Rufus Shaw Jr.

The Shaw Report

Are You a Liberal or Conservative Balck? How Can You Tell?

Since the 1960s, I've always assumed that a liberal was a white person who was for civil rights and a conservative was a white person who is against civil rights. well, needless to say, I was very confused when I first heard other black people labeling one another liberal or conservative.

Obviously, all black people are for civil rights. The right to vote and all of the other basic rights covered in the Bill of Rights are fundamental rights that cannot be denied to any citizen in a free democratic society. So who or what is a black conservative?

My first thoughts were that a black conservative is one of those brothers in a 3-piece suit, with tie, wing-tipped shoes, big, thick glasses, college educated (white college), no mustache (I always worry about a black man with no facial hair), never uses profanity and always speaks like a white person.

By that, I mean he articulates his words to sound white. You can be articulate and still have a black enunication. Bill Cosby is articulate but he doesn't sound like a white person.

Listen to your radio or the evening news when a black is on the air. Sometimes, you can't tell the difference between a black announcer and a white announcer. All of the above traits are what I thought typified a conservative black person.

Just when I had this conservative deal figured out, I was speaking at a college when a young brother wearing a daishiki, jumped up and called me conservative.

Well, naturally I was in shock first, I don't even have a suit let alone a tie to go with one. Second, not only do I curse, but I'll fight in a public place! All of the glasses I wear are hip, designer glasses (and most of them are dark shades), and I wouldn't be caught dead in some of those wing-tipped shoes that the conservative fellows wear.

It is true that I attended a white university — but I was speaking at a white college and the brother who called me a conservative is a student at this same college. So how did I get to be a conservative?

I was labeled a conservative on this particulate occasion because I recommended that black people read some of Thomas Sowell's books and honestly debate his findings.

For those of you who may not be familiar with Dr. Sowell, this brother holds a Ph.D in Economics from the University if Chicago. He has written a number of books about race and economics. His works are interesting to me because he utilizes a great deal of data and research to support all of his positions.

The problem is that many of our civil rights leaders violently disagree with Thomas Sowell's positions. For example, Dr. Sowell takes issue with utilizing politics as a means of raising a group from poverty to affluence.

In his book**Civil Rights: Rhetoric or Reality,** he gives numerous examples of how politics have promoted individual political leaders but the masses that they represented were eventually worse off after their political movement than before it.

He particularly takes issue with the current Civil Rights movement and its leaders. He also believes that the original intention of the Civil Rights movement has been lost and terribly distorted to suit the whims of certain leaders who function off of rhetoric instead of reality.

Needless to say, brother Sowell ain't the most popular black man in America! However, his work does deserve an analysis if for no other reason then the fact that he has history and research to analyze.

From an economic standpoint, facts are all that matters. Rhetoric has no place in the money making arena which means it is totally worthless in promoting sound black economic development in America. What we need is facts. In many cases, history can provide us with some very valuable facts.

An economic program built on rhetoric is as weak as a house built on sand. There is no question that America needs to develop an economic program that will help recycle some of the billions of dollars that black Americans spend annually back into the black community.

If Dr. Sowell has information that will aid us in making black economic development a reality, why not read his books and avail ourselves of his facts? Whenever I ask this question to civil rights leaders, they quickly launch into a mad tirade of expletives denouncing Sowell, and his work.

What bothers me most about Sowell's detractors is that they never offer to produce any facts to support their disagreements. Thomas Sowell is very vulnerable to constructive criticism. He's vulnerable because he offers facts from research findings and history to support his position.

All that would be needed is for his opponents to conduct the same kind of research and publish their works to support their disagreements. History speaks for itself. The civil rights leaders who disagree with Sowell can simply produce historical facts that prove Dr. Sowell wrong.

The problem is that none of his accusers have ever produced any facts to support their positions. Instead, their explanations are filled with rhetoric and emotion. But rhetoric and emotion rarely ever produce reality.

It is almost impossible to reduce Dr. Sowell to a sham or a joke because his academic credentials are impeccable. I don't know how he could be called an Uncle Tom since most of his positions are supported by history and not his personal opinions. What most people who disagree with Sowell's works provide a factual and historical reference for modern day black economic development? While you contemplate that question, let me introduce you to another one of Dr. Sowell's positions from the pages of his book **Civil Rights, Rhetoric or Reality.**

"Much has been made of the number of blacks in high level occupations before and after the Civil Rights Act of 1964. What has been almost totally ingored is the historical trend of black representation in such occupations before the Act was passed. In the period from 1954 to 1964, for example, the number of blacks in professional, technical, and similar high level positions more than doubled. In other kinds of occupations, the advance of blacks was even greater during the 1940s — when there was little or no civil rights policy — than during the 1950s when the civil rights revolution was in its heyday.

Dr. Sowell also supports a proposition that the Civil Rights Acts and "affirmative action" have not had as dramatic an impact on the economic progress of minorities as our civil rights leaders would have us believe.

Finally, it is not my purpose to support or defame Dr. Sowell's works. What I am interested in is promoting a closer analysis of this very controversial set of economic and politic texts. As a people searching for a workable model for black economic development in this country, it is imperative that we have access to all facts and figures that can benefit our objective of meaningful black economic development.

Whether you like what the brother is saying is unimportant. What is important is the validity of his facts and economic historical analysis. Whether he is liberal or conservative is not important. What is important is whether or not that person, black of white, is pro black.

