

Ali Credits Dick Gregory Formula For His Energy

Muhammad Ali recently credited a vitamin formula created by Dick Gregory with supplying him the stamina to dance 15 rounds and take his title back from Leon Spinks.

The three-time heavyweight ting said he decided to hire Gregory for the second fight because he ad lost the first one to fatigue and he knew Gregory had extraorlinary running stamina because used his own formula, which was unnamed.

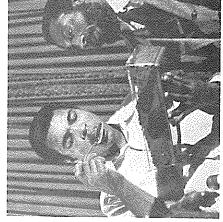
"He mixed the vitamins every ay in fruit juice," said Ali. "He ould give the formula to me beore and after dinner, and a little efore I went to bed. This went on or one month.

"During the fight I showed no atigue. I actually was not tired in a last round. I did the impossile, danced 15 rounds at age 36, not the idea is, if this can do this or me, what would it do for the arving man in Africa, Banglasir, India or wherever it might

Ali pointed out that he carried I more pounds than Spinks, and t age 25, Spinks was more exausted after the fight.

Gregory said the formula was a ixture of 93 vitamins, herbs and inerals, "but the basic ingredits were kelp, which is seaweed, it sesame."

Ali's personal physician, Dr. harles Williams, said he had ever seen Ali so energetic until



Dick Gregory holds a container filled with his vitamin formula while heavyweight champion Muhammad Ali samples some for the press.

after the champ began to take the formula, revealed Gregory, who is author of a health food book titled Cookin, With Mother Nature.

Anorexics Meet, Admit Are Victims Of Fad Dieting You can take a good thing too

You can take a good thing too far. Members of the national Anorexic Society will attest to that.

They carried dieting to an extreme. As a result they suffer from the condition Anorexia Nervosa, which unchecked results in their starving themselves in to a chemical imbalance. Some die after major organs fail as a result of that starvation, says Patricia Howe, leader of the Columbus, Ohio-based organization.

Society members meet and discuss their dieting problems twice a week.

A mental condition, experts say the anorexic's dieting is a negative action which attracts attention. The attention is needed due to some deep-seated emotional problem.



Staff Photo by Steve Schluter

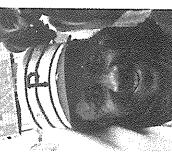
Sammy Davis Jr. and Dick Gregory exchanged greetings at the St. Paul Urban League's annual din-

ner. With them was Judge N. King of the league! board of directors.

Minneapolis Star and Tribune/Tuesday/May 22/1984

World Champions Thank Gregory For 'Strength'





Dick Gregory

Willie Stargell

After the World Champion Pittsburgh Pirates fought their way to the pinnacle of baseball success, one of the first people to get credit (on national TV) from team captain Willie Stargell was social activist-comedian-health food expert Dick Gregory.

"I don't think we could have done it without the help of Dick

Gregory," said the 38-year-old Stargell, who played the sevengame series as if he were 10 years younger and captured the Most Valuable Player award.

"I and Dave Parker both lived off the health formula that he provided and when I needed that extra burst of strength, that's what gave it to me," said the 18-year veteran who has over 450 home runs and is 14th on the all-time list.

Gregory said he isn't ready to mass produce his Four-X Formula yet, although the mixture of 96 vitamins, minerals and herbs has brought him offers of more than \$3 million.

"Willie kind of let it out of the bag," noted Gregory of his formula, which retired heavyweight champ Muhammad Ali credited for his success against Leon Spinks.

Product Gregory Signs Million Market Diet

George Washington Carver, who created over 300 products from a says he has created 103 products America Inc., signed a \$100 million contract with him to market Like famed Tuskegee scientist peanut, comedian and natural health advocate Dick Gregory and the multi-national Cernitin his weight-loss product.

meant for them to have." He also pledged 10 percent of all earnings

"to educate the young people in

America of the horror of drug

derstanding of life of which God

further their "awareness and un-

fast and prayer. He says: "God talked and I listened." Safe Bahamian Diet, the nutriucts was revealed to him after a tional drink with no artificial flavors, sweeteners or dairy prod-Called Dick Gregory's Slim-

addiction, nicotine and nicotine

addiction, alcohol and alcohol

turers and celebrities going

addiction through teams of lecacross the country with video

life and the manner in which he intends to respond will change What he heard has changed his

'o educate the elderly in good health and nutrition, Gregory pledged another 10 percent of his tapes and animated cartoons."

At Johnson Publishing Company's headquarters in Chicago, Dick Gregory signs \$100 million contract with Cernitin America, Inc. officials (L-r) Dr. David Allen, founder and chief executive, and Atty. Charles F. Thomas. Observing (L-r, rear) are Father George Clements, Illinois Comptroller Roland Eurris and John Bellamy, a member of Gregory's new business.

the lives of at least 12 leaders of civil rights and humanitarian and professions, Gregory announced that 12 organizations will be granted \$1 million each to at Johnson Publishing Co., attended by leaders in politics, civil rights, religion, business During a luncheon in Chicago

JET/EBONY Publisher John H. Johnson and his wife Mrs. Eunice W. Johnson greet Mrs. Coretta Scott King (2nd l), Chicago Mayor Harold Washington and Atlanta Mayor Andrew Young during reception and luncheon.

especially, to know it's cool to be healthy," said the man who re-"I want young people, cently completed a 167-day fast to make a dramatic statement about hunger throughout the world (Jer, Sept. 3) earnings.

Other projects planned by Gregory are health restoration in

facturing plants for health products in 20 U.S. cities, including Chicago, where his comedy the Caribbean, Cable Health Network (CHN) for health information, fasting centers in Helsinki and Plymouth, Mass., and industrial parks and manucareer was launched

During reception Johnson Publishing Company Vice President Linda E. Johnson, daughter of publisher and Mrs. Johnson, chats with Mrs. Veronica Ali, while Gregory and Dr. David Allen serve new nutritious health drink







Mayor Young Says Health Care Of Black Leaders Is A Top Issue

tritional way to lose weight."
Dr. David Allen, founder and bowder that is free of drugs and chemicals and is billed as the "first fast, safe, natural and nu-Gregory's Bahamian diet is 100 percent natural, concentrated

tin America, a subsidiary of Sweden-based Skonen-Gripen, "Beyond a shadow of a doubt this is the finest diet prod-Thomas, who negotiated the \$100 cerned that the integrity of his chief executive officer of Cerninet that has ever been demillion agreement, said throughout their discussion he learned that "Mr. Gregory was more conveloped." Atty. Charles F said,

Harold Washington, Chicago's ory for choosing to launch one of erms of helping others before Tret Black mayor, thanked Greghis projects in the city where he Jainer. "You always think in Trat gained success as an enter-

product be maintained than he was about the money involved." Tregory praises two women who influenced him most, Dr. Alvenia Fulton in health field and Mrs. Rosa Parks in the field of civil rights.

you help yourself," the mayor said and added: "Goodness and mercy have to follow you...'

Mayor Andrew Young of Atlanta said the issue of health what we are doing and so few of us get helped through all of the foolishness that distracts," Mayor Young said. "We have a has been heightened by Greg-ory's role as a natural health advocate. "I see the health care of Black leaders as one of the important issues for our people because it takes us so long to know certain obligation that when we get to the place where we know ust a little something, the most important thing that we can do is preserve our health to give us an opportunity to utilize the spiritual, political and economic Health is a Black security issue skills we've been blessed with... and I would commend Dick for pioneering in this field," commented the mayor who says he often puts in a 20-hour day







Leading Delegation To Fight African Hunger Activist Dick Gregory

the Activist who began a 167-day fast in April to draplight of starvng Africans Dick Gregory, JET, Sept. 3) matize

Dick Gregory is leading a delegation in Ethiopia that is trying to make sure emergency food is delivered to the hungry people chere.

In a telephone interview with JET, Gregory said one of the main problems in combating hunger in has been hardest hit by drought and famine, is getting emergennations such as Ethiopia, which cy food supplies to those in need

Gregory has joined forces with BARAC (Black Americans Response to the African Crisis), a national grassroots organization made up of religious leaders, entertainers, business people and industrial and professional organizations, to alleviate the prob-



lem. They recently transported 50 Toyota trucks, which were to Africa to help in getting food rom storage areas to the starvdonated by the manufacturers,

ing.
"I am outraged over the fact that they say one million people will have to die here next year. If it was in any White country no one would tell us that," he said. A young child, too weak from starvation to fan flies from his face, rests on his mother's lap and at right, tears roll down faces of hungry mother and child.



NALLY A DIET YOU CAN TRUST NAME YOU CAN TRUST

Dick Gregory's Slim-Safe Bahamian Diet is the When Dick Gregory puts his name to a prodfirst product ever to carry his name. Years of act, you know it has to be something special intensive research by top medical and nutri-

Formula in a powdered concentrate that mixes ards of Dick Gregory. meets even the stand-Gregory's famed 4X tional experts make easily in juice and this diet so safe it It contains Dick

Dick Gregory Formally Presents.

tastes great

-

or money order for \$19.95 plus \$2.00 postage and handling payable to: Dick Gregory Health Enterprises, Inc., Dept. J. Credit card holders — for fast service in ordering Dick Gregory's Slim-Safe Bahamian Diet call toll free 1-806-543-1300. Or send check P.O. Box 72399, Chicago, IL 60678-2399. Indicate Payment: □ Check or Money Order □ Visa □ Mastercard

III. Residents please add sales tax. Acct. #

Average weight loss up to 10 pounds per week.

© Copyright 1984 Dick Gregory Health Enterprise 1-800-772-7272, ext. 181.

Distributor of this product, call Cernitin America at:

opportunity as an independent MLM To join Mr. Gregory in a Business

Chronicles 40 Years In ANC **Book By Nelson Mandela**



Nelson Mandela, the imorisoned leader of South has written a apartheid new book, The Africa's antimovement

Nelson Mandela Struggle Is My Life, published by Pathfinder Press. The book brings together speeches and writings spanning counts of Mandela in prison by his A special supplement contains acin the African National Congress. more than 40 years of his activity fellow prisoners.

Mandela remains imprisoned at the Pollsmoor maximum security

prison near Cape Town, despite the demands for his release.

Used To Brainwash Youth Soviet Paper Says Jackson

A Soviet newspaper claimed the U.S. is using pop singers like Mi-chael Jackson to instill western ideals into Soviet youth, after a young Soviet man wrote a letter to the newspaper complaining that Russian newspapers and magazines do not sell pictures of Michael Jackson.

"This letter is a clear example of how a young man, like a stupid fish, rises to the enticing Western bait," the newspaper Sovetskaya Belorussa said.

The newspaper said it had nothing against Jackson personally.

son praises comic-activist Dick Gregory (r) and Dr. David Allen, president of Cernitin America (l), on their efforts to help stamp out hunger M Kudos To Famine Fighters: Superstar entertainer Michael Jackin drought-stricken areas of Africa. Jackson met privately with Gregory and Allen in his suite at the Helmsley Palace in New York to commend them for feeding the famine victims.



regory Comes To Rescue Of 000-Pound Walter Hudson

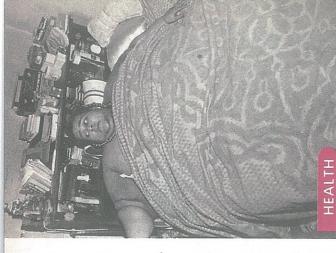
man, Hudson, who weighs "at least 1,000 pounds," is being considered for the Guiness Book of Walter Hudson of Hempstead. L.I., is one for the records. Beieved to be the world's biggest World Records.

A recluse for the past 17 years, Hudson's days and nights were filled with hero sandwiches stacked high, a side dish of macaroni and cheese, Twinkies and Yodels snack cakes, candied yams, string beans and on and on. The end result: 55-inch knees and a 22-inch neck.

vestigating the possibility of Hudson displacing T.J. Albert Jackson, whose all-time high is ments all sorts of feats by in-dividuals around the world, is intinction of the world's heaviest Guiness Book, which docu-891 pounds, for the dubious disperson.

JET and joined forces with the mammoth New York man in his After reports of Hudson's gross obesity became public when he and a batallion of rescue workers tion expert Dick Gregory read got stuck in his bedroom doorway Oct. 5), comic-activist and nutriwas called on to rescue him (Jer. battle against the bulge.

High (weighed in at 850), lose weight, said, "The only thing I can weight, Gregory said, "We don't know. The scale broke at 1,000. So helped another obese man, Ron When asked Hudson's exact he's over 1,000 pounds." Gregory who within recent years



People across U.S. have given Walter Hudson will to lose weight.

judge him by is Ron High and you can put Ron High in his stomach."

ing foods for raw veggies, fruits and a weight loss candy bar rich least three years to get Hudson down to his ideal weight of 190 pounds. But the first hurdle is Dick Gregory Health Enterprise manufacturers from sugar cane. Gregory expects it will take at Hudson has given up his fattenin vitamins and minerals which getting Hudson to lose enough so he can walk around.

too fat to walk. "We have to get him on his feet so he can visit his under his own weight, missed his mother's funeral because he was mother's grave site, then we'll go Hudson, who has been bedridden because he can hardly stand

from there," Gregory told Jer from Hudson's bedside.

exercising moderately (for now that means waving his arms in the air like a conductor), Hudson is looking forward to leading a normal life. Already he can feel the difference. "My legs had arthritis, my head and back hurt. But with the new diet, all those pains are gone," he said.

Gregory said Hudson's stomach and intestines had been so stretched out of shape by years of obesity, the man does not have a bowel movement for two months

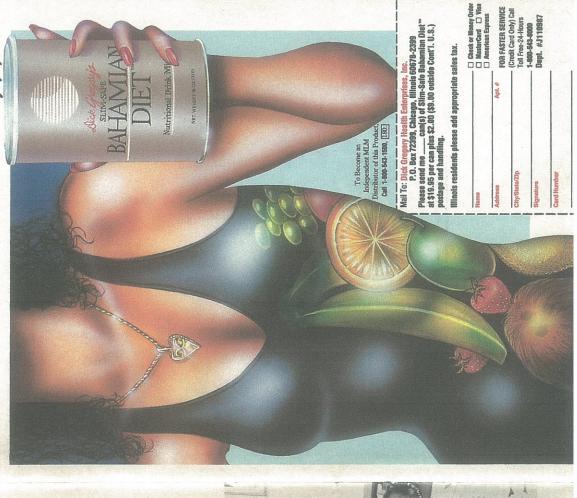
at a time. "If we clean all that out of him, we'll probably get 200 pounds off just like that," Gregory said

Hudson is optimistic that Gregory is just what he needs to turn his life around. And with the outpouring of concern from people like singer Lionel Richie and his wife Brenda and boxing champion Michael Spinks and others across the country, "It makes me feel good knowing people are standing behind me. With their support and God's help, I'll make it. It's tough, but I've got to do it," Hudson said.

The bedridden Hudson looks on as a pair of his specially-made trousers are held up by (l-r) Reggie Toran, public relations expert, LeRoy Singleton, designer of pants; Viktoras Kulvinkas, holistic health specialist; Barbara Cain, Dick Gregory Health Institute project director, and Dick Gregory, comic-activist and nutrition expert.

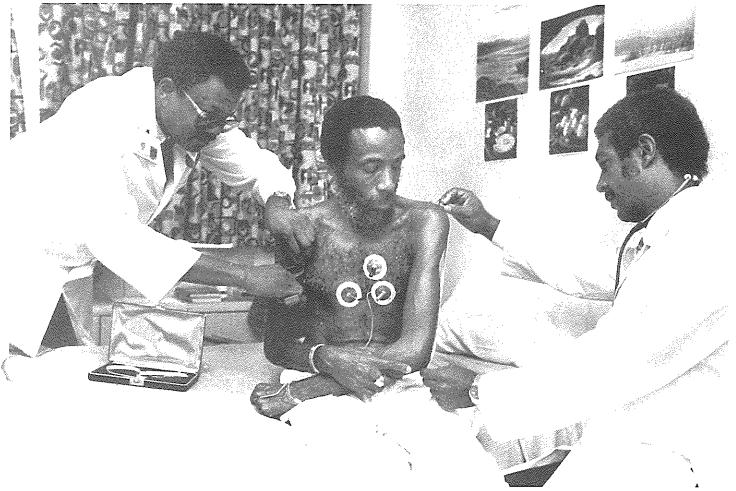


A Diet You Can Trust and a Name You Can Trust! Nin Gugry



70 DAYS ON 'FAITH AND WATER'

bick Gregory tells story behind his fast and celibacy vow



Medical researchers, Dr. James Carter (1.) and Dr. Joseph Allain Jr., checked Dick Gregory daily during 70-day fast at Dillard University's Flint-Goodridge Hospital. Dr. Allain, a New Orleans internist, headed medical team, Dr. Carter is chairman of the department of nutrition at Tulane University. "Weight Loss Per Week" chart (below) shows Gregory dropped from 154 lbs. on July 21 to 104 lbs. on September 28. Dr. Allain says, "He knew what to do during the fast.... He educated us in that respect."

