Thanks for all the positive comments you conveyed through the post or verbally. Praise always seems to make the work seem less. One person said it was good because it was all from Niger and not just a melange of other PC publications. It would certainly be desirable to keep the CE totally Nigerien, but so often one of those other publications have some information, possibly valuable to someone, that would otherwise go unseen. Also, to compose any sort of monthly newsletter is a job, but to make one completely original would take more time than anyone has around here.

To illustrate, everyone is aware of the internal problems of ACTION & Sam Brown's difficulties as its Director, and speculations always circulate about what is really going on or what the real justification is for an action. We've been inundated with articles and information from speeches, and editorials printed in US newspapers and PC newsletters. At this point, I'd prefer not to inflict my views on you through these pages, but there is a need to provide you with some information. So, in the following pages you will find a speech by Sam Brown concerning his plans for PC and a speech by Carolyn Payton explaining her differences with Brown. Maybe these two pieces will help to make the situation more clear in your mind, but as a recent visitor from Washington said, "No one really knows what's going on." That's reassuring.

You will find several new features in this issue; Personals, TEFL Tips, Votre Santé, Causerie and Travel. If possible, these will become regular. Keep us in mind if you run across anything of interest - chances are good that it would be printed. Are all the copies getting there in good condition? This issue is longer than the first but that's not necessarily going to always be the case. Future lengths will depend on what we have month to month. We're still waiting for a new(er) copy machine but the old one held up under this strange writing, "Dear Camel Express" address it to Earl. He'll probably even write you back. It would be of some benefit to know what you like & what you didn't. Are there any areas thus far ignored that would have an audience in you? Waiting to hear from you.

Because of various circumstances, usually constractive work schedules, this issue is almost completely the work of Earl - that's to say the composition not necessarily the editing. Credit is given with the individual contribution to those people who so thoughtfully sent us something. He has taken over the hostel and converted it into his "office". So far no insisting that everyone else call him "chief" so it's not a serious problem. Joel Mayer is "Yawale" and his cartoon contributions, like his map of Texas/Niger last time, were not solicited, but rather offered - and they're much appreciated. Thanks again to those other people who helped us get a 2nd issue out on time, the contributors and the manual laborers: Mary Lou (she loves to turn that crank), Merre McGeehee and Jack Rollins up from Natamaye with medical complaints.

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Speech by Sam Brown on Peace Corps / New Directions

(ACTION Update, December 8, 1976)

I think we've made a lot of progress in Peace Corps in the past year and a half. I've just had a chance to hear from our country directors firsthand about what they've accomplished. It's really impressive. First of all, the directors themselves are an impressive group of people - probably the best we've ever had in Peace Corps - and that counts for a lot in terms of our program potential. Second, they've brought sound management and stability to programs that in a number of cases had been weak and ineffective in the past. I think our host countries, as a result, are taking the Peace Corps more seriously again.

Third, the directors have clearly picked up on our basic human needs mandate and are actively, and often with real pride, beginning to implement that policy. We have many new projects now that should have real impact on helping poor communities achieve lasting self-reliance.

At the same time, we still have a long way to go. I think the PC is even more important for the 1980s than it has been to date. You know, the world has changed a lot since 1961; the world has become more interdependent. The Third World has come of age with strength and confidence that no one would have dared imagine 15 years ago. And the US has been tempered by the years of civil rights, Vietnam and Watergate. It's no longer a world where we can dictate to poor countries or where our paternalism will be tolerated by them. They demand from us a greater attitude of reciprocity and partnership. Sure, they're happy to have our volunteers help with their development programs. But they also want us to more systematically apply what we've learned from them - and every volunteer can attest to how great our learning is in ways that can influence our foreign policies in very sensitive directions. I think, by the way, that returned PCVs have already had influence here.

There are essentially five areas in which I want to see us move.

First, we need to continue to strengthen our basic human needs programming, as we've begun to do already. I know it isn't always easy, because past habits and activities may take time to phase over to others. But by next year, we're committed to having 60% of our volunteers in HHN projects and that requires more work.

Second, we need to improve PC training commensurately. By this I mean not only the need to improve volunteer training so that our volunteers are better able to do their particular jobs, but also the need to share our mandate more broadly - to share our nearly 18 years of PC experience with the American people, as well as advocate more effective and sensitive development policies within our own American government.

Third, we need to make the PC more representative of the US population as a whole by substantially increasing minority participation in PC.

Fourth, we need to cooperate increasingly with host country voluntary groups, many of which were initially inspired into being by the PC example. The very existence of PC and ACTION testifies to our belief in voluntary action as an inherently sound means to promote participatory development. We should work alongside other volunteer groups in this endeavor - and, I would hope, invite them to send volunteers to promote development in our country as well.

Fifth, we need to collaborate more with other development agencies, not only to enjoy access to their resources, but also influence in a more humane direction the implementation of foreign assistance generally.

We have a lot to be proud of in PC. PC's reputation both at home and abroad is improving. I don't think we need to substantially increase numbers of either volunteers or countries to make it better. What we do need to do is improve our quality, expand our vision and, perhaps, send volunteers to more countries.
REMARKS OF CAROLYN R. PAYTON, EX-DIRECTOR, U.S. PEACE CORPS

Your invitation to me to join you was offered several months ago when I had the honor of serving as Director of the Peace Corps. As some of you know, I no longer hold that position. I informed your officers of the change in my status, but they nonetheless wished me to be here today. Let me say that I appreciate this opportunity to share my thoughts and ideas with you.

The theme of your conference takes cognizance of factors with which many institutions are concerned. What will the next decade hold in store? How do we work with a generation of young people who have been brought to the brink of childhood nourished on TV; pacified by uppers, downers and pot; turned off by Vietnam, Watergate and non-responsive elements of our society: family, church, government? This is the challenge you intend to come to grips with.

As Peace Corps Director, I also was forced to look at the next decade - not only in terms of the young people who have traditionally been the major source of PC Volunteers - but also with respect to the needs of the countries which Peace Corps serves. My staff and I grappled, as you are now, with the problem of ensuring that the PC could continue to achieve its mission during the coming years.

My vision of the Peace Corps of the 1980s was that of a vigorous, vibrant and venerable institution, continuing to meet the mandate of the PC Act to promote world peace and friendship. Recognizing that the world of the 1980s is not the world of the 1960s when PC came into being, I realized we would probably have to make some adjustments.

I believed that giving careful attention to such matters as whom we attract to join the PC, how we select from among them, and how we prepare these recruits for service to be fundamental to our efforts to accommodate to global change. The world may have changed a great deal since the 1960s, but I felt that those who wish to be Peace Corps Volunteers still needed to be the best that our society can produce. And when I say "best," I mean not only those who have skills and intellect, but those who have moral courage and the capacity to understand and respect other human beings.