In my opinion, pro black is simply giving me the same chance to succeed as you would give anybody else. I don't want to be part of a quota. If you base your hiring on ability, then I'll get the job without a federally mandated

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Your Beauty Consultant

Betty Guy Wills

How can I remove "that rusty look from my elbows?" "This is so unsightly and embarrassing." — J. Dunbar, Columbua, Ohio

The best and most effective way to remove rust and ash from this area, is to take a fresh lemon rind and rub the inside, pulpy part over the elbows in the morning and before retiring at night. In between times apply a rich, rich body emulsion to the elbows (and entire arm), smooth into the skin, until it disappears.

This is a maximus beauty problem to the woman of color, because the darker skin on our elbows seems to get a hard crustiness that is difficult to control. The method I described is very effective and works almost immediately!

"I hear so much about vitamins; are they important to our good looks?" — Carol J., Baltimore, Md.

The healthy, young adult woman who wants to protect her health and good looks, should work against tiredness: a common beauty robber. Nutritional tiredness is very prevalent among women in their thirties.

You should look into a multiple vitamin that is well balanced with the vitamins A, B1, B2, B6, C and D, and the necessary minerals. The label on the bottle will state exactly the contents. With such a balance along with a light balanced diet you can maintain good looking skin, hair and nails.

For those in the middle years, there is an increased need for vitamins to withstand the pressures and strains which catch up with us around these years. A generous formula of all the vitamins is best for the middle age group. The B vitamins should be increased for their beneficial effect on the nerves and digestion.

The years between 35 and 55 are probably the most strenuous in all our lives, and need all the support we can give them, therefore, I suggest a brewers Yeast tablet along with the multiple formula.

A good dietary supplement for the years after 35 should contain the whole vitamins and mineral spectrum.

Vitamin A — Some doctors refer to this vitamin as "The Long Life Vitamin." It nourishes the layer of fat under the skin, which helps to keep the skin firm. A deficiency can cause dull, and strained-looking eyes, and night blindness, along with rough skin, cracking nails, dry-brittle hair and dandruff. Foods rich in Vitamin A are fish oils, liver, eggs, whole milk, carrots, greens, apricots, and cantaloupe.

The concentrated form is available in tablets or capsules 25,000 to 50,000 International Units. When fat digestion is a problem, and acne occurs, physicians often recommend water soluble Vitamin A. I feel it would be unwise to take more than 50,000 units daily, unless recommended by your physician.

Vitamin B Complex — This complex is essential to the energy producing metabolism of sugar, and a close relationship to the health of your nerves. Nervous tension, irritability can produce lines of tension in the face, an apprehensive expression in the eyes, an unattractive distortion of posture — with relief gained with consumption of the B complex.

There are 15 B vitamins, the ones most closely affecting your looks are discussed separately.

Foods richest in Vitamin B complex are liver, brains, heart, oysters, cottage cheese, fortified skim milk, wheat germ, food yeast, whole grains, soy beans, peas, watercress, asparagus; in order to preserve the vitamins from vegetable sources, short cooking time in a minimum of water or steaming is essential; otherwise the vitamins are lost in overcooking in the liquid.

In concentrates the capsules combining most important B vitamins are readily available. Vitamin B-1 (Thiamin) — A great proportion of this B vitamin serves as a buffer against stress and strain. Fatigue, depression, lack of the joy of living is often traceable to a deficiency of B-1.

Foods richest in Vitamin B-1 — wheat germ, liver, whole grains, milk, salad greens, turnip, mustard and kale greens, egg yolk, meat nuts and seeds. Tablets available to 100 mills. Vitamin B-2 (Riboflavin) — this vitamin contributes to healthy skin, bright eyes, and a glowing complexion.

In mild deficiency there may be troublesome symptoms of burning eyeballs, eyelids, eyes sensitive to light, and perhaps fissures at the corner of the mouth. Beauty seekers on reducing diets should have adequate B vitamins to prevent a tense, harried expression.

Foods rich in Vitamin B-2 — milk, cottage cheese, yogurt, liver, all greens, almonds and avocados.

This vitamin is also a available in tablet form from 5 to 10 milligrams. I will continue on this subject in my next article. If you have a question on Health Beauty and Fitness, write to Betty Guy Wills at Dawn Magazine, 628 N. Eutaw St., Baltimore, MD 21203. Send a self addressed-stamped envelope for a prompt response.

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quota. Since quotas don't guarantee quality promotions and advancements, my chances of making big money are probably limited if I am a part of a quota hiring program. Of course, I realize that there are red-necked, bigoted employers that need the threat of criminal prosecution to force them not to discriminate.

I'll still take my chances in the marketplace because I'm good. Sooner or later, I'll either bankrupt or buy that bigoted, red-neck that needed the federal government to force him to do the right thing. That is the beauty of capitalism.

Whether you are black or white makes little difference to money. Because money is green! With green money, anything and everything can be bought and sold. That includes rednecks and bigots!

Does all of this mean that I'm conservative? Does any of this mean that Thomas Sowell is a fraud? NO! The word "no" answers both questions because this article has not been about conservative and liberals. Nor has it really been about the sincerity or insincerity of Dr. Sowell.

Instead, this article was really about black economic development and the only really important consideration for black economic development is that we need economic facts, not politically motivated rhetoric.

Rufus Shaw's books from Rufus Shaw Publishing are: 1) "How To Be A Rich Nigger" $8.95; 2) "Hustling: The Art of Black Financial Survival" $8.95; 3) "Street Economics" $10.50. The triology (3 books) is $24.00. For lecture information contact: Lynn Flint (214) 373-7557.