

DICK GREGORY TOMORROW

quotes and photos from Gregory's autobiography *Nigger* (1964) and from *The Shadow That Scares Me* (1968)

If America does not solve her social problems in the next five years, the problems will solve America.

America today is so obsessed by colour. We have a habit in America of labeling with a color that which we fear or do not understand. When I look at a map of the world, I see a country named China. Yet America constantly refers to that country as Red China.

Even education itself can be used as the agent of mental abuse. I had been taught at home that if I got the proper education, white folks would respect me. I believed this until I was almost through college. During the midterm of my final year, a fellow Negro student came to me and told me he had failed his French exam. It dawned on me that I was in college under false pretenses. I suddenly realized that dogs in

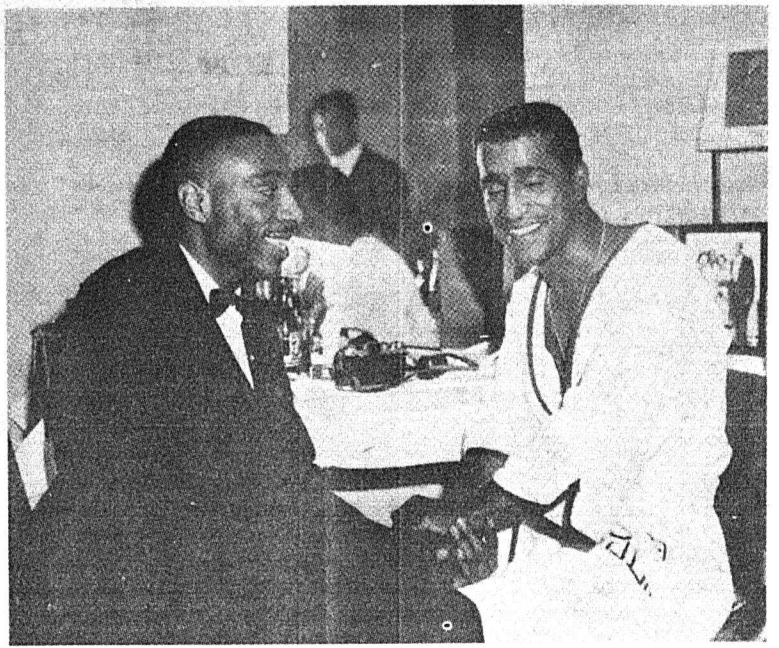
France understand French. Dogs in Russia understand Russian. I learned that man is born with all the wisdom needed to gain dignity and respect. If you have to depend upon education to gain respect, something is radically wrong.

Even in the midst of violent reaction, it is interesting to see how Nature protects her underdogs. Have you ever stopped to consider what a dangerous weapon the Molotov cocktail is: It is the most dangerous weapon in the world to the user. Consider how dangerous it is to put gasoline in a bottle, insert a rag or a piece of paper, hold it, light it, stand back and throw it. Yet you have never read about a rioter suffering third-degree burns

A newsman once asked me where Negroes learned to make Molotov cocktails. I said that I couldn't speak for all Negroes, but I learned to make a Molotov cocktail when I was five years old. The newsman was shocked and said, "Who would be so mean and low as to teach a five-year-old kid to make a Molotov cocktail?" So I told him. We learned to make Molotov cocktails peeing in a milk bottle. And if you don't think that is harder than pouring gasoline into a bottle, just ask my sister.

Last time I was down south I walked into this restaurant, and this white waitress came up to me and said: "We don't serve colored people here."

I said: "That's all right, I don't eat colored people. Bring me a whole fried chicken." About that time these three cousins come in, you know the ones I mean, Klu, Kluck, and Klan, and they say: "Boy, we're givin' you fair warnin'. Anything you do to that chicken, we're gonna do to you." About then the waitress brought me my chicken. "Remember, boy, anything you do to that chicken, we're gonna do to you." So I



put down my knife and fork, and I picked up that chicken, and I kissed it.

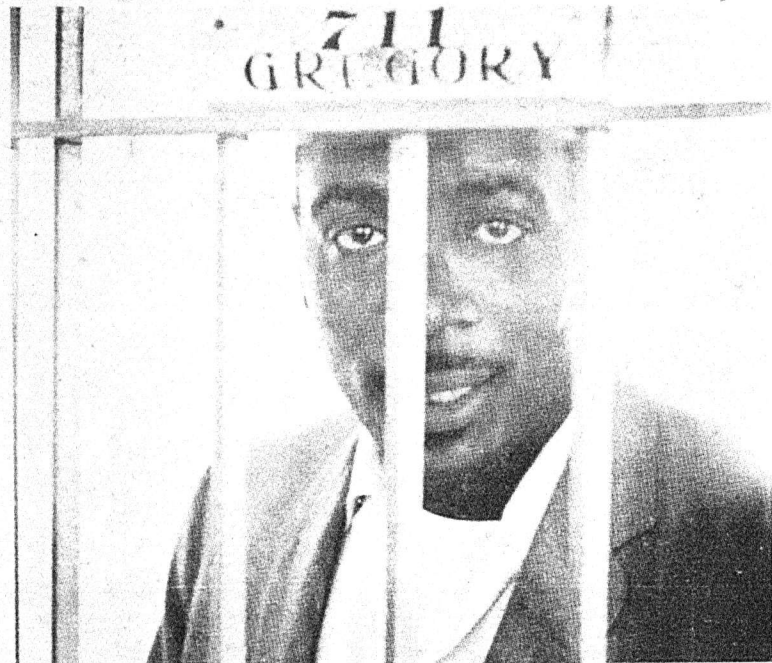
When America becomes truly attentive to the supplicating voice of the black ghetto and removes the log of indifference and judgment from her own eye, she will be able to see clearly to remove the speck of suffering from the eye of the ghetto. Until relief from oppression is granted, the only appropriate name for America is "you hypocrite!"