I regret that I will no longer be able to participate directly in the shaping of the PC in the years to come, but in no sense do I feel that my term at the PC was in vain or that I have failed you, the American public, the agency or the Volunteers. I would like to take this opportunity today to share with you my views about the PC and the reasons why I resigned publicly instead of quietly folding my tent. Why would a 53-year-old black male psychologist wish to protest a forced resignation? I care deeply about the PC, and my purpose was to call attention to the fact that I believe the PC has strayed away from its mission and is in danger of losing its unique status in America and the world.

As Director of the PC, I could not - because of the peculiar administrative structure under which the PC operates - do anything about this situation. As an ex-Director I am free to sound the alarm. Perhaps in hearing the situation we faced at the PC, you will perceive some similarities between our problems and the situation of your educational institutions after a decade of turmoil and a confusion of purposes. What has gone wrong with the Peace Corps?

I believe the Peace Corps is a simple idea which for the past ten years has become enmeshed in politics. It has gone astray on other people's agenda. It has tried to be too many things and forgotten what it was about. It is now pursuing objectives which have nothing to do with promoting world peace and friendship. I believe that for the PC to endure, those concerned with its survival must reflect on its purposes and assure that all its activities are consistent with that purpose. Losing sight of its purpose, an organization conceived as apolitical and humanitarian is beginning to try to meddle in the affairs of foreign governments; an organization which prided itself...
I sovereign nations what their needs are and what is good for them; an organization whose mission is world peace is becoming more concerned with quantifiable development, with projects and material things than with human development.

I say that it is wrong for the Peace Corps to tell other countries what to do. It is wrong for the PC to tell a government in the Third World that its efforts to teach its citizens a world language — be it English or French — is an "elitist idea," and that the PC will no longer provide French or English teachers.

I say that it is arrogant and neo-colonialist for the American Peace Corps to say to a nation, "We will no longer teach your children mathematics and science" so that some of the secrets of western technology will become accessible to them, but that we will "teach your peasants numeracy and literacy". As a Third World sociologist put it: "You want to teach the peasants how to count so they can count their cows? I can tell you that they already know very well how many are in their herd. And you wish to teach them to write so they can paint their names on a wall?" He thought we were not only arrogant but foolish.

I believe it is wrong for the Peace Corps to arbitrarily and unilaterally decide where PC Volunteers will work. As long as there is poverty, disease and misery in the world, I see no reason why the PC should say that one country is more deserving of volunteers than another which requests Volunteer assistance. There are pockets of poverty in all countries, and it gives me great pause to think that omniscient people in Washington can decide which country is more deserving of an effort aimed at peace. With whom should we allow peaceful encounters to occur? To whom do we proffer an olive branch?

I believe it is wrong to make PCVs into short-term development experts who will whiz in and out of developing countries, doing their thing. I have never doubted the strength of the PC as an agency of development, nor that visible, measurable changes do not take place as a result of the presence of PCVs. But I have always tended to stress the Peace Corps' role in the development of people rather than the development of projects.

I believe that the human residue of the interaction between PCVs and the peoples of other countries to be far more lasting and of far greater significance than the grain storage bins they build or the wells they dig. What brings about peace and friendship is the acceptance of each other as human beings with dignity and worth and the development of an environment of mutual respect and trust. These qualities are not built overnight, even between people of common heritage and background. Needless to say, they cannot be quickly achieved between people of different cultures.

It is true that short-term Volunteers can build grain storage bins and short-term experts can build farm-to-market roads. But if the consequence of such efforts is in fact to create an even greater sense of dependency on experts and a question of one's own ability to manage one's own life and environment, what really has been accomplished? This is a very personal matter with me. As a black youngster growing up in a southern town, I too often felt that white people regarded me as being incapable of managing my life, as inherently inferior. They did not believe I was a person of worth who had the capacity to make decisions. I learned that all of the food stamps, welfare checks and subsidized housing could not begin to fill the void of not having a sense of self.

PCVs at their best can and do communicate to others a sense of their own worth and dignity. But this comes about over time, and the two-year term of a PCV is about the minimum length of time needed for a sharing and trusting relationship to develop. That is why I am opposed to short-term experts who further dependency and export welfarism.

I also believe it is wrong to undermine the basic concept of the Peace Corps as a partnership among equals. This is what happens when American PCVs presume to tell the peoples of other countries what to do. A major reason the attraction of the PC, which makes it acceptable to host countries, is that it is a partnership, not a paternalistic, unequal relationship.
Old clothes and used toys to homeless children.

Talk to a returned Volunteer and inevitably you will hear that Volunteer say that he or she received more from the PC experience than they were able to give. This dynamic changes when we decide that we will not respond to the needs of host countries, but instead will tell these countries which types of assistance we will deign to provide them. We are then imposing our own values on others. We are saying that one of us knows best, that we are not equal as human beings, each with our own values.

Finally, I believe it is wrong to use the Peace Corps as a means of delivering a message to particular constituencies in the U.S. or to export a particular political ideology. Those now responsible for the PC seem to wish the organization to be engaged in a kind of political activism and advocacy. They would be pleased to have PCs demonstrate overseas against corporations which engage in practices with which they disagree or who market products that they see as harmful. Or they would see the Peace Corps as a vehicle to allow unemployed black ghetto youth as short-term Volunteers learn about life in a black socialist country.

I do not see any of these activities I have listed as appropriate to the mission of the PC. I think that if they are pursued, the PC will cease to exist. Because I wish the PC to continue, I resisted these efforts while in office. I am no longer part of the PC because I regard these ideas as anathema to the PC.

I assume that I was invited to participate in this conference because you believed I might have something to share with you in higher education, relative to young people attracted to PC. I have used the bulk of my time discussing why an old person departed from the PC? The two themes may not be so unrelated as they appear.

I have spent most of the past 30 years in the college setting working with college youth. I have been lured away twice, both times to become actively engaged in the PC. In the 1960s, the enthusiasm, selflessness and commitment of the young people volunteering was such that I knew I had to join forces with them. The second and most recent exit from academia was again based on my assessment of the worth of this experiment in building peace, and on my beliefs in the significance of an individual's involvement in such activity. I knew the PC was waning, and I wanted to help restore it, to help institutionalize it so that it could always be an option both for young people and for others.