FOR 70 days and 70 nights, Dick Gregory starved himself for science. During this period, he lived, he says, on prayer and a gallon of mineral water a day.

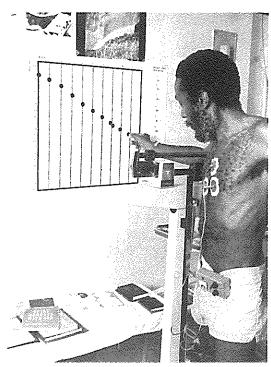
To the amazement of scientists and technicians who monitored the fast at New Orleans's Flint-Goodridge Hospital, the 49-year-old comedian survived the ordeal and demonstrated his physical fitness by walking and jogging from New Orleans to the state capital of Baton Rouge, a distance of some 100 miles.

Dr. Joseph Allain Jr., the New Orleans internist who headed the medical research team, was amazed by the stamina of the celebrated activist, who lost 50 lbs., dropping from 154 lbs. on July 21 to 104 lbs. on September 23. "Dick," he says, "gave us quite a scare during

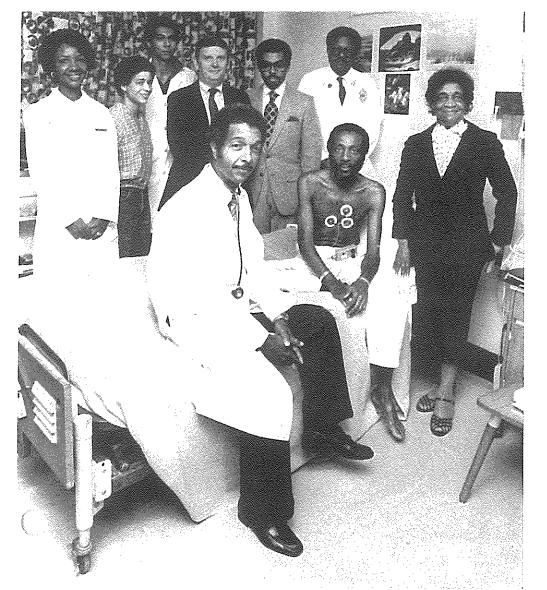
^cast. Quite frankly, I didn't think—nor did [James] Carter think—that he could survive the walk, much less the run, to Baton Rouge."

Gregory survived, but there were moments when the issue was in doubt. At one point during the walk, for example, he collapsed and passed out, a fact that the daily press

missed. There were other moments in the hospital when doctors feared for Gregory's life and issued carefully guarded medical bulletins that led some newspapers to report that the comedian was near death. The reports were exaggerated, but they were based nonetheless on certain hard and dangerous facts. For in late August, Gregory apparently entered the dreaded "zone of no return," a critical juncture in starvation and prolonged fasting when the body defends itself by eating itself, consuming essential body proteins. "We knew he was bottoming out," Dr. Allain says, adding that the danger in the zone of no return is sudden death (from heart attack or a weakening of the body's immunization defenses) or irreversible damage to the body or brain. Dr. Allain and his staff strongly recommended that Gregory end the fast, but the comedian said he intended to continue to the end. "We shook our heads," Dr. Allain says, "We could see the headlines: 'DOCTORS KILL DICK GREG-ORY.' But apparently he knew what he was doing , . . for he is an expert in this area. I



TBONY • December, 1981 Continued on Next Page 37



70-DAY FAST Continued

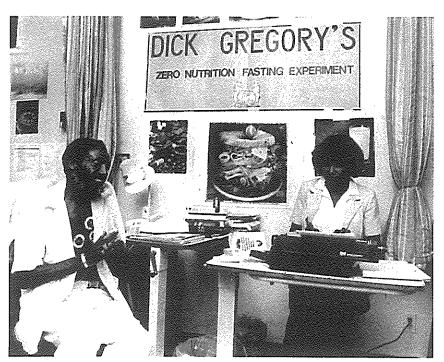
consider him a professional faster. He's done it so many times, and I think he was kind of having fun with us, watching us worry about this and that and the other." Dr. Allain added:

"The fact that he was able to fast for so long without having any serious consequences means that there is a way of fasting that is not being conventionally adhered to by people who go blind and end up with other complications. We've got a lot of homework to do. After we get through collating and compiling the data we gathered, we will be making some theoretical projections about what it means and so forth."

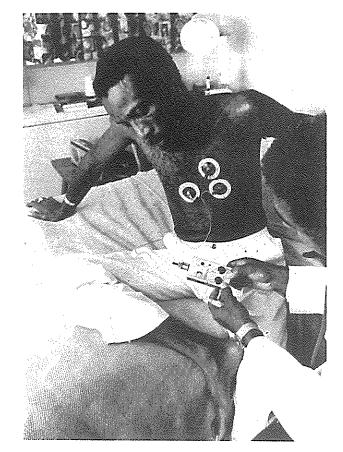
The Gregory Research Project has already yielded some tentative and important conclusions. According to preliminary data, the body defends itself during starvation and prolonged fasts by a "thyroid-releasing factor" which slows down body activities. It also seems, from preliminary data, that the brain signals for a release of beta-endorphins, morphine-like substances which are "seven times more powerful than morphine." According to the Gregory researchers, this is the first time that it has been possible to measure these processes in the human body under conditions of prolonged fasting.

Gregory, who ended the fast and flew off to a series of postponed lecture dates, was pleased by the social and medical success of the experiment which he calls "the longest medically supervised scientific fast in the history of the planet." And in an exclusive postfast interview, he revealed for the first time the real story behind the fast and his new life-

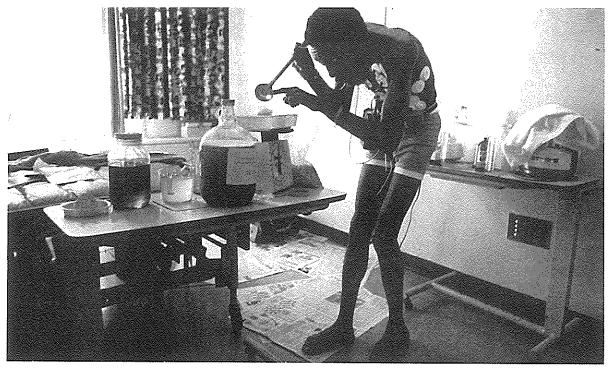
Medical research team (left) included Dr. Allain and (l. to r.) nutritionist Glenda Johnson, medical student Courtney Bethel, technician Bryant George, Dr. John Galloway (psychologist), Dr. Lynn Simon, psychiatrist, Dr. Carter, and Dr. Alvenia Fulton, mutritionist.



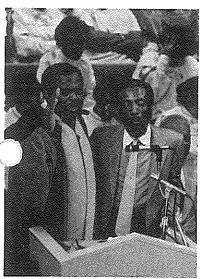
In good spirits, Gregory talks to well-wisher as aide Cora C. Campbell handles administrative chore in hospital-headquarters of "Zero Nutrition Fasting Experiment." Dr. Allain checks Gregory's vital signs (right) with a "life-centric" mouitor he invented and patented.

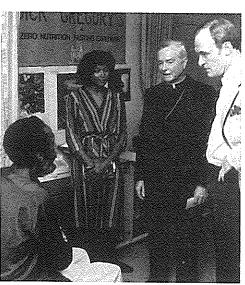


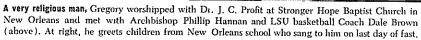
38 EBONY • December, 1981



In makeshift laboratory on his third-floor wing, Gregory measures ingredients for "Dick Gregory's 4-X Fasting Formula," a dieting mixture with, he says, a kelp base and 93 secret ingredients. "I've studied fasting," Gregory says, "and there's probably few people . . . who know as much and have read as much about fasting as I have."











Breaking fast, comedianactivist drinks six ounces of "Dick Gregory's 4-X Fasting Formula" at press conference in hospital. Doctors feared for his life during July-September fast. "He gave us quite a scare," Dr. Allain says. Continued on Next Page

70-DAY FAST Continued

style. Here is an abridged version of that interview:

EBONY: Bobby Sands, the Irish protester, died on the 66th day of his fast. You fasted for 70 days and left your hospital bed and walked and ran 100 miles. What is the secret of your success as a faster?

GREGORY: Well, let me say this first: I had been planning this fasting experiment for almost six years. This whole fasting experiment wasn't an accident, you know. Let me just put it like this: You have a child





In dramatic finals, Gregory left hospital and walked from New Orleans to Louisiana capital of Baton Rouge, Accompanied by friends and well-wishers, he walked and jouged the 100 miles in two days. Daughter Michelle (right) a Louisiana State University student, accompanied him on walk, Dr. Allain says, "I didn't think—nor dial Dr. Carter—that he could survive the walk, much less the run, to Baton Rouge."

and you and your family know that the child is a genius. Okay? The rest of the world says until that child comes in and takes that IQ test he can never be recognized as a genius. Now once it takes the IQ test it can sit up in class and act stupid and silly and all of us give leeway to that child because we talk about the IQ test. So what I wanted to do was to take fasting . . . and give it the IQ test.

EBONY: How did you arrange the setting for the fasting IQ test?

GREGORY: I started checking out hospitals—I talked to doctors at Harlem hospital and the Howard University hospital, and I talked to some folks about going to Germany. I was in New Orleans and I met with Mayor [Ernest] Morial, and I was telling him what I was planning, and he said, "You ought to talk to my doctor, Dr. [Joseph] Allain, he is a brilliant doctor. And so he set it up, and I flew back and met with Dr. Allain. I told him that in order to do this I have to take the whole summer off, and I'm going to have to locate \$100,000 to supplement my salary, plus what the tests will cost. And so we kind of located it, and we decided that we would do it there at the Flint-Goodridge Hospital.

EBONY: Why did you decide to do it last summer?

GREGORY: What made me really want to push it this summer is the fact that I watched [my wife] Lil go from 360 lbs. to about 119 lbs. I watched myself go from 298 lbs. to 95 lbs. in 40 days on a fast—and I know that fasting works. . . . I also wanted to focus attention on world hunger and to stimulate research on fasting and starvation. . . . But I really made the decision after I went to Northern Ireland about six days before Bobby Sands died.

EBONY: Why did you go to Northern Ireland?

GREGORY: I went over there because I couldn't understand why those cats were going blind in 40 days, why they were reaching a death crisis in 50 days, why they were going deaf. . . . So when I went over to Northern Ireland I found out that Bobby Sands and all of those cats were drinking tap water. Tap water has chlorine in it. Chlorine is a chemical that will kill. . . . Also they were taking salt tablets. The body needs sodium, but salt is sodium chloride . . . which tends to close down the function of the liver and kidneys. Now why were they going blind and deaf at an early period? That's because they weren't taking enemas. When you go on a fast the body starts removing toxins that's been building up since you were a child. . . . It's that toxin that causes blindness. It's that toxin poison that causes death.

EBONY: Did you discuss this with the Irish fasters.

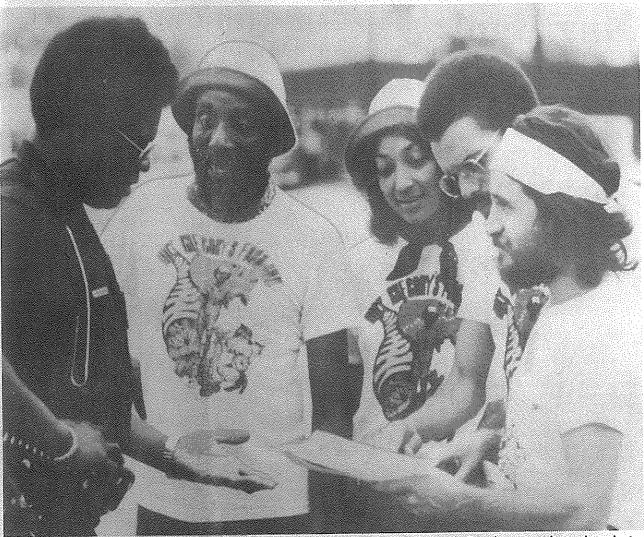
GREGORY: I met with some of the IRA people, not the ones in jail, but the leaders of the demonstrations. I also met with Bernadette Devlin, and I said I'm over here as a humanitarian to share my fasting experiences, and to say that if you do it right there is no need for loss of life as early as it seems to be happening here. And so I came back and six days later Bobby Sands was dead. . . . And so I said I've got to hurry and find a hospital and find the doctors and scientists to monitor me so we can come out with literature to say two things: one, here's a guideline for fasting; two, to say to the scientific community that there are simple techniques that we can use that will extend our capacity to go without food.

EBONY: There are reports that a commercial sponsor withdrew from the experiment.

GREGORY: Yeah, well, it was like this: There were some people . . . who were willing to come in and help manufacture the Dick Gregory formula. And I think what happened was that they had underbudgeted, and a problem developed when the money slowed down. I had a discussion with them, and I just decided, well, if we are going to have money problems . . . let me just go it by myself. And the hospital, and all the people involved, were just beautiful.

EBONY: Did you consider postponing the experiment?

GREGORY: We were so far into the experiment that I wasn't about to stop it. It put Lil into some hardships, because she had checks bouncing, and we had payrolls to meet. But I was just determined that the experiment was so important that if I lost my car, that if I lost my farm . . . it would be worth it. Because all I had on my mind was that 28 people die of hunger every minute. As a matter of fact, in the 70 days I spent in the hospital, over 103,000 people on this planet died of starvation—and I was more interested in finding solutions to that problem than in anything else.



CONSCIENCE JOGGER: Dick Gregory (second from left) and members of his Run Against Hunger troupe, Charlene Mitchell,

John Bellamy and Gordon Brooks, plot their course with Rock Hill Police Officer Leon Whitner. (Post-Dispatch Photo by Sam Leone)

Dick Gregory Runs Against Hunger

By GEORGE E. CURRY Of the Post-Dispatch Staff

Dick Gregory, comedian and social activist, has always been a man on the run. Gregory spent many days as a child racing up and down streets on the North Side of St. Louis where he grew up. He later excelled in track at Sumner High School earning a track scholarship to Southern Illinois University at Carbondale

Gregory is still on the run at 44 years of age. He was to jog from Maplewood into St. Louis today with boxing champion Muhammad Ali and others as part of Gregory's cross-country run to focus attention on hunger in America.

Gregory began his journey, which is called Dick Gregory's Bicentennial Run Against Hunger in America, April 21 in Los Angeles; he has already completed two thirds of a scheduled 2980 miles on the run, hoping to end in New York City on July 4.

_ T_ Q__N

At the Ramada Inn at Fenton yesterday, Gregory discussed his campaign and what he hopes to achieve.

"Fifty-five million Americans go to bed hungry every night," he said. "The elderly live on fixed incomes and are slowly starying to death.

The masses should say, 'We will not tolerate starvation and hunger on this planet, particularly in America.' Secondly, we're asking the President to create a Secretary of Food and Nutrition. We can let the Secretary of Agriculture handle the cattle and the farmer, but we need a secretary of Food and Nutrition to see after our basic human needs."

On his run, Gregory is consuming a special formula, which he usually mixes with orange juice, rather than eating ordinary meals.

He says the Federal Government could feed 30,000,000 persons three meals a day by using his special formula of kelp (a form of seaweed), nuts, sunflower and sesame seeds. The daily cost per Gregory was scheduled to visit Homer G. Phillips Hospital this afternoon as part of activities highlighting the hospital's supplemental food program. Tonight he will attend a fund-raising reception in the home of his brother, Ron, at 4526 Westminster Place.

Gregory is scheduled to take part in a vigil at 5 p.m. tomorrow at Kiener Plaza near Busch Stadium. He is scheduled also to run in kinloch Park Sunday, where he will be met by Kinloch Mayor Clarence Lee.

After resting Monday, Gregory plans to resume his trip, which will take him from East St. Louis to Indianapolis and Pittsburgh. Along the way, he is delivering this message:

"We have God-given rights to be fed, to breathe air and to drink water," he says. "Somewhere down the line we got to see having food not as a privilege, but a basic right."

Winners In Lottery



Cood Morning

Muhammad A Claims To Be Th Greatest Champ Eve Now It Seems He Want To Set A Record Fo Roadwork.

44 Pages in Five Sections

Tuesday Morning, May 11, 1976

Price: Daily 15c; Sunday 25c

食食食食



Journal Photo by Rich

Hunger Runners Heading North

World heavyweight boxing champion Muhammad Ali, right, leads the pack in the 75-mile Dick Gregory Biceutennial Food Run from Socorro to Albuquerque. Gregory, who runs at Ali's side, said the purpose of the

run is to dramatize the "critical foo crisis in America." The runners ar scheduled to arrive in Albuquerqu at 10:30 this morning and to be at th Civic Plaza at noon for a public rally Monday Morning, May 10, 1976

Ali Joins Jog Into Socorro

By JACK COATS Journal Correspondent

SOCORRO — Comedian-social activist Dick Gregory and world heavy-weight boxing champion Muhammad Ali Jogged into Socorro Sunday, saying they wanted to "raise the consciousness of the masses."

