had finished her work, at the age of five to eight years, she turned her boy over to his father for manly training, and to the grandparents for traditional instruction, but the girl remained under her close and thoughtful supervision.

"She preserved man from soul-killing materialism, by herself owning what few possessions they had, and thus branding possession as feminine. The...home was hers, with all its belongings, and she ruled there unquestioned. She was, in fact, the moral salvation of the race; all virtue was entrusted to her, and her position was recognized by all. It was held in all gentleness and discretion, under the rule that no woman could talk much or loudly until she became a grandmother."

This image of the serene strength of traditional Siouan women stands in sharp contrast to European notions about women during the same period. In numerous European and Euro-American writings of the day, we see women described as "the weaker sex," as virtually the property of the husband. And despite the best efforts of women's rights advocates such as Susan B. Anthony during the same period, the popular notion of the Euro-American woman remained subject to the "don't-worry-your-pretty-little-head" philosophy of males. To the traditional Siouan man and woman, such a philosophy would have seemed at least impractical, if not completely absurd.

The writings of Ohiyessa, The Winner, teach us much from the Native American perspective about the differences between traditional Siouan life and the culture of the newer Americans. In the next segment, we will look at what he had to say about Native American arts and industry.

For more information, visit the Native American Resource Center in Old Main Building, on the campus of Pembroke State University.



Lowery and Bartley to Wed in April

Mrs. Sue C. Lowery and The late Travis Leon Lowery of Pembroke, North Carolina, announce the engagement of their daughter, Jan Marie Lowery to Norman Earl Bartley.

Miss Lowery graduated from Pembroke State University and the University of North Carolina at Chapel Hill. She is currently employed as Director of the North Carolina Health Careers Access Program at Pembroke State University, Pembroke, NC.

Her fiancé is the son of Mr. and Mrs. James Bartley of Lumberton, NC. He graduated from the University of North Carolina at Charlotte. He is currently employed by Duke Engineering and Services Incorporated of Charlotte, NC.

The wedding is planned for April 16, 1994 in Pembroke, North Carolina at Berea Baptist Church.



Pediatric Pointers

By JOSEPH T. BELL, MD

Teenagers have a lot to deal with — this is obvious. If we have teenagers at home or can remember when we were teenagers, we know that everything seems to happen around those years that separate childhood and adulthood. One medical problem that occurs during this period that adds to the stresses of adolescence is acne.

Acne usually begins in the one to two years prior to puberty, but it is at its worst during adolescence. It is caused by a combination of hormonal stimulation of oil glands and an overgrowth of certain germs on the skin surface. The pores get clogged with germs and oil and inflammation occurs, leading to acne bumps.

There are two types of acne bumps, open comedones (blackheads) and closed comedones (whiteheads). Although unsightly, blackheads are easily managed and inflammation rarely occurs. The whitehead is the lesion responsible for the problems seen in acne. The pore opening is too small to release its contents, the oil, proteins and germs form a small abscess (pus pocket) under the skin after inflammation sets in. The pus pockets can be big and may lead to scarring. Stressful events and hormonal changes increase oil production on the face and may cause flare ups of acne.

The primary sites of acne are the face, chest, back and shoulders. It

seems to be worse in the winter and better in the summer. Most acne bumps heal without a problem, but more severe forms of acne can scar. Scars look like sharply punched-out pits; the severity of the scarring depends on the depth and intensity of the inflammation.

The treatment of acne must be individualized to the patient. For most mild cases, topical Benzoyl Peroxide or Retin-A works well. For moderate cases, a combination of these two along with a topical antibiotic works best. For severe cases, a physician may prescribe an antibiotic to be taken by mouth to help control the acne.

One thing worth noting is that there are no medical studies that indicate that what you eat plays a significant role in acne. For many years chocolates, sodas and sweets were thought to provoke acne. This has not panned out. For those patients who attest to flare ups following certain foods, these should be avoided until the treatment is complete.

We must remember as parents that acne can have a detrimental psychological effect on a teenager, lowering their self-esteem and confidence. This should prompt us to make sure they are washing their face properly and getting medical attention if needed.

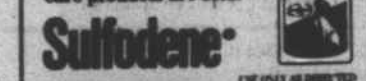
Congratulations to Robert in Phoenix, thanks for the call. Everyone take care and we'll talk next week!

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Veterans Post

by Freddy Groves

GULF VETS: If you are among the growing number of Gulf War veterans with symptoms that defy diagnosis, advise the VA about your health problems and demand a full medical examination. It's important to be on the record now that the investigation is actually moving forward on whether military personnel in the area might have been affected by various incidents, including the burning oil fields and the fallout from both Iraqi and Allied exploding shells. Remember that the VA previously denied any problems, and before that, there was a long period of denial that any mustard-gas testing took place, let alone that any of the subjects suffered any ill effects.

On another note, the Secretary of Veterans Affairs, Jesse Brown, announced the VA will award compensation for former POWs who developed ischemic heart disease due to beriberi, a severe disorder caused by a lack of vitamin B-1 in the diet. For information, call toll free at 1-800-827-1000.

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ATTENTION
An error in the 1993 Robeson County Yellow Page Directory listed Dr. Mary B. Cummings, as a Prosthodontist. Dr. Mary B. Cummings would like to inform the general public that she is a General Dentist - Dr. Mary B. Cummings, DDS, 521-0991, 102 S. Main St., Pembroke, NC.

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Your Bible And You

By Daniel Davis

Your Bible is so full of promises and examples about the love of God that you can scarcely turn a page without finding more and more about His love for you. What a wonderful book our loving Father has preserved these many years. What precious part of Your Bible should we read this week? What example of love would best fill your soul?

Do you remember the story of the woman "caught" in adultery? Your Bible tells the details in John chapter 8. First I have to wonder how these "good" men of the church knew where to find someone who was committing adultery. Second I have to ask why these "upright" men didn't follow the Jewish laws and stone both the man and woman who were involved? But at any rate some "good" men from the church came to the Master and asked Him what should be done to this woman.

What thoughts would be going through your mind if you were in her shoes? She knew she was to be stoned! She could feel His righteousness. His purity. He would surely side with the church people... But He didn't! The one thing this poor woman did not know about God was that everything about God is based on love. God's actions. His laws. everything - love based. That is not the picture that these people who professed to know God presented is it? They didn't go to her house in love. They didn't drag her out of her bed in love, nor did they show the love of God in their voices as they brought their accusations out in public.

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