I noted in a recent study on the effects of college that during the period 1970-1977 there was a 13% decrease in the number of college students who consider altruistic behavior to be important. Only three percent in 1977 felt that participating in an organization like the PC is of value, as opposed to sixteen percent in 1970. In taking on the job of PC Director, my hope was to reverse this trend. And despite the problems which I have enumerated today, I believe that there are enough Americans concerned about the PC - including the 80,000 returned Volunteers - to assure that the problems will be corrected and the mission of the PC will continue.

I know that there are some 5000 young people serving today in the PC, and that they are responding to the demands made upon them just as resiliently as did the other young people of the 1960s. I know that there are many other young people who in spite of changing lifestyles and a changing society will have the capacity and desire to work for the good of others, who can see value and achieve satisfaction from giving of themselves to enrich the lives of others in our interdependent world.

I would like to remind you that among the long-haired, jean-clad, pot-smoking members of your students body, there are many who are waiting to be intellectually fired and humanly inspired. We cannot let them go to waste! It is my hope and belief that both the colleges and the Peace Corps will be there to meet their challenge.

In every part of the world the good desire of men for peace and decency is undermined by the dynamite of jingoism.

—Robert Sherwood, "Idiot's Delight"
PERSONALS * * * PERSONALS  * * * PERSONALS * * * PERSONALS

To PH in Gaya: Keep those babies comin'.

To Pam in Diffa: Does Dave need another "medical kit" yet?

To Jerry in Agadez: For me, life will be "quiet" in the US of A. Can you believe it?

To Val and Alice in Zinder: Sorry to have missed you - was SWIN that bad?

To Kathy II in Dosso: "The little one stopped to shut the gate!"

To Bill Ganry: How's tricks?

To Dana in Niamey: Sorry love, no more dinners. You're on your own. You'll just have to visit 440 Elmwood Drive for the next one, that's all.

To Mustapha: Banana bread's recipe with Ruth.

To Glenn in Bouza: I promise an already blessed Swiss Army knife to be sent soon!

To Mamadou: I'll certainly miss you the most, Papa.

To Phyllis directrice: It's been real, quois...
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HOT FLASHES DEPT.

Phyllis just completed a tournée of the Eastern regions and was quite happy with her experiences - with maybe one exception. While in N’Guigi we had someone (it must have been Geoff - yes, that's who it was) suggested having breakfast in the desert over 15 kms. from town. They went to see the sunrise and had a lovely meal in the rolling sands. As it grew light and came time to leave, it was discovered that the LandCruiser was parked on top of a dune because someone (it must have been Sandy Mackenzie - yeah, sure, that's who it was) had earlier said, "Go on, Garba, you can go farther than this." After a few hours of basic human dig-

To Niki in Gethye: I see a JT in the future.

To Debbie in Tahoua: I'll be watching for the flag.

To Helen in Tera: How's Botswana?

To Kathy I in Maradi: "Where oh where has my little house gone?"

To Ruth in Niamey: Keep "shakin' your bootie" honey!

To A & B in EN'K: Say my hellos to everyone. Good luck to both twosomes. Keep the robbers out. Go sit at my spot on the bridge.

To Mary Lou in Zinder: Can't think of anything worthy of you.

To Jerry Brown: "Bien Dormi?"

To Steve and Debbie: Thanks again for the house. I loved it!

To Shannon in ND: We'll have to get together for another Boston Cream Pie on the run. WRITE!

TO ALL: GOOD-BYE, SAI WATA RANA
I'll miss you,
Cilla Randall
440 Elmwood Drive
Windsor Locks, CT. 06096
# # # # # # # # # # # # # #
ging, Geoff and Garba loped off to get some help. Phyllis and Sandy, meanwhile, used their free time to really talk, something they'd had no time for previously. The cavalry came to the rescue at 2:30 (whew!) and dug and towed. Two good things came of this - the commandant of the gendarmes bought them all a beer and Phyllis now is of the opinion that all vehicles should be equipped with shovels, just for those early morning escapades. Thanks to the person who related this story and who had nothing to do with what happened.
A lot of tournées in the last month: Phyllis and Jerry were cut simultaneously, Fl, to the East and beyond and Jerry took Jerry Burns up to Agadez before coming back to do some TEFL observations in the Zinder area and on his way home to Niamey. Sid Eliss and Doug Hartwick escaped the Embassy and visited us to and from a trip to N'Guigmi. Amadou will barely get a rest (Phyllis overworked Carba in N'Guigmi and he deserves a petit vacances) before Mamoudou Issa departs to visit his health vols at the end of the month. Mamoudou was honored at a party on Feb. 3 chez Phyllis in recognition of his recent promotion to Assistant Country Director. Lots of leavings, some COS, others not - Shaka Zach Assagil and Jeff Towner had some problems and left Niger early; Kris Carlsen, Eric Mallen, and Jake Greene all finished their assignments and left for different destinations: Kris to Indiana & Florida, Eric off to Europe, and Jake? Delores Bealey and Charlie Wisecarver can't decide whether to get married or just live together. Delores did pass on some advice - know exactly what you want to do before you return home or you will be lost. Anyone who would like to receive Kool Aid in return for Niger news is welcome to solicit the tribe from Jim and Sue Carson: 620-X College View, College Station, Texas 77840. Sue has a job with the Finance office at Texas A & M, and Jim is enrolled in the Ag Economics Department with an assistantship. It was a pleasure to meet a Washington visitor, Sandy MacKenzie, who traveled with Phyllis to Diffa and beyond (all the way into the desert, I hear tell). Sandy works in the Office of Volunteer Placement (yes, it's her fault) and enjoyed her travels here. It was good to hear some ACTION gossip from someone who's in the know. STRIKE CENTRAL: Strike City in the Eastern part of the country. The Ecole Normale in Zinder was cut for a month; Magaria, Misirah and Mainé-fonfu all closed down for a day or two for various reasons; violence in Daloro as the students were particularly miffed and broke into the Director's house to wreak a little havoc. Cynthia Evans scared her friends in Zinder by having a mobylette accident. She was fine after a night in the hospital - she was more nervous about that than anything else. Floss those teeth. Jan Turner and Ken Duchesneau have each had aggravating experiences recently in having dental problems resolved (Ken, he's gone now and can't ask you any more stupid questions). FLASH - there's a copy of the January Playboy (25th Anniversary Edition) in Zinder. It did cost 1120 CFA (!), but an initial thought of charging for perusal was discarded in the interest of friendship. But IT DOES NOT LEAVE THE CITY LIMITS. Now that Steve Edelman has left us for the good life in Dakar, we're without a doctor, but not for long. Jim Zurreman, a former Niger PCV and presently PC Doc in Sierra Leone, will be here in about two months. In the interim, tell Mom not to worry because there is a capable and friendly nurse in Niamey right now. Bob Jackson has received a promotion to become an Area Director (of what? what area?). Since we seem to be on the subject of former Niger PCVs, one from several years ago has been selected to be a PC Fellow. Meri Ames will be trained to become a PC Country Director through various job experiences. Phyllis mentioned that she might be here next summer to help with the stage. Has the dentist returned to Calmi yet? Rane Winslow, c/o Peace Corps, Box 707, Monrovia, Liberia. Jerry Sperling's ad in the last issue was a little late, but she's considering another trip in May or June to Lomé. Price for a roundtrip ticket with the group discount (4 or more people) is 27,250 CFA. More addresses: Donna Tesi, BE 2098, Libreville, Gabon - Ruth Hirsch, 17 Arnold Road, Pelham, Mass. 01202. A softball tournament was scheduled for Feb. 17th in Niamey and teams from the Ouagadougou and Abidjan Embassies were supposedly sending teams. Tom Knight just returned from a vacation in the states. WISDOM FROM THE SAGE OF THE EAST: "Her panties and my soul. A little bit of shit on each." - is it just me or does anyone else detect an influence of Leonard Cohen? Art Betteg has no job and no leads for one, but he does have a brand new car! Just sitting around eating and listening to his stereo. If
I can't believe I missed a CE, and what a CE, too. It's probably just as well as most people might have thought I was writing a political satire if the article had talked about the conferences I recently attended.