The effort, entitled "Dick Gregory's Bicentennial Run Against Hunger in America," began April 21 in Los Angeles. The marathon is planned to end in New York City on July 4.

Ali joined the group at Springerville, Ariz., only last week and plans to help with the running until next week, when he must leave for Germany for a title defense.

"I'm going to rejoin Dick in St. Louis after the fight in Germany," Ali told the Journal. "This is the greatest ...

Continued on A-2

A-2 ALBUQUERQUE JOURNAL Monday, May 10, 1976

Ali, Gregory Bring Jog Into Socori

Continued from A-1

It's a great thing Dick's doing, and I want to be a part of it. I've never run so much in my life, and I feel great ... This running is great training."

"It is a tragedy that so many people go to bed hungry in this nation," said Gregory, who is running 50 miles aday to draw attention to his cause "There is enough land to grow all of the good food we need, and the Russian wheat sale trick has only served to fatten the pockets of those who created conditions of hunger in the first place ... Peace, brother ..."

Running with Gregory and Ah is Gordon Brooks, of Columbus, Ohio, who holds the 1974 world championship for cross-country running in the U'S. Brooks started out in California with Gregory and says he intends to complete the trip to New York.

"I'm outraged that elderly people around this country have been reduced to shophfung." Gregory continued "It's not unusual at all for the elderly to be told their pension checks will stop next week or next month ... And that's bad."

Ali also endorses the movement "Dick's not as well known as I am," Ali said, "and I want to give this thing a push.

"The running is great for my train-

ing." the champion continued "During regular training, I only run an average of three miles a day. Now I'm running 25 miles a day, and loying it. I could only run 12 miles the first day, but now I'm up to 25. Isn't that great?"

All said he was on a strict diet of fruit juices, sunflower seeds and other health foods

Gregory, Ali and their group checked into a Socorro motel and were mobbed by well-wishers and autograph seekers.

All was surrounded by so many autograph seekers and children that he was unable to run any distance at a time

"I had to give up" he smiled "Maybe it will be better Monday" Then Ali went to bed

The group will visit Albuquerque and be honored at Civic Plaza before returning to Socorro and resuming the run

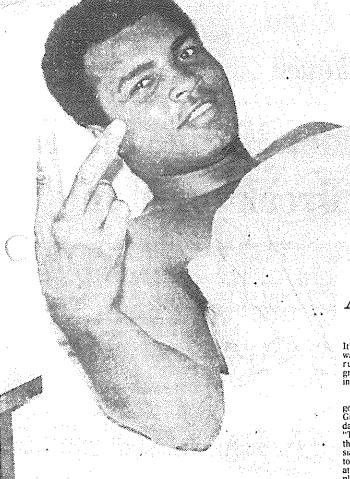
The marathon came to New Mexico from Phoenix and Springerville, proceeding through Datil, Magdalena and on the Socorro.

Beginning Wednesday, the runners will travel through Blue Spring, Williard, Encino, Vaughn, Pastura, Cuervo, Tucumcari and Naria Vista, leaving New Mexico May 17.

Campaign headquarters for the Dick Gregory Bicentennial Food Run organization is the Community Service Center for the School of Social Wor the University of Southern Cahlo at Los Angeles

Gregory also is carrying a pers message from Los Angeles Ma Tom Bradley to New York City Ma Abraham Beame. The contents of message has not been disclosed.

"I just want everybody to know va great guy Dick is and what a g cause this is," Ali said. "You rember that "



Journal Pi

Tired Muhammad Ali in Bed After Run "It's a Great Thing Dick's Doing"

Guy Crowder photo ence after the accident.

At St. Joseph Medical Center, Ranaccompanied by his father Joseph, prepares for first press confer-

RANDY JACKSON Starguide: Steven Randall 1961. Symbol: Scorpio, water sign. Character traits: Great willpower, intense self-pride, usually self-sufficient, enjoys responsibility and authority. Point of View: Randy) Jackson. Born Oct. 29, "I desire,"

rescue him from a skidding car n the same night that singersongwriter Jermaine Jackson and his highly trained security dog were at home busy holding at bay a burglar caught trying to break into the house, his youngest brother, congo player Randy Jackson, was busy holding death at bay as he lay praying for someone to crash that crushed both his legs so severely that doctors said he would

After his car hit utility pole, Randy said, "... glass, everything, was in my lap from the windshield but I wasn't cut one place. I couldn't believe it..." Bobbie Holland

ever walk again.

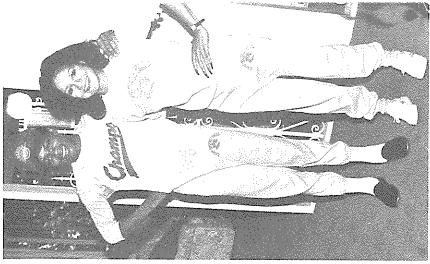
Today---three months, three sures later—Randy is walking again ical operations, and three mirand talking about his future.

As proud as he was when he took his first steps shortly after a surgeon planned to amputate one Randy's proudest moment came when he was scheduled to walk of his legs which was not responding satisfactorily to treatment, across the stage at Cal Prep in Encino to receive his high school diploma during graduation ceremonies.

rainy night of March 3 when the 1977 Mercedes 450 convertible he oole near the Hollywood Bowl. He ful hydraulic jack called the "Jaws of Life," freed him from the wreckage almost two hours after near Los Angeles, 18-year-old Randy talked with JET about that was driving slammed into a utility was the only occupant in the car that held him in pain and in prison until paramedics, using a power-At his parents' home in Encino, the crash.

(paramedics) were trying to cut They said, 'It's gonna blow! It's then they cut me out and I went "I woke up during the last 15 minutes," Randy recalled. "They me out and the engine was on fire. gonna blow!' And I'm just dying. They finally got the fire out and That's when I was praying. . . to the hospital."

At St. Joseph Medical Center in Burbank, Dr. Benrooz Broukhein later stated that there was fear that Randy's right leg would have to be amputated because it was crushed so badly that circu-



After giving his legs a workout at home, Randy poses with sister, La-Toya, who will debut on album pro-Isaac Sutton—JET duced by her brother, Michael.

lation was cut off; however, surgery restored the flow of blood.

"After the first operation, they (doctors) said I wouldn't walk again. After the second operation, the doctor said it would be a year before I walked and then after the third operation," Randy said, "he (doctor) still said it would be a year before I walked." About a month after that foreboding forecast, the cast was removed from both legs and Randy began therapy with Clive Brewster, therapist for the Los Angeles Lakers and

Randy Says He Was Only Seconds Away From Death the Los Angeles Rams.

the cast, they looked like tooth-"My legs were so skinny from picks and I started building them Randy is now up from two pounds to 17 pounds on his ankle and leg up slowly with leg lifts," he said. lifts.

to recovery, Randy recalled the most anxious moments of his hostion, he was given medication to but he thought he could handle During his agony on the road pitalization—the moment he almost died. After his first operahelp him cope with the vicious pain. He had never had any kind of drugs in his body, Randy said, the medicine and swallowed it.

Randy remembers, "it started to work. I stopped breathing for turned to his room and noticed from death. . . . They tried to "About two minutes later," about two minutes and 30 seconds, I think." The nurse re-"my heartbeat was slowing up and they said I was seconds away

Smiling happily, Randy reads stacks

bring my breath back. I had had a bad reaction and they were pounding on my heart. . . . I just And finally I began to come back. . . But they said I was seconds away from death. I had come that kind of knew this was the end.... close twice."

Not only was it a miracle that he escaped death from the car wreck, it was also a miracle that that the third miracle-walking pills healed his legs so quickly -could occur without any laws tradict known scientific laws and Randy says the results are due to a non-prescription formula of of nature to explain it, he said. All three actions apparently consupernatural causes he calls God.

Randy, a vegetarian, who said he used to run four miles a day before the accident, credits Dick Gregory, social activist and auture, with speeding up his healing thor of Cookin' With Mother Naprocess. "I was taking these pills, this certain formula he (Gregory)

of letters from fans. He later joins sister, Janet, and mother Katherine at party given to welcome him home. His entire family attended the fete to boost his morale.

Isaac Sutton—JET

had given me . . . and the doctor couldn't believe how strong my bones started to heal," Randy said.

maine. Some of his songs will be featured in his first solo album he

is planning to complete this sum-

given him by his brother Jer-

Throughout the ordeal from the wreck to walking again, Randy gives his greatest thanks to God. He said he knew Him long before the accident. "Sure, I pray all the time. Everyone should pray," he allowed.

any time before and I'd say I've done the best writing that I have

ever done before this period of

time," he said proudly.

He plans to further his music studies with a private teacher when he is not on tour with The With his days being devoted to therapy, composing music, practicing on his instruments and answering fan mail, Randy has vir-

Jacksons vocal group.

"I've done more writing than

dy is a miracle of fortitude, He says his future plans were made It is through prayers that Ranwhile lying in the hospital with write. He first read letters-lots plenty of time to read, think and of letters from fans.

He was especially moved by a both of her legs. "She said she letter from a girl who had lost can't walk any more but that hasn't affected her at all. She said she was praying for me and knew was going to walk again."

Since he is not dating and has no

tually no time for socializing,

routine. About girls, he says, "I've

gotta leave myself open. I'm wait-

he doesn't plan to alter his daily

one he calls his special girlfriend,

ing for the special one." About

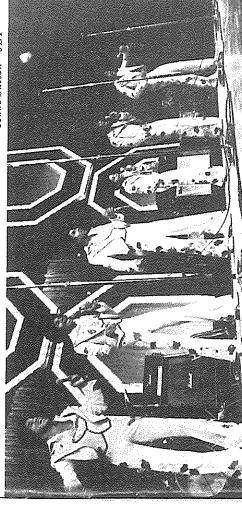
driving, he says, "I've already driven again—but very carefully."

-By Robert E. Johnson

"I read lots of books about the power of the mind," he said. He ne composed on a thumb piano wrote lots of music, some of which He read the Bible and books,

JET Associate Publisher Recalling his debut with the Jackson 5, Randy dreams of the day when the group will be united again as shown (l-r) Marlon, Michael, Tito, Randy, Jermaine and Jackie. He says his is a possible dream.

Isaac Sutton-JET



10.33 March 198/ Journal for Personal and Planetary Health

\$1.50 on newsstands



GRUSAD

By Peter Barry Chowka

Triding to center stage of the imposing John F. Kennedy Center in Washington, D.C., Dick Gregory projected an image of natural poise and dignity. At the podium—perfectly attired in stylish evening clothes—Gregory addressed the large crowd that had gathered for the gala celebration of Martin Luther King's birthday. The nationally televised event, featuring entertainment by the country's leading black artists and performers, was a benefit for the Martin Luther King Jr. Center for Non-Violent Social Change in Atlanta.

Solemnly, without a trace of his typical peace and the horrors of war and to talk tions. "Martin," he concluded, "was able his decision early on to dedicate his life to the ministry, and his unique contributo take a formal education and add that about why hatred was not only bad but the world will never be the same." Dick satiric humor, Gregory managed in one review King's educational background, went against God. And because of that minute and 20 seconds to articulately force together to talk about love and oppressed and world hunger...to talk spiritual upbringing and that spiritual left the stage to sustained applause. about the downtrodden and the

It was simply another of the roles—there seem to be as many as days in the

appeared at Playboy for three weeks, dursaying the same things out loud I used to say under my breath." Robert Ruark irist," he was performing at black clubs in and loved—him. Soon, by the force of his supper clubs. A self-described "social satbarrier and became the first black comic Hugh Hefner that Dick stand in one night at the Playboy Club for a comic who had aplomb. His public career began in 1960 when, as a comedian, he broke the color to work in first-line white nightclubs and "When I left St. Louis, I was making \$5 a enormous talent, he was a regular guest night. Now I'm getting \$5,000 a week for months once sitting at an Atlanta lunch canceled. Dick was so popular that he ing which a critic from Time spottedon national television shows, indelibly counter, and when they finally served Chicago when someone suggested to embedding himself in the public mind with trenchant one-liners: "I spent six me, they didn't have what I wanted." year-that Dick Gregory plays with called him "The Will Rogers of the Atomic Age."

Throughout the turbulent '60s Dick's roles expanded: He joined the budding civil-rights movement, spent many days in jail, and, inspired by Gandhi, began in 1967 to experiment with prolonged fasting in protest of the Vietnam War. Physing in protest of the Vietnam War.

cians who studied him during a 100-mile walk following a 70-day fast were stunned at the feat, the New York Times reported (September 28, 1981). In the process, he became one of the nation's leading advocates for meatless eating and better health.

speaking at more than 200 campuses and and then say, 'Come to my nightclub and Today it's almost impossible to list the have a taste and catch my act??" Instead entertainment settings. "I walked out of comedian, he seldom appears in purely could I say alcohol and drugs are bad "making people laugh, making people he travels non-stop around the world, political and health events each year, nightclubs in 1973," he relates. "How networking-as his biography notes, Although still often referred to as a listen, and ultimately helping them myriad activities of Dick Gregory. demonstrating, researching, and understand one another."

My first extensive contact with Dick came several years ago when I spent the day with him as he addressed and met individually with students at a racially troubled suburban Boston high school. I was impressed with his complete sincerity and talent for reaching people, winning over the audience with humorous anecdotes and one-liners, while not neg-

lecting problems of the world and conditions at the school. He received a standing ovation from the street-wise

adolescent audience.

Later, he gave his full attention to each person who approached him, often reaching into his bulging briefcase for a document or clipping to prove a point.

During the drive back to Boston, Dick's other worlds and other selves seemed to be manifesting. He became alternately gibing and sarcastic, self-questioning and reflective. I envisioned the once-poor kid, a "good talker" as he admitted, who had made it to the top on the strength of his considerable intelligence and wit, but who had not forsaken his roots. Often straining to hear Dick's quiet voice amid the highway's roar, I recalled, too, Boston television interviewer John Willis's description of Dick as "one of the gentlest people alive."

Lately, with the problems facing the planet seemingly on the increase, Dick Gregory is focusing even more on individual diet and health as a common ground, a practical starting point, for healing and change. He feels, for example, that scientific information generated by his supervised fasting may be relevant to contemporary world problems: excessive food consumption, degenerative disease, and dulling of the senses of people

in the West, undernutrition and starvation in Third World nations.

Constantly on the road and in demand, Dick is never in one place very long.

hen I finally caught up with him this ...ne, he was in Atlanta, late on the night of Martin Luther King's birthday, several hours after the taped broadcast of the Kennedy Center celebration gala and at the end of the weekend of national celebrations honoring King. It was a special moment, the spirit of King that weekend having touched the nation.

PBC: Your name is a household word. Millions of people know of you: as an activist, comedian, runner, health expert.... Do you have a definition in your own mind of the role you're playing on the planet?

DG: I've been fortunate in that I've never had to designate one role for myself. Oh, I'm a father, a husband, a comedian—whatever you want to call me. Civil rights, peace, sexism, poverty—I've been able to be involved with all these. But you have special obligations being a celebrity. I started smoking and drinking

because my heroes smoked and drank. I ever saw John Wayne say violence was not the answer. I never saw John Wayne pray. We came up in a society where it was cool to drink and smoke. But thanks to a whole lot of people now we're beginning to see a turnaround—in the not too distant future it's going to be cool to be healthy.

PBC: You've described how in the early '60s you were an alcoholic, grossly overweight—generally in bad shape. Is there one event or person you can recall that helped to turn it around for you?

DG: The event was the civil-rights movement, and the person was Martin Luther King. Because the movement embraced non-violence I decided I wanted to change my lifestyle—change my eating habits to include nothing that had to be killed. I met Dr. Alvenia Fulton in Chicago, who exposed me to knowledge on nutrition.

And Dr. King—everything that people see in him today I was able to see back then. The power, the effect he's had on people—not just for black folks in America but around the world. He's stronger now in death than he was in life. If you went around the world today with pictures of Reagan—of many current celebrities—and Dr. King—the one person who would be guaranteed to be known is Dr. King. He was more than just a leader; he had a moral, honest, ethical force that can never be duplicated.

PBC: How did you get into fasting?

DG: I decided to go on a 40-day fast to protest the war in Vietnam. And I knew as little about fasting as I'd known about vegetarianism; all I knew was you just stopped eating.

Then Dr. Fulton came to me—she's black, owns a health-food store [Fultania] on the south side of Chicago, and is a foremost authority on fasting. She taught me everything about fasting. I went to something like 63 cities, made 70-some speeches in 40 days. I went from 280 pounds to 95 pounds. And on about the 21st day I started feeling this *energy*.