Black is defined as "sold or distributed in violation of official priorities; as in black market." The history of being black in America is one of Negroes being sold and distributed in violation of official priorities. The black man began his history in America by being sold into slavery. He has since been distributed into the ghetto slums of the North and the broken-down shacks of the South. Power is defined as "a faculty, as of thinking or hearing." This concentration of black power which white

America has created, sold, and distributed is now beginning to use these important faculties.

I remember coming home from the movie theater one day in tears. I had just seen Frankenstein. My Momma asked me what was wrong. Still crying, I told her, "I just saw Frankenstein and the monster didn't scare me." Momma couldn't explain it and I couldn't understand it. I was afraid I wasn't normal. But now that I look back, I realize why I wasn't frightened. Somehow I unconsciously realized that the Frankenstein monster was chasing what was chasing me. Here was a monster, created by a white man, turning upon his creator. The horror movie was merely a parable of life in the ghetto.

The free man is the man with no fears. The strange truth in America today is that the Negro has become the psychological master and the white man the psychological slave. It is the mark of the slave to be afraid.



Dick Gregory will speak in Dinwoodie on Wednesday, October 18 at 7 p.m.

classified

ROOM and BOARD & WAGES available for woman student. Woman Medical Intern requires care for 8 yr daughter. Mon. to Fri. early mornings and between 3:15-6 pm. Some housework. 5 blocks from U. Call 439-1340 after 6 pm.

GIRLS interested in earning \$10.00 per hour. We require topless waitresses and dancers on a part-time basis. Must be young and attractive. No experience necessary. P.O. Box 1697, Edm.

The Gateway needs a typist between 6 and 11 p.m. Monday and Wednesday evenings. \$2.50 per hour. Please come to the Gateway office, room 282 SUB to apply or phone 432-5168.

Need to board your horse. Acreage east of Ellerslie available. Call Chuck or Bill 399-8230 7pm.

FOR SALE constipated yak hide luggage. 3 pieces initialed P.L.Y. Real bargain if you have these initials. Make offer. Box 902. Edm.

STUDENT EMPLOYMENT INFORMATION

The following employers will be pre-screening applications from graduate and undergraduate students for permanent and summer employment in 1973:

Imperial Oil Ltd.	Deadline October 20
Energy Conservation Board	Deadline October 16
PSC - Welfare	Deadline October 16
McDonald Currie & Co.	Deadline October 31
Haliburton Services	Deadline October 27
ALCAN	Deadline October 20
Rio Tinto (Rio Canex)	Deadline October 25
Thorne Gunn & Co.	Deadline October 24
Texaco Exploration Co.	Deadline October 20
PSC - Statistics & Economics	Deadline November 1
Winspear Higgins & Co.	Deadline November 6

The following employers will be interviewing commencing October 30 th:

Deloitte Haskins & Sells	Oct. 30,31, Nov. 1,2,3,
Tenneco Ltd.	Oct. 31
Sun Oil Co.	Nov. 2
Energy Conservation Board	Nov. 2,3
Northern Life Insurance	Nov. 3

Further information may be obtained at the Canada Manpower Centre, 4th Floor, SUB.

the compleat health food nut

last in a series by Anenome Ruder of S.T.O.P.

Since your body structure is largely protein, an undersupply can cause aging with depressing speed. Meat, fish and fowl are excellent sources of protein. Other superior sources are eggs, fresh milk, buttermilk, cheese, yogurt, soybeans and powdered yeast. Nuts, beans, peas and grains are fair sources.

There are about 22 amino acids needed by the body, 14 of them can be manufactured from fat and sugar which combine with nitrogen, freed from the breakdown of used proteins. The other 8 are spoken of as essential amino acids (cannot be manufactured by the body). Proteins containing the 8 essential amino acids are called complete proteins (milk products, meat, fish, eggs, yeast, soybeans.) Most other nuts and grains are sources of incomplete proteins.

Beef in the supermarket might have hormones and some anti-biotic residues left in it and both beef and pork products may be treated with nitrites and nitrates. Nitrites help retain the red colour in meat, but they have on occasion combined with

other chemicals to form nitrosamines which have been linked to cancer even when low levels were present.

Let you supermarket manager know that you strongly disagree with these practices.

Since it is difficult to avoid meat and fish that have been tampered with, you might think of becoming a vegetarian.

If you eventually do make sure you understand nutrition well. It will possibly involve a complete change-over in food preparation and cooking habits. Check with your doctor and ask for recipes and information at health food stores or you may do yourself more harm than good.

Stay away from snack foods such as potato chips, cheezies, pops, diet foods, candies, chocolates, puffed, popped, crinkled and artificially sweetened and coloured breakfast cereals (even the vitamin fortified ones) and cake mixes.

Here is a list of places in Edmonton where you can get nutritious foods which the supermarkets don't carry.

Bee Bell Bakery	8124-103 Street
Farmer's Market (seasonal)	101 Ave. and 97 Street
Bonnie Doon Health Supplies	26 Bonnie Doon Shopping Centre
Boardwalk Health Centre	10220-103 Street
Dean's General Store	10801-82 Avenue
Westmount Health Foods	116 Westmount Shoppers Park
Natural Health Centre Ltd.	10173-97 Street, 7906-104 Street
Health Equipment Supplies	9346-118 Avenue
India Yoga Society	10015-82 Avenue