Most of you have received articles or read the piece in Newsweek that described the crises in PC/Washington. Unfortunately I cannot provide any enlightenment as most of what I know is coming from the same sources. We now have no PC Director and no Africa Regional Director (Bill Givens, who most of you met last year, had been the Regional Director). He was asked to resign just after Carolyn!. Mary Leyland is Acting PC Director and the former Deputy Regional Director, Bill Tange, seems to be Acting Regional Director. It's business as usual. The most issues we deal with PC but of course we're anxious to see who gets named to these posts and what their policies are. If I hear anything, I'll let you know. Likewise, if you hear anything, will you let me know?

Eleven new vols were sworn in on Saturday, January 27:

Alice Bonner & Valerie Nelson
(BP 223, Zinder)

Gerald Burns
(BP 11, Agadez)

Niki George
(s/o Dispensaire de Ghoteye)

Phyllis Goldstein
(s/o Dispensaire de Gaya)

Ruth Harris
(BP 10537, Niamey).

Katherine Kolbeck
(s/o Hospital de Maradi)

Helen Sittner
(s/o Dispensaire de Tera)

Kathleen Tilton
(s/o Hospital de Dougo)

Debra Weber
(s/o Hospital de Tahoua)

Pamela Winters
(s/o Hospital de Diffa)

Cilla, worn out from this group's super energy, returns to the US via Paris by mid-February. She did a great job and we'll miss her, particularly her latest "histoire".

Seven new trainees (4 Ag surveyors and 3 Ag Research Extentionists) are due in Feb. 17. Their training director, Steve Everett, has already arrived. Steve was a surveyor volunteer in Upper Volta and worked in training and programming PCVs there as well.

Sheila North returned Jan. 29 and was accompanied by her mom and dad. Though she now walks by herself, she doesn't have too much to say about her trip to the states. She and Debbie, on the other hand, had much to say. We're glad they're back and look out for the "pink Toyotas!"

Plans begin for summer training. Right now we are planning for 76 trainees. Niger's biggest summer omnibus training. If you want to share your thoughts on how to improve training, we'd be very grateful.

I'm just back from Maradi, Dabkor, Mayahi, Madarounfa and Chadian Kourji. It was a beautiful tournee. Thanks to the vols there for making me feel so good and so proud of your work! Feb. 5 I'm off to the Diffa Dept. Someone has to find out if Geoffrey Bregen is still alive! In addition, Jerry is touring the Agadez, Zinder and Maradi Depts. Steve is going to Maradi and Agadez. Finally, Mamoudou will be visiting all the Health vols beginning the end of Feb. So there's much movement up-country and quiet pervades the office. Sigh!

As I'll have seen or will see most of you during this month I don't really feel I need to write this, but in case I forget - Have a Happy Friendship's Day and a Merry Susan B. Anthony Birthday & of course a full-of-love Valentine's Day.

In next month's article, rather than asterisk the jokes, we will run a "Can You Find the Jokes?" contest.

* JOKE (for those who don't understand when I'm joking)
- THROUGH THE POST - - - - THROUGH THE POST - - - - THROUGH THE POST - - - - THROUGH THE POST - - - -

On Baldness (in Niger)

Because of the onset of the Hot Season, it was quite rationality de-
dited, and thereafter witnessed by
greff Bergen, that we, David and Paul,
would attempt the discomfort of the
unt by completely removing the hair
from our skulls. We did it and would
like to share the experience in this
short expose:

The idea came to us one hot even- ing (Saturday) with the assistance of
1 liter of "Wat 69" and the inspiring
music of L. Cohen and L. Beethoven.
A rational discussion revealed the
following advantages: 1) increased
sexual potency and attractiveness; 2)
cost/benefit analysis revealed signifi-
cant savings in shampoo and comb,
about 150-200 CFA per month; 3) better
support with host nationals; 4) better
support with Allah (host religion); 5)
certain oneness with nature and Til-
ly Savales; 6) an indispensable tool
in case of emergency, i.e., properly
stained, the dipo can be used to fry
eggs, boil water and send SOS signals,
and 7) of course, infinitely more prac-
tical in the Hot Season.

With this reasoning as our guide,
we went to the market the next after-
on again inspired by 1 liter of
Wat 69" and the music of L. Cohen &
L. Beethoven - and had our heads shav-
en by the local marche barbers. They
did an excellent job - we were as
smooth as a baby's bottom and not a
drop of blood was shed (nor a tear the
following A.M.). Also, we provided
two tremendous benefits to the commu-
nity - Saturday afternoon entertain-
ment (indeed it was!) and enough hair
for at least 500 gris-gris (anasara -
hairstyle gris-gris are priceless)

The whole fiascast scene was re-
corded oncamera(s) by Mr. Bergen
(DEG N'Guigmi) from hair to no hair
and sea to shining sea so that the
folks 'back home' might be as enter-
tained as the nationals (host country).
There were some additional advan-
tages revealed after the act: 1) this is a
GREAT manner to learn patience, hu-
manity and self-control; 2) you can
see what you look like bald and that

In conclusion, we're not at all
sorry we did it and are even consid-
ering keeping this way for the Hot
Season's duration. For any non-be-
lievers in our list of advantages,
try it. If nothing else it builds
character and a brand new head of
hair. And for those of you that try
it out and don't like it - we accept
full responsibility.