That first fast I wasn't into prayers. The second one, I was praying. And what a difference! That's when I realized there's something to prayers, because the second fast was almost like not fasting at all. And all I had added was prayers.

PBC: In your experience, what was the most difficult part of making the transition to a healthier lifestyle?

DG: The belief I had that eating animal products was right. I became a vegetarian for moral reasons, not health reasons. So I had this fear. You see, I'd never believed that segregation was right, or racism was right; I always heard my grandmother and grandfather say it was wrong. But I thought you needed a ham sandwich to survive—if you didn't eat it you would die.

Then 18 months into not eating animal products, my sinus trouble left; it used to hurt so bad that I could understand people committing suicide. One day it just left! About six months later, my ulcers went away. I was still drinking a fifth of scotch a day and smoking, so the only thing I had altered was what I was eating. I realized then that there's something about food that we hadn't been told about.

My mother, my father, my school, my church, my government had never told me that eating meat was wrong—that sugar was the No. 3 killer on the planet, that cholesterol will mess up your heart. Hey, man, my mother gave me candy as a *reward*. Now are you going to tell me she was killing me?

I have never, ever underestimated the power of misknowledge, misinformation, particularly on poor folks, oppressed folks. People start drinking cow's milk and sugar water the first day they're born. So when you talk about changing your diet, to me it's like the problem of drugs and alcohol multiplied by a trillion.

Remember that our fathers felt that a meal wasn't complete without meat, and that the more you ate, the more of a status symbol it was. You have to have compassion for folks and know how scary it is for them. There's Grandma saying, "God, son, you got to eat"; your kinfolk slipping cookies to your children, and looking at you as a bad, evil man. They're not doing that because they want to hurt your kids.

People are into an eating thing, and to go against that takes a long time.

PBC: Why do you think there's so much misinformation around about food and health?

DG: Disrespect for human life on the part of a handful of people who run and manipulate this country.

PBC: Your comment suggests that you believe in a conspiracy . . .

DG: I've always believed that. Look at the record: 6 percent of the American population controls 97 percent of the wealth and pays less than 14 percent of the income tax. When you look at all the scientific knowledge we have: Can our scientists send us all the way to outer space and not know that red dye no. 2 was poison? And not know that asbestos in the homes and schools would cause cancer? And not know that all the chemical waste that we're dumping is hazardous to Americans' health? Is it really conceivable that Harvard and MIT, Mayo and Johns Hopkins, these schools that pride themselves on some of the finest research on the planet, do not know what the body is about? Somethin's wrong.

PBC: So what you're describing is, at root, an economic conspiracy.

DG: No. They've *got* all the money already. It's got to do with control. We live in a country that's hooked on nicotine, caffeine, cocoa, whiskey — on drugs. The wino has always been looked down on by the whiskey drinker, the reefer smoker thinks he's hipper than the whiskey drinker, the cocaine snorter thinks he's more sophisticated than all the rest. Big Brother is drugs, Big Brother is alcohol, Big Brother is caffeine, nicotine, cocoa, chocolate. Big Brother is the passionate disrespect we have for ourselves.

PBC: What can individual Americans do to help solve these problems?

DG: It's difficult to say.... It goes all the way back to our lifestyle — to the disrespect we have for our neighbors, poor folks, women, minority folks, and for

"You know what happens after lunch — half of you go to sleep and the other half want to burn the school down. If I was teaching you, I'd have it in my contract that if you eat one hot dog, I'm gonna eat twelve, so when the fight starts I'll be twelve times more hyper than you."

-Gregory addressing high school students in Boston

other nations — to valuing trinkets and money over human values.

But things are changing fast, interesting to see *how* fast. Newspapers are finally coming out and saying cholesterol will kill you, that "die" comes basically from diet. People are begging me for literature: "What can I do to change?"

Basically, I tell people to change their diets, to look into themselves. That's where the difference begins.

PBC: A lot of people see a spiritual resurgence in America and note that originally the United States was founded on a religious ideal — people seeking religious freedom

DG: I don't know that — how can we profess to have founded this country on religious ideals, religious freedoms, when we stole Africans, made them slaves, and came over here and beat up the Indians? That's a hell of a bloody start for religious freedom.

God needs no leaders, if we're willing to serve God and willing to go out and plant the seeds that will make the change. Crops growin', harvest time's comin' — that's left in the hands of God.

PBC: Could you describe your own principal spiritual interest, practice, or

DG: I get up in the morning and watch the sunrise, and it smacks the nighttime and cleans out the sky and never makes a sound. And I know that's the God force. There's no Russian or American military might, or nothing Hitler and the Nazis ever put together, that could make the nighttime disappear.

Once you get clear spiritually it's gonna clear up everything you do. You shoot dice better. You see color better. Your reasoning gets better. And then a lot of old petty things that you normally get hung up with, you don't anymore.

PBC: Let's turn back to politics for a moment. What do you think of the emergence of Jesse Jackson as a national political figure?

things that's happened. It's going to encourage women and other minorities and interest groups to say, "Well, if he did it, we can too." Also, it might encourage lots of blacks (there are 8 million unregistered) and many whites to go out and register to vote. Many changes can be made via the political process: not just on the right to vote for Jesse Jackson—but also who your sheriff is going to be, or your county assessor, tax collector. It's going to make a big difference.

PEC: You travel constantly. Why?

DG: Because the people are out there; they're not in my house. Basically people will listen — they might not make the change right away — but they'll listen, and they'll understand proof. It makes them feel good to know that somebody's on the case — that someone is out there saying: "You can do it — we have to make the change. We have to be careful about what we put into our bodies. We have to understand that hatred is wrong — that racism, sexism, segregation weaken an entire nation." I feel very rewarded for the time I spend on the road.

PBC: Has being on the road affected you or your family adversely?

DG: I know it hasn't affected me. I don't think it's affected the family. Only time will tell.

PBC: Have your 10 children pretty much raised themselves, then, or have you left their upbringing to your wife?

DG: My wife is responsible. Most mothers raise the children. Fathers basically don't do nothin' but run games down and serve as the enforcer. My kids never had an enforcer in the house. They've learned

how to deal with life from their inner selves. I'm there to answer any questions they have. I respect them. When I'm with them I shut up and listen to what they have to say. I think it's been a fantastic relationship. It's a better relationship than I had at my parent's house.

PBC: 1984 is being viewed by many people as a turning point. Are you optimistic?

DG: It is a turning point — negative as well as positive. If we don't do something to deal with stress this country's going to be in trouble. But if we can understand physical fitness and see how it relates to the health of the nation, we'll be in good shape.

If 1984 is going to be business as usual like 1983, then this country's in trouble, on the brink. The problems that are confronting America, though, are *not* problems where we've gone beyond the point of no return!

Peter Barry Chowka is a contributing editor of Whole Life Times.

Dick Gregory will be a featured speaker at Whole Life Expos coming up this spring in San Francisco, Los Angeles, and Washington, D.C. See page 15 for further details. EASTVEST JOURSON

First Aid at Your Fingertips

Secrets of Healthy Hair

Shopper's Guide to Natural Foods

Mouth-watering Salads

PFROM SOUL FOOD

DEK GREGORY'S
URNEY FROM
NIGHTCLUB
TO JUICE BAR



t is a challenge to list the myriad activities and involvements of Dick Gregory. Although often referred to as a comedian, he is in reality a unique, complex phenomenon, travelling non-stop around the country and to other continents, speaking, demonstrating, researching, and networking—as his biography notes, "making people laugh, making people listen, and ultimately helping them understand one another."

Gregory's name is synonymous with progressive social and political causes. More than a decade ago, however, he began to experiment, principally using diet, with his own health and spiritual development. As a result, today he is that rare combination (like Gandhi) of activist and healer, one whose own life illustrates how real change first must come from within oneself.

From our initial contact ("God bless you," he had signed off on that first of many telephone conversations) Dick was open and willing to meet for an extensive interview, but his spring travel schedule was frenetic. Finally, in mid-April, we were able to spend the better part of a day together.

After meeting at Boston's busy Logan Airport, we drove to a racially-troubled suburban high school where Dick spoke to one thousand mostly White students on the subject of human relations. The drive out and back, with Alex Jack, EWJ's editor, at the wheel and Dick our virtual hostage in the backseat, provided an ideal time to talk.

At the school, Dick quickly won over the audience with his finely tuned sense of humor. In a series of anecdotes and one-liners, he poked fun at Ronald

Contributing editor PETER BARRY CHOWKA is a medical/political analyst and investigative journalist.

Reagan, Amy Carter, himself, his own wife and ten children, and the students themselves. Subtly he turned the talk to politics, noting the enormous contrast between the appearance and reality of many contemporary issues, including the Iran crisis, the Atlanta killings, and the attempted assassination of President Reagan.

Just as deftly, he shifted from problems of the world to conditions at the school, and introduced the topic of nutrition and health. "'Oh, I'm in a good high school,' you say, but check and see what they gonna feed you here today-see how many chemicals and additives and preservatives are in the food, and you know you're not in a good school." He continued, "The heavy violence in public schools started at the same time the school lunch programs started-because it's the chemicals in the foods that affect your brain." Always the humorist, though, he added, "You know what happens after lunch-half of you go to sleep and the other half want to burn the school down. If I was teaching you I'd have it in my contract that if you eat one hot dog I'm gonna eat twelve, so when the fight starts I'll be twelve times more hyper than you."

It was heady stuff for a lunch hour lecture, but Dick's adept use of humor and his riveting delivery—the inflection, cadence, and gestures of a professional communicator—helped him to carry it off. He received a standing ovation.

During the drive back to Boston, Dick appeared transformed, even physically, from our encounter earlier in the day; his other worlds, and other selves, seemed to be manifesting. Among them I envisioned the once-poor, streetwise kid, a "good talker" as he admitted, who had made it to the top on the strength of his considerable intelligence and wit, but who had not

forsaken his roots. Often as I had to strain to hear Dick's quiet voice amidst the highway's roar, I recalled, too, a Boston TV commentator's recent description of Dick as "one of the gentlest people alive."

Back at the airport there was just enough time for a few more photos and Dick was off on a shuttle flight to New York. Later in the month he would travel to Northern Ireland, and eventually, no doubt, to other troubled places where his special qualities of commitment, conscience, and humor might be of value.

-Peter Barry Chowka

EWJ: I'd like to begin by asking you about your career twenty years ago, when you performed as a comedian for a largely White audience. In the midst of that success why did you become so critical of this culture? What first keyed you in to the fact that there was a whole different perspective, another awareness?

GREGORY: But that's what I was doing then. I was the first Black permitted to do stand-up comedy in White nightclubs, the first one to break the color barrier. I wasn't doing no different then than now. I was actually doing satire about the social problems that existed, and there isn't that big a gap from that to where I am now. At first, my social satire was limited. Then, as I made more money and was able to go more places, it got broader and broader and broader. I had protection after I got into the White nightclubs, working for the \$25,000- to \$100,000-ayear person. Basically, they've all read the same books, they all read the Wall Street Journal. For instance, one of the lines I used to use was, "I don't understand how come you're all surprised that the cops are being called pigs because when Lord of the Flies became

mandatory reading in grade schools, somebody got to be the Piggy." That's very delicate, you know, but that's the leeway—I guess what changed me more than anything was realizing that broad leeway or range that I had.

EWJ: You were using humor for social criticism.

GREGORY: I was a social commentator. That's the way I made my living, and I wasn't trying to use nothing for nothing. That was me.

EWJ: Audiences related to it as being humorous or entertaining.

GREGORY: I was an entertainer. That's what I was.

EWJ: How do you feel now, two decades later, when you're described by the press as "Dick Gregory, comedian"? GREGORY: Oh, I am—I'm that. I'm a father, I'm a husband, I'm a whatever they want to call me. I ain't got no problem with that. But about the press—the American press is not free. It's dominated by the same rich, élite aristocrats that control everything else. My question is, how long will press reporters stand by and take it before they find the Martin Luther King who will lead them out of it?

EWJ: You were in Iran during the hostage crisis. How do you feel about how the press handled that story?

GREGORY: I was in Iran for four and a half months, fasting and praying and saying to the little people of the world who believe in God and who believe in prayers that we have got a way out—that we don't have to stand back and

American mentality, people who think they live in a free, democratic society—who think they have a free press. That's what's sad. Had I gone and stood in front of the American Embassy wall and said, "Khomeini, baby, you right, and all these Americans you should kill!," I bet the New York Times would have reported that. And yet, most of my stuff comes from newspapers; but it's knowing how to read their slant.

EWJ: You mentioned that you were the first Black comedian who was able to cross the color barrier into White night-clubs. Why was that?

GREGORY: I guess it was a host of things. Number one, I was very good, and I drew a lot of Whites to the Black nightclub where I was playing. And then at the time coffeehouses were opening up, and you had a different, more mature White mentality. Then there was just the God-force.

Sammy Davis, Sarah Vaughan, and Count Basie came to play the Black nightclub where I was the house emcee, and Hugh Hefner was there and he saw me. I wasn't doing comedy, I was just emceeing—I did a few seconds inbetween acts. Then one day in 1961, when Hefner's Playboy clubs were going big, I got a call to fill in. I hadn't been downtown [in Chicago] that much, and I got lost going down—there was a blizzard and I didn't take the right bus, so I had to run through the snow to get there on time. I went on stage, and three hours later I was still talking.

"Hey, you hear that dude call me Trigger, just call me the Lone Ranger's horse?" And the people just broke, man, just fell out. Then I said, "No, that's not really what he said, he called me a nigger, but see, my contract reads that every time I hear the word I get \$50 more. So just 'nigger' me to death so I can bankrupt the White boy that owns this place." And you're out of it. You ain't got no hassle going, you ain't got no fights starting, and I'm clean. OK?

EWJ: Where did your career go from that point?

GREGORY: Once I realized, you see, I didn't know when I got into show business that Black comics wasn't working White nighclubs, I hired a public relations guy and we sat down and plotted what the PR gonna do. "We gonna get Time magazine." Now Time never would come over to interview, but one day their number-one space writer was in town, and they said to him, you may as well go see that new comic that's hot. So the space dude came over to hear me, and I got two and a half pages in Time. Jack Paar [host of a popular NBC-TV program] read it and flew me into New York. My salary went from \$250 to five grand a week. It just happened that quick. That's what I meant when I said the Godforce.

Then the news started getting tricky. You make the big buck, everybody wants some of it. That whole game started: "Dick Gregory is so

On civil rights, I'd want to be the cowboy; 200 cops would be waiting for me at the Mississippi airport.

let a handful of pimp manipulators determine what our destiny is going to be.

I was the first person other than the Revolutionary Council to meet with Khomeini after his heart attack. I met for two and a half hours with the revolutionary students in the American Embassy. My last two months in Iran I was the only American in the whole country who wasn't in jail or a hostage; my last two weeks there I was the only Westerner. And yet to this day the New York Times, Newsweek, and Time have never mentioned that Dick Gregory even left the U.S. Now, that don't bother me because I expect that out of them. What bothers me is the

Hefner got out of bed to see it.

After I'd realized that Black comedians normally could not work White clubs, I started training myself. I trained myself to deal with situations like, "What do I do when you bring me into your White nightclub?" Like when one of your customers call me a nigger. Now I got two situations: I got the decent White folks who're embarrassed, and I'm in trouble because it's hard to get you to laugh when you're feeling sorry for me; and then how do you justify bringing me in and there's a hassle started over the people who pay your rent? So I remember the first time I heard it I was ready for it. I said,

fantastic, got a wit, an intellect," that whole thing which made you believe that if any other Black would have come through with the same qualities fifty years ago, they could have worked. I really resented that. And little by little then as the civil rights movement started, with my celebrity status-they wanted to be legitimized. So they would call me. Dick Gregory. And I loved it, man. And it was very interesting because all my life I loved cowboy movies. When I'd go out on civil rights, I'd want to be the cowboy. I'd go into Mississippi and 200 cops would be waiting for me at the airport. It's the first time I felt like the cowboy. I loved it. I couldn't believe, man, that this insignificant Black dude could care and terrorize a whole town.

As I became part of the movement I had guns, and was bad, and wouldn't take nothing off nobody, and didn't have to because my rap was strong. That's from grade school—strong rap. And if you rapped hard, talked a good fight—I just talked, we called it wolfin'. And so I never had a fight, never had a fight in my life. But I was

always running at the same time.

So one thing led to another and another and then my consciousness level started rising. And one day, looking at the civil rights movement, I said to myself, "Wow, nonviolent? How can I be nonviolent when I got guns?" One day I got to thinking about a Mississippi sheriff who kicked my wife and I didn't do nothing. That's the first time I realized I wasn't a cowboy. I was scared. So I had to come to grips with

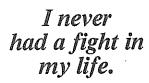
myself and I tricked me. I was drinking a fifth of Scotch every day and smoking four packs of cigarettes a day; so I'm sitting in California and I said, "I know the reason I didn't hit that sheriff—it's because I'm too nonviolent." And I said to a friend of mine, "From this day on to prove that I'm nonviolent, I'm not gonna eat any more animal products, nothing that has to be killed will I eat again." Just like that.