David and Paul

- "NIGER, WHERE'S THAT"
(sung to tune of "Sunrise, Sunset")

CHORUS: Niger, where's that
Niger, where's that
Quickly catch the runs
One stagiaire following
another
Laden with heat stroke and
some guns

Where is the sanity I come with
Where is the English I once spoke
I've seen the Maternite and Hospital
It's no joke!

CHORUS (see above)

When did I start to learn to bargain
When did I stop shaking at Marche
I don't remember open sewers
In the U.S.A.

CHORUS (see above)

Put all your cameras in a locked box
Stay up all night guarding your door
I'm gonna get me a Fulani
Or Tuareg with rock and sword!

CHORUS (see above)

PHILLIS GOLDSTEIN
- Geya

- If all else fails, immortality
The only way to get rid of a
can be achieved by spectacular
temptation is to yield to it. - Oscar Wilde
MECCA TO THE WEST
by J. Lemon

The tall spires of the Moslem minarets
Piercing the stars of the early morning night,
Crying in the darkness,
Moaning, groaning,
And calling to the east
Towards Mecca.
Allah...
Allah...
Allah...
The roosters crowing,
The villagers stirring,
Old men praying,
Chanting, singing,
And bowing to the east
Towards Mecca.
Allah...
Allah...
Allah...

In my bano I lay sleeping
In my cocoon I am dreaming
In my mind I am thinking
Of friends and of family
And memories
Of my mountain home
Are calling me, calling me
To the west
Towards Mecca.
Allah...
Allah...
Allah...

To the Editor,
ITEM - It has been brought to my attention that there have been numerous outbursts of arguments, fistfights, Swiss Army knife duels and severe name-calling over what some volunteers contend to be the finest beers brewed. To some, all such encounters are just petty, sophomoric trifles, but to the "man-in-the-street" (and more often than not, the "man-in-the-gutter"), these confrontations cannot be taken lightly.

As a foremost basic human need (FEHN), I am out on a one-man crusade to rectify this grave problem amongst our ranks. After having spent the better part of four years at an institution of higher learning geared toward the study and evaluation of the "nectar of the gods", and after having completed the first year of a two-year sabbatical to examine foreign beers, I can modestly state I am a beer expert.

There will be those of you who scoff at my claim and ridicule me with slight charges, but undaunted I strive forward.

I submit an article I recently discovered that should curb all future outbreaks of this sort. I remain,

Affectionately yours,
I.M. Intoxicated

(No sincere apologies to you, I.M., but there was no real way to reproduce the Mike Rucko article you sent and still get the meaning across. Your letter, however, was a must because of the articulation. Hope to hear from you again. Good drinking.)

---

They keep on comin' back - Jamie Thomson was a volunteer here in 66-68 working in alphabetisation with Chabou Alassane, and he helped to start a Hausa newspaper in Zinder. After finishing his service here, he returned to school in the states. He came back a second time in 70-72 for 18 months on a Ford Research Fellowship working in the village of Drum, south of Zinder. Now he has a Rockefeller Fellowship and a sabbatical leave from the political science department of Lafayette College in Easton, Pa. His wife, Ellen, accompanied the second time, and is here once more but will this time live in Zinder with their two young sons, Josh and Jack. They will not be here quite so long this trip, only until they took the time to write a description of his purpose here: "A comparative study of local level participation in, and/or organization of, renewable natural resource management projects. Concerned particularly with village woodlots, windbreaks, bottom land development and proper maintenance of pasture lands. Sounds like solid FEHNs. Perhaps Jamie will depart, after such a extensive and profession research.
All right you displaced Trekkies, your lesson plans are done and now it's time to find out what all those mysterious bits of light in the sky are about.

To start, at about 9:00 go outside. OK, now face southwest and look almost straight up. You'll see three stars fairly close together and in a straight line. They in turn will appear to be enclosed in a rectangle. According to some stone-out ancient Greek shepherd, this is Orion, the hunter, with the three stars being his belt. Hanging below his belt are a group of stars that make up his sword. The middle "star" in this group is actually a massive cloud of primordial interstellar dust (a fact some volunteers find hard to believe).

The Belt stars point to the very bright Sirius (aka the Dog Star) in the constellation Canis Major (Big Dog). Sirius is seen just before sunrise in August and the ancient Egyptians blamed the combined effects of it and the sun for the extreme heat of that month. Thus the expression "dog days".

"Let me explain...."

The pedestrian had no idea which direction to go, so I ran over him." That, says the Metropolitan Life Insurance Co., is among a list of explanations the company has received for automobile accidents.

Others include:

- "The other car collided with mine without warning me of its intention."
- "As I reached an intersection, a hedge sprang up obscuring my vision."
- "I pulled away from the side of the road, glanced at my mother-in-law and headed over the embankment."
- "The telephone pole was approaching fast. I attempted to swerve out of its path when it struck my front end."
- "The guy was all over the road. I had to swerve a number of times before I hit him."
- "The indirect cause of this accident was a little guy in a small car with a big mouth."
- "I had been driving my car for forty years when I fell asleep at the wheel and had the accident."
WHERE DO I GO FROM HERE?

Those people contemplating a return to graduate school after leaving PCV might be interested in an article formerly printed in the Liberian PCV newsletter. That piece dealt with schools that have expressed an interest in PCV's by announcing their programs in Interaction and Hotline. The original was quite long and has been condensed to include only the name of the college and the type of program. If anyone should want an address, write and it will be sent with any additional information available.

U. of Hawaii (English as a 2nd lang.)
Ohio U. (Int. Affairs & FIO scholarship)
John Hopkins (Int. Relations)
U. of Wisconsin (Dev. Econ. & Adm.)
Roosevelt U. (Counseling; Pub. Adm.; Soc. & Anthrop.; Urban Studies)
Brown U. (master's in teaching; Eng. & Soc. Studies)
Columbia (Int. Educational Dev.)
Antioch College (Early Childhood/Elem. Educ.; Environmental Science)
Antioch School of Law
Antioch / New England (Adm.; Counseling/Dance Therapy)
U. of Kentucky (Foreign Ag Dev.; Econ. or World Food Policy; Domestic Area Rural Dev.; Nat. Resource & Environmental Econ.; Ag. Production Econ.; Marketing of Farm Commodities; Farm Finance; Pub. Ag Policy; Rural Soc.)
U. of Florida (Food & Resource Econ.)
U. of Southern California (Health)
U. of Maryland (Voc. Rehabilitation; Counseling)
U. of Denver (Int. Politics; Law and Organization; Foreign Pol. Studies; Diplomatic History; Int. Econ.; Research and Teaching; Comparative, Functional & Area Problems)
Northern Illinois (Bus. Adm.; Int. Bus)
Ohio State (Voc-Tech Educ.; Career Educ.)
U. of Colorado (Management of Volunteer Problems)
U. of Pennsylvania (Pub. Adm.)
Syracuse U. (Architecture)
State U. of New York (Urban & Policy Sciences)
U. of California (Policy Analysis)
The New School for Social Research (Suburban Affairs & Policy Analysis)