When I got into vegetarianism I had never heard the word, I didn't know what it was. I didn't get into it for health reasons. I got into it for moral reasons and to convince myself that I wasn't a coward. And then one day about eighteen months later my sinus trouble left—it would hurt me so bad that I could understand people committing suicide. It just left. And then about six months after that my ulcers left. And my ulcers were so bad. **EWJ:** What was your diet like during the first eighteen months that you were a vegetarian?

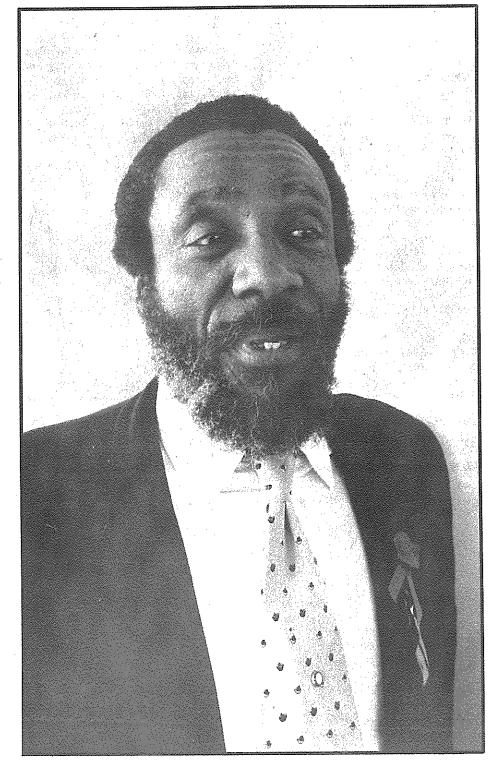
GREGORY: Just all vegetables. But at that time it was difficult, you know, restaurants wasn't hip to it. You'd go in and they'd look at you crazy.

EWJ: You would just avoid eating meat?

GREGORY: Yeah, that's a good way to say it. I had never thought about it that way. I'd avoid eating animal products. So, after my ulcers left, I got to thinking that I'm still smoking four packs of cigarettes and drinking a



fifth of Scotch a day. Now had I changed all of that I'd have sworn it was the cigarettes and whiskey that caused the ulcers and sinus trouble. So I said, "Wait a minute—are animal products this detrimental to the human body?" Then I started to do a little research. And I started buying booksnow I guess I have close to \$800,000 worth of books on health and food. I started realizing, "God, this has got to be a conspiracy—I mean, how come someone never told me that three teaspoons of bran in the course of a day would wipe out 80 percent of everything that's killing me? I go through grade school, high school, and college.



Why hasn't anybody told me?"
EWJ: Even if you went through medical school nobody would tell you.
GREGORY: Yeah, so then I decided that I wanted to do a health book, but not an occult book. I wanted to do it through legitimate publishers so it would get in high schools.

One day my mother saw me on a TV show with a White professor from Harvard University, and he said that everything I said was wrong and she believed him. I thought, I got to cover that. So I called Dr. Jean Mayer [the nutritionist], before he became president of Tufts, and he agreed to get together. I mentioned a couple of things to him like kelp. And I didn't get no reaction. So I checked him out and found that he's on the board of directors of Monsanto Chemical Company that makes so many of the food additives. It's ironic that when Jimmy Carter sent a delegation of people to Cambodia to check out the starving children, Jean Mayer was one of them. But they had to hold up the delegation for three days 'cause he'd had a heart attack. Sometimes you think God's in show business.

EWJ: How did you get into fasting? GREGORY: I decided I was gonna go on a forty-day fast to protest the war in Vietnam. And I knew as little about fasting as I did about vegetarianism. All I knew was you just stop eating, for forty days. And then Dr. Fulton came to me—she's Black, owns a health foods store on the south side of

Chicago, and is a foremost authority on fasting. She taught me everything about fasting. I went to something like sixty-three cities, made seventy-some speeches in forty days. I went from 280 pounds to 95 pounds in forty days. And on about the twenty-first day I started feeling this energy. And it's very interesting, that first fast I wasn't into prayers. The second one, I was praying, and what a difference! That's when I realized there's something to prayers, because the second fast was almost like not fasting at all. And all I had added to it was prayers.

EWJ: And you've fasted frequently since then?

GREGORY: Yeah, but in all honesty, I still haven't arrived at the ultimateyou know, people interview me and ask, "What was it like going from this to this?" Well, it's like your hair growing-you don't feel your hair growing, and if you did, you'd probably go crazy. If I knew I was gonna go from here to here, if somebody would have laid that out, I'd say, "Not me. You serious?" But you learn so much, and you grow so much, and when you do an interview like this it's really not fair because you don't remember all the negatives you had to trip over to get to the positive. So it makes people believe you just did this, what a strong human being. And, you know, it wasn't like that.

EWJ: Many of your activities are overtly political, including the use of fasting for political ends. It seems to

me that you can make a political statement, as well, by detaching yourself from the modern American diet, which is a diet of ill health and death—that it's possible to take an immediate step, like you did in becoming a vegetarian. It may have taken eighteen months until you noticed an effect, but giving up meat is something you can incorporate into your life tomorrow or even today at your next meal.

GREGORY: Yeah, but it's much easier to make a political statement than it is to change your diet. I never believed segregation was right, or racism was right; I always heard my grandmother and grandfather say it was wrong, and the people I was born to and raised around say it was wrong. But I thought you needed a ham sandwich to survive —if vou didn't eat it vou would die. I have never, ever underestimated the power of misknowledge, mininformation, particularly on poor folks and oppressed folks. To jump up and say, "Hey, man, stop eating that way" -first you got to understand that my church never told me that the way I eat was wrong, OK? My school never told me I was eating wrong.

EWJ: Doctors never told you that you were eating wrong.

GREGORY: We never had doctors. EWJ: You may have been lucky then. GREGORY: You're not lucky when you think you need them. As long as I think I need one, as long as I've got an ear problem, and by the time I get ten dollars to go to a doctor my whole face

That's when I realized there's something to prayers—the second fast was almost like not fasting at all.



is infected, then that ain't luck. That's 'ike telling me I'm lucky 'cause I can't at in that bad White restaurant. Now once I get in there and have the right to eat in there, I can tell you, "Wow, that food is bad!" But it's always good as long as I'm outside and can't get in. Consequently, the fact that nobody who loved me had ever told me something was wrong with a pork chop, or a Pepsi Cola, or sugar, or candy—hey, man, my mama gave me candy as a reward. Now are you gonna tell me she's killing me? My own mother, who would listen to a White professor at Harvard say everything in my book was wrong?

To counteract all that I decided I would run from Chicago to Washington, D.C. taking nothing but fruit juice and a little food formula I had put together. For the Bicentennial, I wanted to dramatize world hunger and health and talk about this bad diet we eat and hunger in America. So I ran from Los Angeles to New York, averaging fifty miles a day for seventy-two days. Now when I sit down on television to discuss my health book, and the dudes who believe that nutritionist from Harvard ask me, "Hey, Dick Gregory, what about so and so and so?," I can say, "Wait a minute. I just ran fifty miles a day for seventy-two days. I don't even want to hear it, OK?" That's one reason I ran, so I can say, "I don't debate health, health ain't debatable. It's like debating 'Is the sun hot?' Y'all debate it if you want to, but not me-I'm not gonna dignify it."

And so, knowing how people are locked in—remember how we talk about a drug addict and an alcoholic. People didn't start taking drugs on day one. People didn't start taking alcohol on day one. But bad food—people start

drinking cow's milk and sugar water the first day they're born. So when you talk about changing your diet, to me it's like taking drugs and alcohol and multiplying them by a trillion. Remember that fathers felt that a meal wasn't complete without meat, and that the more you ate, the more of a status symbol it was. You have to have compassion and know how scary, how horrible it is—Grandma saying "God, son, you got to eat"; your kinfolk slipping cookies to your children, and looking at you as a bad, evil man. They're not doing that because they want to hurt them. On Thanksgiving Day, a day that should be for fasting and praying and giving thanks, we eat more food than we eat on normal days.

People are into an eating thing, and to go against that takes a long time. That's why I walked out of night-clubs. In 1973 I said, "How can you talk about health and work nightclubs? How can you say drugs and alcohol are bad on you and then say, 'Come on to my nightclub and have a taste and catch my act'?"

EWJ: Could you summarize what the change in nutritional consciousness has meant for your political and other awareness?

GREGORY: Oh, I couldn't even say political awareness. I'd say spiritual. EWJ: You don't think it's made you clearer, though, in your political focus on—

GREGORY: No, once you get clear spiritually, it's gonna clear up everything you're gonna do. You shoot dice better. You play cards better. You see color better. Your reasoning gets better. Once you get clear, it clears up the whole thing. And then a lot of old petty things that you normally get hung up with, you don't. That's the first

step. The second step is flushing out the mind. Eating right will not put that negative stuff in, but it ain't gonna dump it out. I mean, your petty hangups, your fears, your hatreds—you have to recognize they exist and then throw 'em out.

One of the fantastic things about eating right is the way you feel physically. To go to bed every night and know you're gonna wake up the next day feeling good—that's what changes.

I would say that today I'm more clear comic-wise. I can come up with some clever stuff, comic-wise, more than I can see better politically, because that's just a game. But there are some brilliant thoughts that just come through my head while I am talking comic-wise. I just put stuff together that I wasn't doing before.

EWJ: Better creativity.

GREGORY: Yeah. Fears and stuff disappear.

EWJ: How much of the year would you say you're fasting?

GREGORY: At least three or four days a week.

EWJ: And what's your diet like the rest of the time?

GREGORY: Fruit. Lotta juice. An awful lot of juice. Two gallons a day. I make as much as I can.

EWJ: What about when you're travelling?

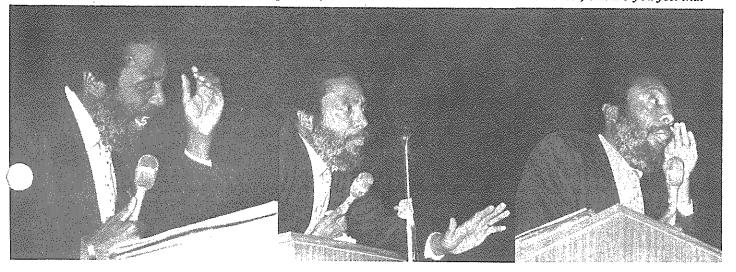
GREGORY: No problem. I got my stuff with me. I squeeze it, and make it up. I just carry it all with me.

EWJ: You don't eat any cooked foods? GREGORY: Oh, no.

EWJ: Not at all?

GREGORY: Very, very seldom.

EWJ: As you go around, you mention in your talks diet, sugar fixation, the link between sugar and so-called criminal behavior, etc. Do you feel that



your audiences are responsive to this information, that there is an enhanced awareness that what we eat is very important?

GREGORY: Let me just say this: I run so fast that the burden of what I do ain't got nothing to do with them. It's got something to do with me. It's like I run and drop you \$10,000. Now, if you starve to death, it wasn't because you didn't have no money. Now, I didn't say back there [at the high school talk], "Did he get it? Is he gonna buy some food with it?" All I did is, I dropped it. EWJ: But you must have a sense of whether or not people are responding, because you continue to mention food so prominently.

GREGORY: I don't. Oh, I hear people say, "Hey, man, I did it." I see people coming back. Today a woman came to me and said, "My son heard you the other day and sent me a letter; he said nothing has ever touched him like this, and 'Mom, if you ever get the chance to hear --. "You hear this every now and then, but I don't even deal in it. I don't hear it because it's insignificant to me. I'm responsible for my part of doing the research, of making the schedule, of getting there, of dropping it, boom, boom, boom, and keep running. It's there for you if you want it; and I assume people do.

When you're dealing in universal order, there's a time for planting and a time for harvesting. Long ago I expected to do something and get results. Now I realize that you just go on planting the seeds, and be honest and ethical and regardless of what anybody thinks, there's gonna be harvest time.

EWJ: What about the issue of food on a geopolitical level? You've just returned from Africa where one of the major issues is the fact that thousands, if not millions, of people are starving because of the various ways that economics has come to affect their food supply.

GREGORY: Everybody looks at hunger, but I have to look at the politics of hunger. Idi Amin's police were trained in Ft. Worth, Texas. Right now, Idi Amin is in Saudi Arabia. That's us. Twenty-thousand troops left Uganda with him. Do you know what it costs to feed twenty-thousand troops a day when you're out of power? We paid him such a fabulous price for his coffee. It's like if some kinfolk you really like come to visit you, it seems more prestigious if you and your wife can take them out to the biggest hotel res-

taurant in town and eat. So these little countries feel prestigious when they can import their food. We give them enough money to break their farm thing, and they begin to import; and then it's cut off and they've got problems.

EWJ: Now the issues of food and hunger are coming to the fore here. In Reagan's budget cutting, about ten percent of the cuts have come from food assistance programs like school lunches, food stamps, aid to women, infants, and children—

GREGORY: First you have to understand that poor folks didn't have nothing to do with all of the things here. Poor folks didn't demand school lunches. Poor folks didn't demand food stamps. That's the A&P! That's Safeway! That's General Mills! All those programs were put together for the big business rip-off. Anybody ever march for food stamps, anybody ever

SOUL FOOD ON ICE

lack folks haven't always had soul food. When we first got here from Africa, we was drinking what they call pot liquor. We drank the juice off the white folk's food. And that's why we were so healthy, because we had the juice from the cabbage and greens.

Then after we got free, we'd have an icebox of our own, but 100 pounds of ice cost a dime. That was a lot back then. You could get four pounds of potatoes for two or three cents, a half pound of bologna for a nickel, a loaf of stale, day-old bread for a penny. You got another penny left, right? With that you could buy a quarter of a pound of beans. Now they give you the onions and the garlic. OK, that come free.

Now I got to go and cook all my food today 'cause I don't have the facilities to keep making fires. I cook it all, then I got to put what's left in a icebox with no ice. So it get a little taint on it, a little odor. See, that's how soul food began. We was covering up the taint, by putting all of them herbs on it. The first day we'd have fried potatoes, then the next day we'd have boiled potatoes, and then potatoes and beans the day after. And every time you keep raising it to a higher level of herbs.

Then, look, my chicken was short, so we cooked dumplings. And so you had chicken and dumplings. Eight-five percent of all white loaf bread in America is sold in the Black community because the poor think sandwiches, sandwiches, sandwiches. Even when I sat at the table and ate a meal I'd put the pork chop on a sandwich because the bread was the filler.

It's very interesting, Sigmund Freud's theories deal with fat, rich

cats, and all their hangups is sex. The reason that theory don't work in the ghetto is 'cause my hangup is food. See, I never got enough to eat. Don't tell me that meat is bad when six of us had to split a pork chop. You serious? Since around the 1930s, you got two things going against you. First, Black folks cannot get nothing but processed food. Second, they are still making it soul food gourmet-style. At least the gourmet-style I was using was with fresh food. It didn't have the additives in it, but now I got processed food and I'm still hooked to the old soul food recipes designed to hide the spoilage.

Black folks didn't know nothing about nutrition. We figured that if it was food, it was healthy. Consequently, when we got a little integration and a little bit better jobs, the whole food thing changed. Now I got my own icebox and ice. I got two pounds of hamburgers, two pounds of pork chops, and two pounds of bologna. Then all that craziness starts to happen. I call my old lady on the phone, "Hey, baby, how you feel?" She's mad at me. I hang up, go to the icebox. OK, that's why Black folks are worse off healthwise.

We can afford more, but it ain't the top quality it used to be. Moreover, we are still imitating white folks' stuff. For years we cooked for white folks, knew what they was eating. We would imitate pumpkin pie with sweet potatoes. We'd use salt and overcook everything to take the taint away, and then put the taste back in with more spices. Soul food is the worst food on the market. We gotta return to a more natural way of eating.

-Dick Gregory, EWJ interview

march for school lunch programs? Hey, man, you ever use food stamps? EWJ: Once.

GORY: OK. Did they tell you you couldn't buy shoestrings with it? Did they tell you you couldn't buy soap? Man, you can buy most anything you want to buy. The stores don't care. You buy beer, you buy cigarettes. See, what we always needed was a nutrition stamp, that says all you can get with this is something that's gonna put nutrition in your body.

EWJ: You see these federal programs as crutches.

GREGORY: They're for Pepsi Cola and Coke.