U. of Missouri (Regional & Comm. Affairs)
U. of Texas (Bicultural/Bilingual Studies; Public Service)
Fairfield U. (Communication)
Spalding College (Counseling Psychology)
California State Polytechnic U. (Int. Agriculture)
Boston College (Peripatology)
New York U. (Science Education)
U. of Illinois (Comp. Education)
Southern Illinois (Eng. as a Foreign Language)
Georgetown U. (Int. Studies)
Fairleigh Dickinson U. (master's in teaching; Bilingual/Bicultural Education)
The Devereaux Foundation (Mental Health)
U. of Minnesota (Sec. Development)
U. of North Carolina (Pub. Health)
U. of Washington (Cross-Cultural Nursing)

WHY GO ANYWHERE?

TECA will be seeking a new director for the English Teaching Program beginning January 1980. Don Purleigh does not plan to renew his contract. If interested, submit to Rosemary Crockett a copy of your curriculum vita and a one-page essay on the contributions you would expect to be able to make to the program and your plans for 1980-1982. Do this soon as interviews begin in March. Any terminating PCV's are encouraged to apply, but they must have experience in teaching English as a foreign language. Below are the responsibilities of the job.

1. schedule classes and determine the yearly calendar
2. recruit teachers
3. organize and administer pre- and in-service training
4. provide regular feedback on teacher performance
5. design curricula for courses, including objectives and materials and methods for achieving those methods
6. provide and maintain resources in theories, methods, techniques, and materials for language instruction
6. establish placement, proficiency, and achievement testing programs
7. establish and carry out administrative procedures for enrollment, payment of teacher salaries, accounting
8. supervise maintenance of language program facilities
9. administer existing or cooperate in developing supplementary related activities; e.g., Educational Testing Service examinations, the English Conversation Group, programs in orientation to US academic life, the Michigan testing program

BUT, IF YOU DO GO....

They came from all over the US to attend a Returned Peace Corps Volunteer Convention and Third World Conference co-sponsored by the University of Nebraska in Omaha.

The first returned PCV convention took place in 1965 in Washington DC and since that initial conference, more than 70,000 Americans have served in more than 65 countries in Africa, Asia, Latin America and the Pacific. As more and more volunteers returned from their two-year assignments, it became natural that these people who shared an intense cross-cultural experience would have a lot in common and begin to seek each other out.

Greg Flakus, one of the organizers of the Omaha conference, said that the idea came to him in 1975 when he returned from PC/Philippines. "I found that then I ran into other former volunteers, no matter what country we had served in, we basically shared the same experience. In March, 1977, a group of PCVVs in Omaha started making contact with other groups around the country and these groups expressed interest in the idea."

At the conference, organizational meetings held to decide whether to set up a national organization or to have a third PCV convention sparked lively debate. Sam Brown agreed with the decision that any organizing would have to be done by them and not by PC/Washington. The group set up a steering committee with representation from all geographical areas of the US. It was agreed to hold a meeting next year, again in Omaha. The steering Committee

grass roots organizations and propose a charter for an independent national organization.

As Greg Flakus said, "We've made a beginning this year and we're working with people all over the country. Our goal now is to get something going."

Persons wishing to contact
Flakus may write him at
PO Box 11611, Omaha, Neb.
68127

DEAR MONTY,

Dear Monty,

I don't know what goes with everybody slugging it out in Cambodia. Ever since the French and Japs fought over it back in '44, everybody and their brother has decided to get involved - French, Japanese, North Vietnamese, South Vietnamese, Americans, Russians, Chinese, etc., etc. Believe me, it's caused a real mess here in the office. What's all the fuss about anyway?

K. Waldheim
NY, USA

Dear K.,

Who cares? All I know is you've got a great thing going. Since everybody enjoys fighting there so much you could turn the place into the Madison Square Garden of international conflict. Anytime 2 groups want to make it cut, all they have to do is book the joint in advance and go to it. It would save the rest of the globe a lot of wear and tear. Furthermore, it would give people like Palestinians, Basques, etc. a chance to fight a real war instead of running around with bombs all the time. The World Bank could handle publicity and promotions while the International Court of Justice could decide the results. To rebuild the place between bouts, give every Cambodian a percentage of the gross. Give it a try and let me know what happens.

MONTY

If you haven't been to Nantucket for a while, be warned that the taxis have raised their prices. 

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G R O U N D N U T S  
by Yawale

Gee, Meeesss,  
I don't understand why you can't hear me.

I told you to open your goddamn mouth!!!

I told you kids to raise your hands!!!

Let THAT be a warning to you all!!!
TEFL POINTER: for teaching the preposition "between" -

Q: Where is Timbuktu?
A: It's between Timbukone and Timbukthone.

And remember this:
"Samnuu baq tea hana zuuwa."
(Slowness doesn't prevent getting there.)

"Karambaan akwiya, gai da kuurse.
(It's meddlesomeness of the goat
to greet the hyena.)

"Ruuwae baq yaa tsaamii banze.
(Water doesn't smell bad for
no reason.)

"Inda hayaakaak, akwoy wutaa.
(Where there's smoke, there's fire.)
SPOTLIGHT ON NINNINNINN STUDENTS!

This month brings us some letters from some younger students, and as might be imagined, the subject matter is much tamer. These came from a home class of CEG II, Niamey, and Sharon Martin is the instructor.

Dear friend,

My name is ____, I am in the class of 6th grade. I am sixteen years old. I am going to be very happy to receive your ideas. I can speak English but not very well. My family and I, we live in a bano house. A bano house is made of sand, water, and twigs. Can you tell me your problems that you meet in your studies? Please. We, our problems in our studies are that we are not good in English. Do you describe me your country and tell me how you live with your dear girl or boy. Because I think that things are not the same in my country. Hear in my country it is cold and in the morning, the pupils don't want to wake up and go to school but with all this they go to school. Now it is what season in your country? Please, I stop hear and wish you that the new year brings you happiness, success, and prosperity. I want that we exchange between our post cards and a lot of things.

Good-bye, I kiss you very strong,
Your dear, ________________

My dear friend,

My name is ____, I am in the class of 6th grade. I am sixteen years old. I am going to be very happy to have a response from you. I will pass BEPC next year. I live in a big town, every Saturday night, I go to cinema, parlours, night club. I like music, literature, and every Saturday, I go to American cultural center. I am not a racist. I want to see your photo. I went to zoo, and I saw the animals. The America and India films interested me very well. I like peace and love. I've just finished to read my English book. In my country, the people speak various dialects (sera, Hakassa, Peul ...) and the minority speak French. I taught English 3 years ago. But I speak French very well. Are you agree to send me your photo. Shortly, when I receive your letter, I am going to sent you my photo, presents. Please. I am tired.

Dear friend,

My name is ____, I am the class of 6th grade. I am sixteen years old. Now I am going to tell you my school days. In my school, they are many distractions. My school is championship of Niger. I like music. I have a brand new moto-cross. Every Saturday I went night club. I dislike a girl who don't studied. If you are lazy girl or boy don't write me answer.

Good-bye, I kiss you very strong,
Your dear, ________________

DEAR MONTY,

We are megalomaniac dictators from tropical countries who recently had to leave our jobs. Our supervisory duties included making people work in intolerable heat, ensuring they ate nothing but rice, in general, controlling every aspect of their daily existence. Can you help us find work? Cordially, J. Jones & Pol Pot

Dear Meers, Jones, and Pot,

Well, your qualifications and experience...
TIPS FOR TEFL TEACHERS:

You may not supply a handle but you're here at present, so you may as well continue doing as good a job as possible. Hopefully, this can become a regular part of the CE, and, hopefully, the bulk of future material for it will come from you in your willingness to share ideas, experiments, etc., which you have used in the classroom. A problem which exists in teaching everywhere is the isolation which the individual teacher faces in regard to innovations in the classroom, hints, and practical advice. Don't be shy and don't think that dialogue you wrote last week which went over real well isn't worthy of your colleagues' inspection. Many thanks to the writers of The Gabon Gab (Nov, 1978) for the following article, a great beginning.

SLURRING

An important aspect of spoken language is "slurring" between words. Too often students will speak in an abrupt, stilted fashion with distinct beginnings and endings to each word rather than phrases. This occurs because, in asking a student to repeat a phrase, such as "How are you?", the teacher will have the students repeat each word and then fall to go back to the phrase as a whole. This is not to say that we should be teaching such distinctly American slurs as "What's up?".

Slurring most frequently occurs with words that begin with vowels and words that end in vowels. What usually happens is that a consonant is added in the spoken language between the two words.

For example: He isn't going to eat. /y/ yes
He/ y/ isn't going to eat. /w/ we

A. RULES FOR SLURRING

1. Final consonant and initial vowel are pronounced together as if the final consonant were at the beginning of the next word.

2. A final "t" becomes a "d" before vowels in American English, except when the "t" is preceded by another consonant.

   It cost a dollar.
   I caught a fish.
   sounds like /t/  
   sounds like /d/  

3. Final vowels:
   a. rounded vowels are followed by an added "w"
   Blue is a color. I know it.
   How are you?
   b. flat vowels are followed by an added "y"
   I see a boy.
   My aunt is sick.
   I play in the yard.
   The boy is over there.
   c. other vowels either do not usually end a word, or as in the case of /a/, are not followed by an added consonant.
   I saw a boy.

B. WHEN TO TEACH

1. Slurring can be stressed whenever teaching a phrase such as "How are you?". In other words, with the teacher always slurring, instead of halting between each word, students will imitate the teacher and thus also slur. After all, if the students can imitate the teacher's halting language, they can also imitate the teacher's slurring.
a. begin with a lesson on "a" and "an". a real — an een
b. move to a lesson with other consonants before words that begin with vowels the big een
the small een
c. Finally on to lessons with the first group of vowels and then with the second group of vowels

2. The use of slurring should be stressed in the memorization of any dialogue.

3. In working with sense groups in Read and Look Up, the teacher can stress slurring by having students first repeat after the teacher and then the students on their own.

A final word about slurring...it is not the same thing as merely speaking fast in class. You are probably saying that you could never do it in class because the students wouldn't understand what you're saying. If, however, you start off speaking at normal speed, your students will gradually catch up with you and become accustomed to that speed. If you still think it's necessary to slow down, it's possible to pause between sense groups rather than between words. And if it's necessary to break up a sense group into individual words, be sure to go back to the whole sense group at normal speed.

BrainDuster: Get out a pencil with a good eraser. You can look at these in 2 ways, 1) they're good practice for the GRE Exam, or 2) they're a pain in the ass and I can't do them and I don't know why he prints them anyway.

Who Owns the Zebra?

1. There are five houses, each of a different color and inhabited by men of different nationalities, with different pets, drinks, & cigarette.
2. The Englishman lives in the red house.
3. The Spaniard owns the dog.
4. Coffee is drunk in the green house.
5. The Ukranian drinks tea.
6. The green house is immediately to the right (your right) of the ivory house.
7. The Old Gold smoker owns snails.
8. Kools are smoked in the yellow house.
9. Milk is drunk in the middle house.
10. The Norwegian lives in the first house on the left.
11. The man who smokes Chesterfields lives in the house next to the man with the fox.
12. Kools are smoked in the house next to the house where the horse is kept.
13. The Lucky Strike smoker drinks orange juice.
15. The Norwegian lives next door to the blue house.

NOW — who drinks water & who owns the zebra?

<table>
<thead>
<tr>
<th>LAST MONTH'S ANSWERS:</th>
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<tr>
<td>HITLER 170362</td>
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<tr>
<td>GOERING 266721b9</td>
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<td>HTHLHHH 1003311</td>
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Tom — Surveyor — Gaye
Dick — Sugar Cane — Tahoea
Harry — Forester — Mianey
Irving — TEFL — Bilma

ARABIAN NIGHT CREAM is an ointment preparation which combines natural hormones with vegetable components. Physical debility, emotional maladjustment, defective hormonal secretion and psychical disturbances are the major factors which easily impair sexual potency. In ARABIAN NIGHT CREAM, frigidity, neuroasthenic impotency, premature ejaculation...
insufficient erection due to physiological causes - ARABIAN NIGHT CREAM is the medicine which can restore normal erection. A few minutes after application, sexual feeling is stimulated and a feeling of well-being is experienced during the period in which its effects last. During intercourse the stimulating effects are felt by both parties and excitement is intensified. Application: Rub ARABIAN NIGHT CREAM very lightly, immediately before action. Made in Germany.

AND YOU CAN BUY IT IN NAIJER!

Those of you adept in the French language can do a big favor for Monty - there's a be student in Sab presently in need of a translation of the above.