EWJ: Part of the problem, then.
GREGORY: That's right. First, understand that if it wasn't for Pepsi and the others, you wouldn't have had food stamps in the first place. And if you go to the A&P and spend a food stamp, they give you their script for change. Instead of giving you money—they've got your whole dollar—they give you thirty cents back in script. Did you know that? Did you know that people lose that, man? Just look at the rip-off from that script, it's incredible.

EGORY: Yeah, like foreign aid. For your country to get foreign aid, you have to guarantee you're gonna spend X-amount with Pepsi Cola or Coca-Cola before you can get it.

EWJ: I'm sure you get this question a lot in your speaking engagements, particularly from young audiences, when

sending Black agents to me that sit on the front row and don't laugh. Then as I see them punching their little buttons, the little cat comes up and he's so dumb. He says, "God, man, you're brilliant. I just want to get involved. How can I get in touch with your researchers?" I said, "Go to your office and hit your goddam computer."

Now other people come up to me and I tell them if you go to the health food store and don't touch nothing but the health food, and don't touch the books, then you're doing yourself a disservice.

EWJ: Self-education as a process— GREGORY: Not as much for them as for the folks that's around them; and not out of fear, but out of love for them. Nobody's telling you to eat bad because they want you to eat bad. They tell you to eat bad because they genuinely feel that way. This cat say, "Look here, man, Dick Gregory told me to go on a four-day fast." His friend, or his folks, say, "You check with your doctor?" Well, I say, "You started drinking, you started snorting that cocaine, nobody ever asked you to check with a doctor." That's the built-in self-destruct mechanism that we're born with in our subconscious minds, and, knowing that, I try to get people to read as much as they can and explain it to other folks.

Look, I'm an entertainer. What I'm doing is like a one-act play. And here today, at this suburban White school, I've got to be very careful talk-

a better difference if your diet is together." If the nutrition thing is right, you lose some basic fears. It's a helluva thing, man, to know that you cannot die from cancer because of the way you eat.

For those who want to change their diet, I tell them to make the transition slow, over a ninety-day period. You gotta realize that people look at you the same way convicts look at the warden. It's incredible. You've become the warden, and they don't like you, that whole game. But what I tell them to do during the first month is take four days a week where you eat the same junk you eat and three days when you don't. And then, after that, reverse it. Eat junk for three days and for four days clean it up. Then the second month, have two days junk. And the third month, one day junk during the first two weeks, and then you eliminate it altogether the last two weeks.

EWJ: What are your plans now? GREGORY: I hope to go to Las Vegas for Joe Louis's funeral. It's really incredible, man. I got to thinking about him on the plane this morning. There were just two forces that made racism bearable when I grew up, him and God. I mean it was just incredible what would happen to Black folks when Joe Louis fought in the boxing ring. It was like a party. It was—whew!

EWJ: How did the White world relate to him?

GREGORY: Same way. Oh, same way. They treated you a little bit better for the next three days, man, you didn't know you were Black. He was that thing. He was everybody's darling. "Sho' glad I win." He opened the way for Black folks in sports, because he was the first Black in sports when the communications system really got rolling. We'd listen to the radio and go out after the fight and parade all night, and your mother wouldn't say nothing about it. And grandmothers and everybody were just in tune to Joe Louis.

And then when he died the other day, you realize how insignificant all that stuff is. You think of the millions of people that don't even know who he is. Then you start seeing the game—the system—don't work. If you ain't in touch with some other things in your body, the rest of it don't make no sense.

But what a force he was, what an effect Joe Louis had on the Black community.

There were just two forces that made racism bearable when I grew up, Joe Louis and God.

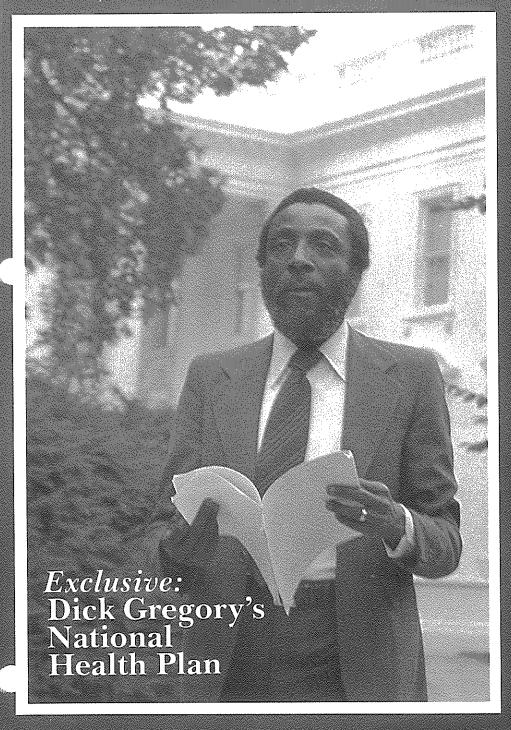
you lay out what sounds like a very dark picture of official manipulation and conspiracies—and there's a lot of evidence to support it, clearly—but people must wonder how they can make a difference, what they can really accomplish up against this system that appears so entrenched.

GREGORY: I tell them to change their diet, to look into themselves. That's where the difference is.

FWJ: That's going to bring it right i down to their own person—
GREGORY: Right here. Last night was so funny, man. I mean, I just didn't want to humiliate the cat. But I'd like to tell these [CIA and FBI] cats to stop

ing about food because people are locked into their mothers and dads; so how do you tell a high school child, other than just expose them to-**EWJ:** They can't change their situation. GREGORY: "Hey, man, meat's no good." All right, they go home and say that, and they get run out of the house. But you can say drugs are bad, and alcohol's bad. As to how you get out of this other craziness—to the people who come to me I say, "Those of you that believe in God and believe in prayer, hey, I don't want to tamper with anybody who don't! I'm a firm believer that you make a difference, and you do make a difference. And you can make

HALIFITH Street JOURNAL



World's Only Vegetarian Orchestra You Can Solve Battle of Sexes

Ali KO's Sugar

How To Live To Age 154!

Did You Eat Poison Today?

DICK GREGORY

Social Crusader, Comedian, Lecturer

"If I Were President . . . "

WOULD DEAL WITH IT on the physical and mental levels. On the physical level, I would deal with the folks who are actually hungry in this country. And when you're dealing with hungry people they don't want to hear nothing about no nutrition. You go into a group of hungry people and tell them meat ain't no good and sugar ain't no good, they think you're punishing them. If you and I were in jail and the warden came in and said he was going to deal with nutrition, out of my ignorance I would think that I was being punished because I'm in jail.

Look at the record of poor folks down through the years. It seems nobody has come up to do things for their benefit — there's always some motive behind it. So for the hungry, hungry poor the first thing you do is try to eradicate that hunger and then, at the same time, talk about malnutrition, talk about sickness and disease and what it comes from.

There was an interesting article a few months ago that said Hubert Humphrey did not die from cancer but from malnutrition. A guy from Harvard University testified before the nutrition committee in Washington that Humphrey died from a lack of nutrition. They're not saying he would have gotten rid of his cancer, but they're saying the cancer wouldn't have killed him. And the National Cancer Association is in trouble. The nutrition committee said if 88 percent of all cancer is caused from what we eat, how come you haven't spent a bigger part of your budget on prevention?

So that is one way you would attack it. It would be very difficult to go to elderly folks, who have old age pensions and who have eaten a certain way all their life, and tell them, "Hey! This is the way we're going to feed you!" When the United States government would like to move big business to a certain rural area, they give them incentives. One of those incentives is a tax break. What I would do if I were President of the United States is go to the insurance companies and say, "If x amount of people in this country would eat this way, you would make more money insurance-wise. You would have less sickness and less death." I would go and thoroughly convince the labor unions and management that a lot of money is lost through sickness and through our nutrition habits.

Also, you would have to go in and deal with alcohol and drugs. We have to start looking at alcohol and drugs as a nutrition problem. How many vitamins are eaten up in the body? How much brain damage is done? If you know that proper nutrition eliminates this you can start moving in the direction of nutrition.

As President of the United States, I would try to get my cabinet to start eating better. I would explain

to the cabinet and the American people that the task of building a strong nation has nothing to do with how many missiles you have in your arsenal. A strong nation has nothing to do with your military equipment. A strong nation has something to do with the health condition of your people. One of the things I would present to the American people as President of the United States, is a list of the top five killers of the young folks in America. Number one is automobile accidents. I would show how automobile accidents are increasing among young folks and the drinking age is decreasing. Number two killer is homicides. Number three killer is cancer. When you stop and think that the number three killer of young folks in this nation is cancer, then you know we got a problem. Number four killer is drugs, and number five killer is suicide. All of these can be traced back to nutrition. But you have to understand that you're dealing with a nation of young folks whose parents love them, whose church loves them and whose schoolteachers love them - and yet never told them there was anything wrong with sugar! When you stop and think that the average parent down through the years has used candy as a reward, then you see what a difficult problem we have.

As President of the United States, I would go out and enlist all the nutrition people. There are two groups. One group that does not believe anything is wrong with sugar, and the other group that knows about food and health and nutrition but has been looked down on and called the occult. I would give special grants for nutrition. To the people who have been trained how to make an apple pie and told why sugar is good and why spaghetti is good, I would give special grants to have them retrained. I would give special grants to people who are the heads of households to have them retrained. And I would make federal money available to teach nutrition in every grade school and high school as an accountable hour. Then you've got a different ballgame, because now you've got a way to reach people. Along with that, I would try to deemphasize sports without messing up the economy and put emphasis on physical fitness. Once you start putting emphasis on physical fitness, you can move hand-in-hand with nutrition.

I would not be satisfied with just America, but I would try to emphasize nutrition in the Third World and see to it that this country stops sending the garbage we're sending there. For instance, in the Food for Peace program we're sending tobacco. That's outrageous. That's part of the State Department's game. I would go into the grade schools and into the kindergartens and talk about nutrition. One of the prime things I would change is the school lunch program. We would no longer use foods that have

Dick Gregory has definite views on every important issue that affects the country — from Vietnam and civil rights in the 1960's to the C.I.A. and weather modification in the 1970's. He is especially vocal on the importance of proper diet and health habits. For this first issue of Health Street Journal, we asked him to outline the programs he would pursue were he President of the United States. Gregory, who will write a monthly column for Health Street Journal, describes what could be called his National Health Plan.



Always concerned and always vocal, Dick Gregory travels extensively across the country to stimulate reforms. "We can turn this thing around," he believes.

Health Street Journal

"If I Were President . . . "

"It's a heck of a thing to say to folks that of 100 pounds of everything you eat, 30 pounds of it is consumed by those maggots inside your belly."

additives or food coloring in them and have no nutritional value. I would use Dr. Ben Feingold's book, Why your Child is Hyperactive. He went into Palo Alto, California, and took some slow learning, backward children and all he did was take the food cotoring and food additives out of their food and their learning capacity increased tremendously. Now, Ben Feingold doesn't see anything wrong with sugar — I say that to show he's not into good food. He just took the additives out. Think what that would probably do to a nation.

As President, I think what I would do that would probably shock the nation and the world is to see to it that transcripts of the Nuremburg Trial are released. We would find out that Hitler did massive research on the Jews by putting additives in their food and by tampering with their meat. A fantastic amount of Germans were prosecuted whose only job was to put fluorine in the soup that the Jews drank. That's the same fluorine we have in our drinking water today. We know that 150,000 people die each year in this country from fluorine in our drinking water. The question that I would try to find out is: Is this a conspiracy or not? Let me tell you how it works. If I have a Big Mac franchise, it would never dawn on me that the government would make the regulations for what goes into the Big Mac burger and the government can restrict what goes into the Big Mac burger to make it equal to what the Germans were doing to the Jews — without the people who own these stores even knowing what is going down!

I would see to it that food stamps be used for nutritious food. It's a shame that you can take food stamps — I don't know why the American people aren't outraged — and buy Pepsi-Cola, Coca-Cola, chewing gum or candy. Or why you can take it and buy beer. Or why you can take it and buy notebook paper. The food stamp program should be not only for food, but for nutritious food.

I would also see if I could get legislation through to give huge amounts of money to the dairy industry. I don't think you can come up and say that milk is bad for you — which it is — without getting resistance from this fantastic industry. I think America would be better off if we paid the dairy industry to educate the masses. Also, I would teach the masses that mother's milk is best for the baby. There's a whole nutritious thing I would do for pregnant women. I would try to move into the dairy industry and get them to turn that industry into something that was more meaningful and more nutritious for the people.

I would try to help all those unemployed farmers. I would set up a foreign peace corps and give the farmers training in nutrition and send them

around the world — wherever nations would accept them — to grow food for the people. It's one thing to deal with malnutrition and it's another thing to liberate nations from hunger, which is the only way they can be liberated.

I would bring to the American people something that few people are aware of. I would tell them how much money is spent on sickness and disease. Just think, for indigestion alone, in a one-year period, \$15 billion is spent just with doctors. Now that doesn't even get into medicine, all the stuff in the drugstores for indigestion. I would explain to the American people why we have so much indigestion. It's the way we eat. I would explain that arthritis, rhuematism and all these things can be arrested and can be alleviated with proper diet.

One area I would put a lot of money into is in the colleges and universities for research. I would see to it that no longer do the large food chains put the biggest part of the money in food research. I think what we have to do is go in and pay certain companies, like breakfast food companies, to cease to exist. I wouldn't mind paying them huge amounts of money if it's going to save the nation. I look at that the same way I do when we put billions of dollars into a bomber that we're going to find out is obsolete or that we can't build. I think by having a compassion for the industry that is part of the killers — and a fantastic compassion for the American people — I think we could arrest that and begin to turn that around. I would go to my Hollywood stars and to my rock stars — the folks people admire — and enlist them in this fight.

Another important thing that few people are aware of is that because of our diets we have maggots inside our bellies. Thirty percent of all the food you eat is consumed by those maggots. With inflation like it is, people can't afford the things we normally used to afford. It's a heck of a thing to say to folks that of 100 pounds of everything you eat, 30 pounds of it is consumed by those maggots inside your belly. When you get rid of that, look at how much money you would save.

I would advise the American people that 37 percent of everything you eat that is non-sweet has white, refined sugar in it. The way we cook food destroys its nutritional value and taste, so to put the taste and the color back into the food they use sugar water.

I would also give huge grants to medical schools where doctors can come in and be retrained. I would make nutrition accessible to everybody, particularly the branches of the service. I would immediately start plans for taking out the junk food and seeing to it that nutrition is taught in military academies and all military bases.

I would have no trouble dealing with the Food and Drug Administration. The first thing you have to understand is that the FDA is controlled by big business. So it's just a matter of going in and saying to the folks in the FDA, this is a new ballgame. I would deal with the FDA the same way I deal with the CIA. I'd move my people in, people that understand nutrition. I wouldn't move all the FDA people out, but I would say, "Hey, it's a new game now, and if you can work in harmony with the new people I'm bringing in, then there won't be too many changes. If you can't work, then you're in trouble."



"My number one priority in this country would be the Indians. That's the group that is fighting for survival."

If I were President I would put strict fines on industries that pollute. But I would also show compassion by saying that we will subsidize you to change your way of doing things. I would give them x amount of time to come up with workable solutions. I would also say x amount of billions of dollars is going to colleges and universities to do the proper research. The problem is we have been so busy making money in industry, that nobody ever slowed up to decide if what we were doing was right. I would also encourage lawsuits. If enough people brought in enough suits because they got cancer from smoking cigarettes, you can darn sure bet the cigarette industry would stop making cigarettes. If enough people brought lawsuits because of what birth control pills are doing to women, the birth control people couldn't survive. And doctors would stop prescribing birth control pills to women if they knew that they would be sued.

There are 10 million people listed in a computer in Washington, D.C., who have jobs where they get cancer, yet the federal government has never released the names. Recently, General Electric lost a case and has to pay \$30 million to women and minorities. That's going to encourage them to hire more women and minorities. I would bring the same type of cases against the industries that are polluting. And once those lawsuits start being dropped down, it's amazing the amount of industry that would automatically start cleaning up their own game.

Because Laetrile has been so misused, I would have massive educational programs dealing with the

use of Laetrile. I would explain to people that there is more Laetrile in other things than apricot pits. Because the FDA doesn't know that, they are turning this thing against Laetrile. I think that when the masses of people learn how Laetrile combined with proper diet works, it would be an altogether different ballgame. I would go to Russia as President of the United States and ask for their research on Laetrile. I think the American people would be outraged if they found out how much progress the Russians have made with cancer. I would ask Gerald Ford's wife and Nelson Rockefeller's wife to tell the truth about all the rumors that they've been cured with Laetrile and the truth about their Laetrile treatments. I would also go to the clinic where their treatments were supposed to have happened. I would encourage the use of Laetrile. They talk about state after state passing Laetrile laws, but there's a law against shipping apricot pits across state lines. What I would do would be to say if we can't ship apricot seeds, let's ship the people across. Let's send people to California where apricot seeds are growing in large numbers. Let's set up huge clinics and find out once and for all about Laetrile. I think the results would once and for all put an end to the controversy. And I think there would be some prosecutions against people who kept it off the market for so long.

By the way, there's more Laetrile found in alfalfa sprouts than in any apricot seed pit. Also in prune seeds, apple seeds and orange seeds.

Let's talk more about physical fitness. Every na-

(continued on Page 62 . . .)

59

Kenneth Douglas

"My mother died at 46 years of age because she worked so hard to feed us, not knowing that what she was feeding us would kill the whole family."

tion that has ever been destroyed from the inside went into that strange sports program. The Romans did it with the Gladiators. And somewhere you have to say to a nation that physical fitness means youth. It doesn't mean pushups and it doesn't mean all that strenuous exercise. It means the ability to walk slowly, regularly. The elderly people need something. I would go and make the facilities for proper physical fitness, for bike riding, for just hiking and walking. I would have certain federal facilities where people could go. There would be transportation to pick up folks and bring them to this area. I would guarantee two things: one, you get a nice, nutritious meal there, you can have physical fitness, you can take a shower, and you can have clean clothes. And, two, you don't have to worry about violence. We would see to it that this area would be safe. I would make a deal with the hoodlums, say, "Hey, this area is off limits and we need a place where the American people can gather across this country and know they are safe; where elderly people who never learned how to swim can go and learn how to swim; where people can be taught that too much sun is bad for them; where people can be taught that not enough sun can be much worse."

Many people have sickness and disease from working inside buildings where the proper amount of sun can't get to them. With this physical fitness program I think we can change that. I would go and get all the heroes. I would get Pele and set up a physical fitness soccer camp. I would go and use all my baseball heroes, football heroes and basketball heroes. It's fantastic what O.J. Simpson could do heading a physical fitness program, with the respect and grammar that he has. I would use federal funds because, in the long run, when more people are alive and more people are aware, the government benefits. The more money you don't have to spend on doctor's bills and the more days you can be on your jobs, the more tax the United States government would get out of your pockets. So you can prove beyond a shadow of a doubt that physical fitness and a nutritious program will not only make this a better nation but give it a better tax base.

The nutrition program for the elderly in this country is shameful but we can't make it sound like it's more shameful than for anybody else. If we had to justify a bad nutritional program, I can almost justify the worst for the elderly because they've been eating bad for so long. If I had a limited amount of funds to go in and change something, that would be the last group I would work on because their eating habits are entrenched. My mother thought as long as she could get the pork chops on the table she would be doing her duty. She died to do that. My mother died at 46 years of age because she worked so hard to feed us, not knowing that what she was feeding us would kill the whole family. If people have been brought up to believe that two and two is four, and another group believes two and two is five, that group that believes two and two is five will fight you just as hard as the group that knows two and two is four. We have to go in and say to the elderly people that this is right - almost to the extent of setting up feeding programs. I would say to the elderly that we will feed you two meals a day without even taking it out of your pension check. "God," they'll say, "Wow,

I can get two meals a day for nothing?" But once I bring them into this arena, I put restrictions on what those two free meals are going to be. There's not going to be any white bread, there's not going to be any butter, there's not going to be any salt, there's not going to be any this or that. It's going to be raw fruits and vegetables. When they start seeing their bodies responding, then you have a different ball game. Once that group gets turned around — the grandmothers and the grandfathers — then you'll see something fantastic in this country.

But nutrition is not the number one issue I would deal with. Racism is the number one issue . . . and sexism . . . and all of the horrors that exist in this country. Nutrition is just one of the issues. I tell you how I look at it. When we got ready to deal with missiles and space, we had maybe 35,000 components that went into the spacecraft. If only one component was not ready, it stopped the whole craft. I would set up an administration that would orchestrate all of these. At the same time, I would see to it that we could make this nation the type of nation it could be. My number one priority in this country would be the Indians. That's the group that is fighting for survival. That's the group that's about to be wiped out. To be President of the United States, to be humane, you could not deal just with nutrition and not with all the horrible things we are doing in other countries. Like in Africa. Once we set up an example to the world, I feel that no democracy could function without healthy people. And although I think racism and sexism and all the vicious things we are now doing in this country can be traced a lot to our nutrition, we can't say that that is the cause of it. America was a sick nation when we were eating pure food. America was a sick nation when most folks were growing their own food. Racism and sexism existed. Working with all of it hand-in-hand, I think we would see some fantastic changes.

Since I am a comedian, I would tell jokes as President. Humor is part of me. I would probably find more humor in being President of the United States than in anything else. It would be part of Dick Gregory. As long as it's in its place, sometimes it can defuse a situation. I'm a comedian; that's my master craft. Being President I wouldn't lose that, no more than if a farmer, if he were President, would lose his ability to farm.

I have one other thought. This nation is built on a nation of people locked into religion and ideology. I would say to the American people that I'm going to try to present a spiritual awareness to you above and beyond my religious beliefs and my ideologies. I would appeal to the masses of the American people to understand there is a difference between religion and spirituality. I would question the fact that 99 percent of all our people in jail are religious, but they're not spiritual. If this nation becomes a spiritual nation, we can talk about the force that is down inside of you, that is locked inside of you. We can go in and find that true God power, that universal love and turn this whole thing around.

In closing, I think the question you posed to me, I don't think it would even have entered your mind to pose that question five or six years ago. The fact that you are posing that question to me is not a tribute to me and where I am, but a tribute to the American people and where they want to go.

God bless you.

Poor nutrition is one of our country's main concerns, Dick Gregory points out. "I would make federal money available to teach nutrition in every grade school and high school."



62 Premier Issue

DICK GREGORY is known as a man of action, as well as words. Early last year he wrote a letter to President Carter explaining his dismay over two domestic issues:

1) Widespread use of weather modification techniques and 2) The reported injection of a cancerous substance into the bodies of millions of Americans.

In reply, he received two letters — from a member of Carter's staff and from the National Cancer Institute. The letters contain admissions that millions of Americans were injected with a cancerous substance and that weather modification does occur. With Gregory's permission, we reprint in total the three letters.

Pringram he: President John.
Frima: Dick Gregory
February 1, 1977

Dear President Carer.

Those that your first less weeks as last to dramative the need for swift and productive. Not continue on last to dramative the need for swift in the month or the original most again into the deaths of President John 1. February 1. February

growth when injected into animals, but there has been no report on its effect on humans. The article also states that SV 40 was an unrecognized contaminant of polio vaccine given before 1962, and of some cold shots given around the same time. Not too many years ago, America and the world were shocked to learn that a group of southern blacks had unknowingly been injected with sphillis as part of a government experiment. I was hoping that it was an isolated incident. It is my hope that you will study the article to first of all check its validity, and secondly to find out what effect these experiments are having on those persons who received the injections. I would hope that there might be legislation to prevent incidents of this type from ever again happening in America. It is also my hope that the innocent victims of this experiment and others like it will be notified inmediately so that they night seek medical relief from possible harm to their health as a result of the injections. I'm sure that once you have had the time to study this article, you will share my views on this matter. Secretary of State Cyrus Vance has indicated that "The CarterAdministration will speak Irankly about injustice." I consider the subjects I've described as totally unjust and inunoral, and I look forward to seeing your administration take an active role in putting an end to these problems.

I wish you continued success in your new office. May God protect and guide you always.

Peace and Love,

Dick Gregory

THE WHITE HOUSE WASHINGTON

Dear Mr. Gregory:

President Carter has asked me to reply to your mailgram of February 2, 1977. I apologize for the delayed response but I wanted to check with several technical people before writing.

Several technical people is a manufacture condition modification. Federal resolutions and the modification of the several technical people is a manufacture condition of the several technical people. April 11, 1977 several technical people before writing.

With regard to your question concerning weather modification, Federal and the research for several and supporting research for several and regard to your question concerning weather nesearch for several agencies have been conducting and supporting reases substantial agencies have been conducting to and in many cases substantial regard or a various aspects of this topic, and in many cases advantage of the regard of the research is aimed at taking advantage of the regard of the regald of the regard of the regard of the regard of the regard of t time, thereby modifying the climate.

The National Oceanic and Atmospheric Administration (NOAA), on the National Oceanic and Atmospheric Administration (NOAA), on the National Oceanic and Atmospheric Administration (NOAA), on the National Oceanic and Atmospheric Administration and the Secretary of Commerce, was made responsed to the Secretary of Commerce, was made the United States and Public Law 92-205 for receiving and receivings in the United States and Shopmosord weather modification activities in the United States and NoAA on November 1, 1973.

1, 1972. By later agreement, all Federal agencies also began to 1973. The Public States and NoAA on November 1, 1973. The Public States and NoAA on November 1, 1973. The Public States and NoAA on November 1, 1973. The Public States and NoAA on November 1, 1973. their weather modification activities to NOAA on November 1, 1973.

Your letter raised a question concerning the possibility that widespread to weather anodification techniques might be causing unseasonable weather. An analysis of all the reports received by NOAA shows that about four percent of the U.S. is under the influence of cloud seeding about four percent of the U.S. is under the influence of the activities about four percent of the during the year. However, most of the activities operations at some time during the year. However, most of the activities operations at some time during the year and their consequences are locally operations as some time during the year. However, most of the activities of the year and their consequences are local operations at some time during the year and their consequences anything the year and their consequences and transient. There is no evidence that cloud seeding causes anything the year and their consequences and transient. There is no evidence that cloud seeding causes anything the year and their consequences are the year and their consequences. more than generally small and short-term changes.

Except for some computer modeling and theoretical studies, little research has been done in the area of climate control. Only rudimentary start has been done in the area of climate that determine climate has understanding of the interplay of factors that determine our present of the control. Ginate control, therefore, is not ars the stated policy of the control climate control, therefore, is not ars the stated policy of the control climate. In addition, it has been for several yearmental program to capabilities. In addition, it has been for several yearmental program to the U.S. Government to refrain from any experimental program the U.S. Government to refrain from any experimental program the U.S. Government to refrain from any experimental program to the U.S. Government to refrain from any experimental program to which you that the consequences can be accurately predicted.

The unusual weather conditions experienced this winter to which you then the program that the consequences can be accurately predicted. result of natural variations in the weather. Such widespread effects result of flatural variations in the weather. Such witespread effects could not have resulted from existing cloud seeding activities. These extreme weather variations, like record-breaking situations of previous years — before the advent of weather modification, were the result of major shifts or variations in circumpolar circulation systems.

There are certainly instances where many of us would like very much to be able to change weather conditions, either to alleviate drought, prevent hail, or moderate severe storms. Unfortunately, the technology of weather nooflication has not been advanced sufficiently to enable either the Federal Government or private industry to evert a significant influence on major weather systems.

As for the Atlantic Monthly article, it is true that the SV40 virus was discovered in the early 1960's. It is also true that the virus was found in certain viral vaccines prepared from virus pools grown in monkey kid-ney cell cultures. However, the virus had not been recognized as a ney cell cultures. However, the virus had not been recognized as a contaminant prior to that time, although millions of people had received the vaccine during the 1950's. Several studies have indicated no immediate ill effects among recipients of the vaccines. Administration of the vaccine was not a secret experiment, and contamination of the vaccine was unintentional due to lack of knowledge. We believe that our expanding technical knowledge will help prevent such occurrences in the future. We will certainfy do all we can to promote such technical knowledge.

We appreciate your good wishes, and assure you that this Administra-tion does intend to play an active role where injustice and human rights are concerned. Sincerely,

Lynn M. Daft Policy Staff

DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE Public Health Service

control climate until the consequences can be accurately predicted.

The unusual weather conditions experienced this winter to which you refer — the drough in California, the freezing temperatures in refer — the drough in California, the freezing temperatures in refer — the drough in California, the freezing temperatures in the subservice weather throughout the Midwest — were the Florida, and the subservice weather throughout the subservice throughout throughout the subservice throughout the subservice throughout throughout throughout the subservice throughout the subservice throughout the subservice throughout the subservice throughout througho

National Institute of Health

February 24, 1977

Mr. Dick Gregory P.O. Box 266 Plymouth, Massachusetts 02360

Dear Mr. Gregory:

Secretary Joseph A, Califano, Jr., has asked the National Gancer Insti-tute to respond to your recent Mailgram in which you express your views on Government sponsorship of research involving human ex-perimentation. You also refer to an article entitled "Science that Fright-ens Scientists," which appeared in the February 1977 issue of the Attante Manths. Atlantic Monthly.

The Atlanta Monthly article cited by you does not contain references to research in which persons were injected with cancer-causing substances without their consent. While there is a brief description of the accidental innoculation of many persons with SV-40 virus when it was a con-taminant of polio vaccine, this was not a government experiment. The Atlantic Monthly article focuses on research in the field of molecular Adding Annual Annual article locations of research in the leaft of indectual biology in which the gene structure of microorganisms is manipulated. The possible hazards involved in this type of research have been the subject of much debate both within the scientific community and by the general public. The National Institutes of Health has issued guidelines general public. The National Institutes of Health has issued guidelines for researchers who are conducting recombinant DNA research. These guidelines were published in the Federal Register, Wednesday, July 7, 1976. Copies of the Federal Register are available in the following Boston area libraries: Boston Public Library, 666 Boylston Street, Box 286, Boston, Massachusetts 02117; Sortheastern University Robert Grav Dodge Library, 360 Huntington Avenue, Boston, Massachusetts 02115; and the State Library of Massachusetts, 341 State House, Boston, Massachusetts 02133.

All patients participating in National Cancer Institute-supported research programs are protected by Department of Health, Education, and Wellare regulations (45 CFR Part 46) pertaining to studies with human subjects. In general, these regulations provide for a special re-view process for all programs in which human beings receive investiga-tional therapies, treatment, and/or drugs. Institutions that receive Na-tional Cancer Institute (NCI) support for research involving human

subjects must organize review commutees of medical scientists who de-cide whether the importance of the knowledge to be gained outweight the risks to the patients who are participating in the study. The Federal Government regulations apply to scientists engaged in clinical research with human patients as well as to those doing non-research programs with human subjects. All NCL-sponsored dimical periments or on other scientifically established facts. periments or on other scientifically established facts.

Individuals who agree to participate in Institute-supported research are required under such regulations to give their informed consent to participate in such research and supported and after he or she has been give their informed consent to parallely the physician or another protessional, and explanation of the the patient must provide in the patient of another protessional. In the case experiment, the patient must provide legally and the case of minor or a clonema of informed consent are defined in the regulations to include the patient must provide legally effective informed consent. The basic facilities are defined in the regulations to include

ne ronowing:

1) A fair explanation of the procedures to be followed and their purposes, including identification of any procedures that are ex-

- perimental; A description of the attendant discomforts and risks reasonably to be expected:

2) A description of the attendant discomforts and risks reasonably to be expected;
3) A description of the benefits reasonably to be expected;
4) A disclosure of any appropriate alternative procedures that might be advantageous for the subject;
5) An offer to answer any inquiries concerning the procedures that might to discontinue participation in the project or activity at any time without prejudice to the subject, [45] CFR; 46,103(c)(1) without prejudice to the subject, [45 GFR; 46,103(c)(1)] in addition, the written or oral agreement emered into by the patient ways not include any language through which he or she patient release of the appear to waive, and of his or her legal rights, including any close of the indition or its agents from liability for negligence.

I have this information is helpful, please for me know if I can be of Tenesse of the insummon or as agents from manual for negagence.

I hope this information is helpful, Please let me know if I can be of example. Sincerely vours,

Robert J. Avery, Jr., Head Public Inquiries Section Office of Cancer Communications

PEOPLE

Sports Mustrate 60 CENTS

HAROLD PETERSON

Setting off from Chicago to Washington on a month-long "marathon" run to dramatize the worldwide shortage of food, most spectacularly in droughtstricken regions of Africa, erstwhile Comedian Dick Gregory contended that conditions in the U.S. also deserve attention. "There are shortages here that nobody wants to talk about," he said. "Middle-income people are eating beans and rice now because they can't afford their usual food, and they're forcing the price of beans out of the reach of poor people."

Though this run will be his longest, Gregory is not a novice. He was Missouri high school champion in the mile in 1951, and was the third-fastest smallcollege half-miler in the country rile attending Southern Illinois University, where he captained the track and cross-country teams and was named the school's outstanding athlete of 1953. And how does he feel running 40 miles a day? "It is constant pain." Not making it easier is the fact that he is fastingtaking only liquids-en route. When Gregory talks about hunger, he means it.