Oor kid. Somebody out there reach into your heart and give him a hand with his basic human need, so to speak.

FOOTBALL - The biggest news (for those of you without radios) is that the Steelers defeated the Cowboys, 35-31, and became the first team to win 3 Super Bowls in the highest scoring, most exciting game of the season. Possibly inspired by the annual arguments, this year being no exception, a NCAA committee proposed a four-team championship play-off. If the proposal is approved at the NCAA convention, the first championship tournament would be held during the first 2 weeks after the Jan. 1 Bowl games in 1981. Under the plan, all 26 teams in major college Bowls would be eligible with a special committee naming 4 of them after the last Bowl had been played. Teams would be selected for the Bowl games just as they are presently, by the respective Bowl committees.

Joe Paterno rejected a job offer from the NY Giants saying he regards college coaching as his field. Chuck Fairbanks must feel the same way because he's trying to break his contract with the Patriots to go to the U. of Colorado. William Sullivan, the Patriots owner, feels Fairbanks is essential to the team's future and has accused the University officials of conspiracy, taking everyone concerned to court. John Madden stepped down as Head Coach of the Raiders and stated emphatically that he has no plans to go to another NFL team. The Brown got rid of Fred O'Connor and hired Bill Walsh, Coach at Stanford. Bart Starr's Packer contract has been extended through 1982.

BASEBALL - At baseball's annual winter meeting, new proposals were being considered. A move is underway to create 3 divisions in both leagues. This would permit more teams to become eligible for the play-offs. In addition to the 3 division winners, wild-card teams would be selected.

Willie Mays was elected to the Hall of Fame in his first year of eligibility, the 86th person chosen for induction. Two other past greats, Enos Slaughter and Duke Snider, came within a few votes but again failed to garner the required number of ballots.

ALSO - The Soviet Union has decided to ban Radio Free Europe reporters from the 1980 Olympics. Why? Because the reporters are "practically all CIA agents" and "broadcast only false information which spreads hatred against the Soviet Union." Bjorn Borg was named 1978 World Champion by the International Tennis Federation. An ITF spokesman said the panel voted unanimously for Borg (over Jimmy Connors) because his record of success was wider in range and ambition. John Walker, 1976 Olympic gold medalist in the 1500 meter, sped to an unofficial world record outkicking the second best and coming in at 3:37.4. . . . . Running out of room, but both UPI and AP agreed on the top 5 college basketball
free, too. You go to the Thorn Tree at the New Stanley Hotel to meet people to go safaring with (same as "skiing", n’est-ce pas?). The best and cheapest way to see the Reserves is to rent a car with three or four other people, and go! Driving is on the left side of the road, but that’s nothing after cross-cultural.

You camp in the Camp Parks for a few dollars a night. You bring & cook most of your own food (a small gas burner is handy). The major investment you’ll need to make, if your safari buddies haven’t got one, is a tent - we went to set up camp at one site and had to chase out elephants.

Your excursion ticket is good for four weeks. Assume you safari for three weeks - that’s more than enough. I found $200 a week was a comfortable figure to work with: including car, camping and park fees, eating, souvenirs. So - plan fare, plus the three weeks’ safaring and add a hundred bucks for getting there. Nigeria, well, I’ll help - that’s about 200,000 CFA. C’est possible, oui?

Now for the avertissement: Lagos is a bitch. I flew in from Lomé and was refused entry at Customs for not having an on-going ticket. Don’t forget - you’re only allowed to bring 50 Naira into the country, and you declare all currency. Be discreet. The agent then demanded $50, but as a good PGV, j’ai marchandé him down to 5000 CFA. Then I was almost arresté by an off-duty Lagos cop, “In suspicion”, I guess. Lagos is dirty, expensive and brimming with the essence of Bola’s grandfather - no scrupulous taxi drivers. They cheat you. The police cheat you. Everyone cheats you. I began distrust ing myself. But, if you do it, stay cool, and a well-placed bribe never hurts. In fact, it’s indispensable. And then, Le Kenya est presque le paradis meme.

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I pity the man who can travel from Dan to Beersheba and cry, "Tis all barren!"
VOTRE SANTÉ

Thanks to PC/Senegal via the Gabon Gab
(Excerpt from "Where There Is No Doctor" by David Werner)

Most of us could live without medicines. But no one can live without water. In fact, over half (57%) of the human body is water. If everyone living in farms and villages made the best use of water, the amount of sickness and death – especially of children – could probably be cut in half.

For example, correct use of water is basic both in the prevention and treatment of diarrhea. In many areas diarrhea is the most common cause of sickness and death in small children. CONTAMINATED (unclean) water is often part of the cause.

An important part of the prevention of diarrhea is to boil water used for drinking or for preparing food. This is especially important for babies. Washing one's hands with soap and water after a bowel movement and before eating or handling foods is just as important. The common cause of death in children with diarrhea is severe dehydration. By giving a child with diarrhea plenty of water (best with sugar or honey or salt), dehydration can often be prevented or corrected.

TIMES WHEN THE RIGHT USE OF WATER MAY DO MORE GOOD THAN MEDICINES

To prevent:
1. diarrhea, worms, gut infections
2. skin infections
3. infected wounds, tetanus

To treat:
1. diarrhea, dehydration
2. illnesses with high fever
3. high fever
4. minor urinary infections
5. cough, asthma, bronchitis, pneumonia, whooping cough
6. sores, impetigo, ringworm of skin or scalp, cradle cap, pimples
7. infected wounds, abscesses, boils
8. stiff, sore muscles and joints
9. itching, burning or weeping irritations of the skin
10. minor burns
11. sore throat or tonsillitis
12. acid, eye, dirt or irritating substance in eye
13. stuffed-up nose
14. constipation, hard stools

Use water:
- boil drinking water, wash hands
- bathe often
- wash wounds well with soap & water

Use water:
- drink plenty of fluids
- drink plenty of fluids
- soak body with cold water
- drink plenty of water
- drink plenty of water and breathe hot water vapors (to loosen mucus)
- scrub with soap and water
- hot soaks or compresses
- hot compresses
- cold compresses
- hold in cold water
- gargle with hot salt water
- flood eye with cold water
- sniff salt water
- drink lots of water (also enemas are safer than laxatives, but do not overuse

In each of the above cases, except pneumonia, when water is used correctly medicines are not needed. REMEMBER: USE MEDICINES ONLY WHEN ABSOLUTELY NECESSARY.

The preservation of health is a duty. Few seem conscious that there is such a thing as physical morality. - Herbert Spencer
"Education"

Health is not a condition of matter, but of Mind; nor can the material senses bear reliable testimony on the subject of health. - Mary Baker Eddy