Jim Whittaker, the first American on the summit of Everest, (in 1963), runs an outdoors store in Seattle at which climbers often spend an entire afternoon just selecting a new pair of boots. It's not that the store doesn't carry an assortment large enough to fit everyone from Tinker Bell to the Sasquatch, It's more that acquiring a new pair of Bavarian Kletterschuhe has become a competitive sporting event. You see, Whittaker used to have some unusual problems in his shop. Boot buyers liked to test purchases by climbing on windowsills and unters-some even chimneyed ap doorframes. This was hard on

the sills, counters and door-

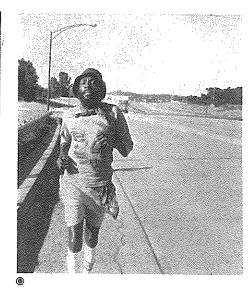
frames. Before customers started

trying out ice axes, crampons

and pitons on his walls, Whittaker decided to take steps. He found a spot on the floor of his establishment (a former autoparts warehouse) that could take the stress and installed a rock wall 12 feet high and 30 feet long. "But now, every morning when I come in," says Whittaker, "I find the employees seeking new routes and handholds on the wall instead of tending to business."

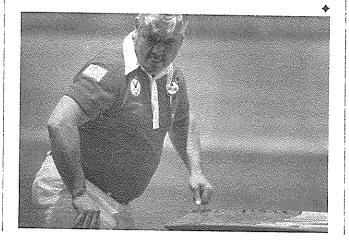
♦ Junior Johnson had a busy week. The former stock-car racer, now a successful builder and preparer of racing cars, started it in Daytona, where two of his machines were entered in the Firecracker 400 (page 20). Then it was up to North Carolina to face a federal judge. Eighteen years ago, it seems, Johnson was fined and sent to jail for bootlegging whiskey. Junior, in the good of boys tradition, learned his racing skills by keeping ahead of revenouers on bad back roads. Johnson served his time but never paid the \$5,000 fine, and he told the judge that he did not have the money to do so now. He maintained that his only income is expense money paid by Junior Johnson & Associates (in which he owns only one share of stock), that his large house and chicken farm in Wilkes County, N.C. are owned by his wife, and that anyway he was told back then that the 30 extra days he spent in jail were in lieu of the fine. The court said it would think the matter over. Johnson said thank you and flew back to Daytona for the race, where two of his cars were hot. Cale Yarborough finished in a dead heat for third in one, and Earl Ross finished 13th in the other.

Wilbur Young, 285-pound defensive end for the Kansas City Chiefs and one of the rising stars of the NFL, has taken up sewing as a hobby. Not only does he make many of his own clothes, he has been asked to tailor for teammates such as Willie Lanier, Buck Buchanan and Nate Allen. Young, who is 6'7" and wears size 50 trousers, had been laying out a cool \$40-at least-for his pants, most of which had to be specially ordered. Now he stitches a pair for \$4. "I hunt for material all over," says Young, who must be formidable at basement fabric sales. "Just the other day I picked up some double knit for \$1.99 a yard. I can make an outfit in a day if I need to finish it in a hurry." He bought a standard home sewing machine but soon outgrew it and now has a commercial machine, which enables him to work faster. "My clothes are conservative,"



Young says, in a style note. "They aren't 'fly.' I want to make a suit jacket and an overcoat. The only constructive thing I do is sew."

Why is Bobby Goldsboro a Country-and-Western singer and writer instead of, say, a professional football player? Not because he's a peanut or lacks the will, but because he's brittle. "I broke my ankle the first day I went out for track at Auburn University, and in high school I broke my hand the first day of basketball practice," he recalls. "In baseball, I spiked myself-behind my right knee. Eight stitches. I ran into a light pole catching a football. That cost me 13 stitches over an eye. I broke my wrist minibiking in South Dakota." The upshot is that Goldsboro's contract for his new television series specifically prohibits him from such risky activities as skiing, among other things. At a recent show at the Astroworld in Houston he was able to laugh about his latest injury: "I cut my toe on a Rice Krispie that had hardened on the floor overnight." So far Goldsboro has never been maimed during a performance. "I guess it's because I just sit on a stool," he says.





In Honor Of Great Black Americans

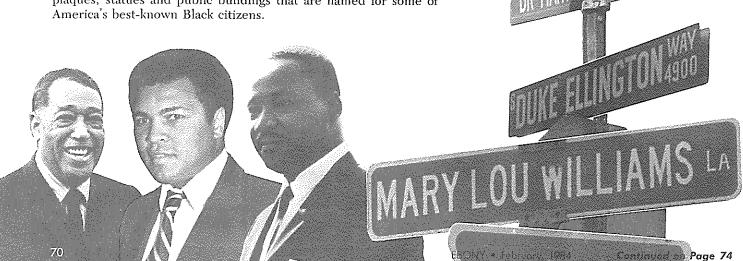
As a gesture of public respect, names of the nation's best-known citizens have been placed on everything from street signs to naval vessels

N many cities across the nation, there are streets, avenues, boulevards, large public buildings and sports arenas named for Black people who have made significant contributions to American society in areas such as civil rights, sports, music and politics, or in some other capacity.

There is the Martin Luther King Jr. Center for Non-violent Social Change, Inc. in Atlanta, the Joe Louis Arena in Detroit, the Eubie Blake Cultural Art Center in Baltimore, Satchel Paige Stadium in Kansas City, Mo., and a number of other such buildings and thoroughfares honoring Muhammad Ali, Rosa Parks, Redd Foxx, Eddie Robinson, Medgar Evers, Malcolm X, Louis Armstrong, Ella Fitzgerald, Count Basie, Dizzy Gillespie, W.C. Handy, Dick Gregory, Adam Clayton Powell, Larry Holmes, Carter G. Woodson, Frederick Douglass and other Blacks.

Such examples of public respect are usually reserved for those who are held in highest esteem, but few Blacks have enjoyed such honors in the past. The following pages include photographs of street signs, plaques, statues and public buildings that are named for some of America's best-known Black citizens.

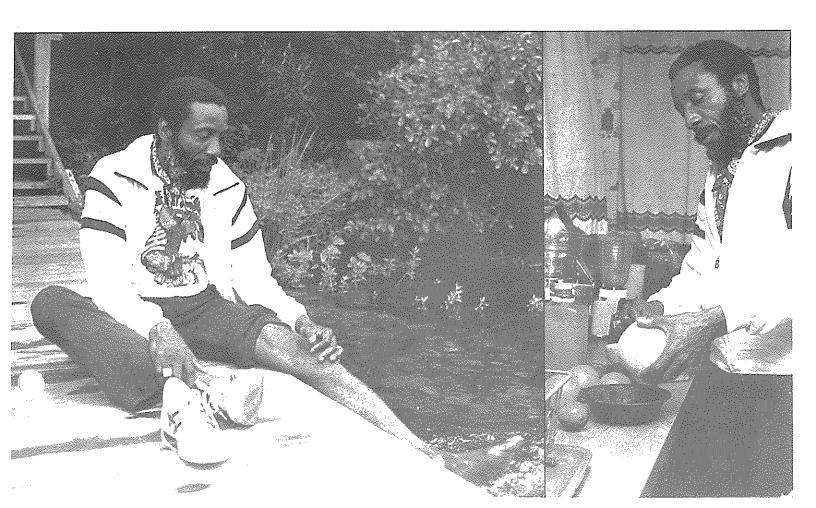
NO PARKING ODD DATED WEDNESDAY 11Å 10 3 M The montage of street signs named for Black celebrities includes (top to bottom) Muhammad Ali Blvd. in Louisville, Redd Foxx Lane in St. Louis, Dick Gregory Place in St. Louis, Dr. Martin Luther King Jr. Drive in Chicago, Duke Ellington Way in Las Vegas and Mary Lou Williams Lane in Kansas City, Mo.





Runner's World Exclusive

One Of America's Foremost Activists Talks About Running, Fitness and Nutrition Problems



There's an old Dick Gregory story that goes something like this: Gregory is sitting in a non-segregated restaurant in the Deep South during the early sixties. He is just about to start eating a chicken dinner when three menacing rednecks approach the table. They stand over the black comedian who, anticipating trouble, has returned the piece of chicken to the plate and is grinning at the lynching party.

"Boy," says one of the rednecks, "we're gonna do to you what you do to that chicken."

"Fine," says Gregory, who gingerly picks up a chicken leg and kisses it.

These days, it's doubtful Dick Gregory would kiss the chicken, let alone eat it. The comedian/social crusader has become such a radical in his nutritional beliefs that he won't even play clubs that serve alcoholic beverages. Hence, Gregory's lectures are almost totally limited to the college campus circuit.

Gregory is on the lecture circuit 10 months a year, speaking an average of 300 times. "Nobody knows how hectic Dick Gregory's life is until they try to follow me around for a week," said Gregory.

To find out just how hectic the nutritionist/comedian's life is, we had Managing Editor Paul Perry conduct several interviews with the kinetic subject.

"I interviewed Gregory during his famous two-year juice fast in 1973. What I expected to see was a man with the physical attributes of Mahatma Gandhi. What I was greeted by when I knocked on the hotel-room door was an energetic, healthy being."

Ironically, Gregory had just begun another protest fast when the interviews for this Runner's World Exclusive were conducted. In 1973, he was protesting the Vietnam war. This time, Gregory was protesting nuclear power. One of the first questions Perry asked was how he kept his energy level so high. Gregory laughed.

"My energy level increases when I fast," he said. "When I first started fasting, people tried to scare me by saying I was going to die if I stopped eating. I believed them. I'd lie in bed at night and feel so strong that I thought death was slipping up on me. I mistook the energy for death.

Along with his nutritional ideas, fasting and lecture tours, Gregory has done his

Dick Gregory is a man of many directions. Fame came to him as a hard-living comedian. But Gregory discovered the benefits of good nutrition in the early sixties and changed his way of life. Since then, the comedian has lost more than 100 pounds through fasting, quit performing in clubs that serve alcohol and run across the United States to test food formulas. He is pictured here at his Plymouth, Mass., home. (photos by Charlie Doyle/The Runner's Image.)

share of running. To test a food combination and to dramatize world hunger, Gregory ran across the United States, averaging 50 miles a day. The run took place in 1976 when Gregory was 44 years old.

"Fifty miles a day isn't too bad, considering the fact that I used to smoke four packs of cigarettes a day and drink a fifth of scotch. That's quite a turnaround."

The interview began with Gregory's thoughts on healthful living. As jets roared into smoggy Los Angeles International Airport, Gregory settled back in a chair in his hotel room and began answering questions.

Runner's World: How does being on the road effect your energy level during a

Gregory: It varies. Sometimes it takes it way down, sometimes it doesn't. When you fast, the more rest and peace and quiet you get, the better the effect of the fast as far as cleaning out the body and feeling the spiritual forces. The more you are ripping and running out there, the less effect the fast will have, but you can still feel it.

The way I offset low energy when I'm on the road is to drink lemonade. I drink that because it's the simplest thing to make. I buy some spring water and use eight lemons, four oranges, two grapefruits. I strain that mixture. Then I put that in a gallon of the water, add a cup and a half of honey and drink it over a 24 hour period.

The important thing to remember is that I do have to slow down. By that I mean getting to the airport on time so I don't have to run for the plane. I have to plan the moves for the day so they can all be slow. Another thing I have to be cautious of is breathing. I have to breath in deeply. The more I do that, the less problems I have during a long fast.

RW: You have radical nutritional beliefs, but you haven't always been this way. Can you explain the genesis of your nutritional beliefs?

Gregory: In the early days of the civil rights movement, I believed non-violence was the way we could get everything we wanted. The longer I was involved with it, the more I wanted to use non-violence as an ideology and not a tactic. I thought if I were truly non-violent, I couldn't participate in the destruction of animals for my survival. For that reason I became a vegetarian. When I became a vegetarian, I had never even used the word. I doubt if I had ever heard the word more than three or four times. So I didn't know you could survive without meat. I grew up in the poor ghetto during the Depression. All you heard was folks saying they had to put meat on the table. So it was just a part of my culture to believe that surviving was meat, and the more meat you had, the better the survival was.

I was willing to ignore all that and reach

out and find this non-violence inside of me. But when I became a vegetarian I ate everything I could; in the back of my mind, I thought I needed it since I wasn't eating meat. I went from 134 pounds to 288 when I stopped eating animal products. I would eat 10 to 15 times a day because I thought I would starve to death without meat. As long as food didn't have animal products in it. I would just eat it and eat it and eat it.

A funny thing happened about 18 months into not eating animal products: my sinus trouble left. About six months later, my ulcer left. Meanwhile, I was still drinking a fifth of scotch and smoking four packs of cigarettes a day.

RW: And your ulcer and sinus problems cleared up in spite of that?

Gregory: The key phrase in that question is "in spite of." I realized then that the diet was the most important thing a person could do to straighten out the body or break it down. At that point, I guess my head really changed. I started doing a lot of research. I found that to be a vegetarian and to be into health were two different things. You can be a vegetarian and take sugar, which is the No. 3 killer on the planet. You can be a vegetarian and drink a fifth of scotch a day. I realized that being a vegetarian meant nothing in itself. Hitler was a vegetarian and he was a sugar freak. He ate handfuls of sugar that he used to carry in his pockets.

RW: It sounds like you blame most of the world's problems on sugar.

Gregory: You can blame most of the world's problems on sugar. It causes things like hypertension, for instance.

RW: You have a very stressful occupation. How do you avoid hypertension?

Gregory: You can avoid hypertension by watching your diet. What really causes hypertension is not stress as much as diet combined with stress. The body can fight off some stress. Problems start when the body loses its ability to fight it off.

But diet isn't the only cause of hypertension. We talk about giving 10 percent of our earnings to church. What people should do for themselves is give 10 percent of their day-which is two hours and 24 minutes-back to meditation. And I mean strict meditation, where you are not worried about the rent or that business deal or what you are going to do next week. That will keep stress from breaking you down and down until you reach point zero.

RW: In what other ways has your research changed your health habits?

Gregory: I decided you shouldn't cut your hair. I'm serious. I decided I wasn't going to get a haircut until the war in Vietnam was over. I have not had a haircut or shave since 1967. I have three sons who have never had a haircut in their lives. I started doing research on hair and found out how important it is to the body.

RW: You aren't serious about this, are you?

Gregory: I certainly am. Hair is to the body what a leaf is to a tree. That whole process of photosynthesis happens with plants. The same thing happens with hair. I'll tell you something very interesting. If you check out the various tribes on the planet where haircuts are not part of the culture, you'll see men and women live to the same age. In tribes where haircuts for men are part of the culture, women outlive men.

RW: Sounds like you think long hair is the secret to long life.

Gregory: I would say it wouldn't hurt. Nature has never put anything on us that we didn't need, and the fact that we keep cutting it off and it keeps growing back means it's trying to tell us something.

RW: Let's get away from hair a moment. Bobby Doyle credits you with his fine time in Boston. Muhammad Ali claims your nutritional advice helped him defeat Leon Spinks. What is this magic

Gregory: What I have been able to do over a nine-year period is study the body, study the tensions and stresses, and study the bad habits most of us have. What I thought I would really do is create a food program that would wipe out world hunger. But I realized that creating something for poor folks has a stigma attached to it. So I came up with a food program and got some world-class athletes and celebrities to use it to build a good image around it.

I tested the super diet in 1974 when I ran from Chicago to Washington, D.C. I kept the run low-key because if you announce you're going to run to test something and you fail, they'd blame the food. I made those thousand miles and I decided to celebrate the Bicentennial by running all the way from Los Angeles to New York. I broke my toe accidentally about a month before the run. But instead of canceling, I just increased the food formula. In six days the bone healed. I didn't run on it again until I got ready to start. I went to L.A. on April 21 and we arrived in New York City on July Fourth—an average of 50 miles a day at the age of 44.

The interesting thing is that I never used any of my food formula on the run. I used it three months before the run, and then I just waited to see how long I could go before I could feel my energy drain. But I got all the way to New York and never ran out of energy.

RW: Well, if you weren't eating solid foods, what did you drink to help keep your energy high?

Gregory: What I basically used was orange juice all the way across.

RW: How much juice did you consume?

Gregory: Maximum doses. I would run an hour and rest 15 minutes. The important thing with the juice was to have it fresh. So every hour, about five minutes before I stopped, they would start squeezing the oranges. That way, the juice would be fresh and at room temperature.

RW: Did you have any other rules you followed during the run?

Gregory: I never at one time wore the same shoes more than three times. I figured it this way: once the heel starts wearing down, that wear goes through the whole body and throws you off. So I made sure I took enough shoes so that I could wear a pair a couple times and never have to put it on again.

RW: What did you do at the end of each day's 50 miles?

Gregory: Look for the cheapest hotel in

"I wanted to use (Bobby Doyle) as a guinea pig. I wasn't interested in how well he finished. l'il be honest with you. his place surprised me."

the area. I did not go on a camping excursion. I wasn't out there trying to rough it. I had a staff with me that was incredible. That run cost me \$220,000 because of the staff people. Remember, I was out there testing a food program. And you test that the same way General Motors tests cars.

I had two staff teams. When I stopped for the motel, the whirlpool was waiting for my feet. When I finished in the evening, I put my feet in the whirlpool and my body in a tub. That was one of the problems we ran across-when you get into these rural areas, there are so many hotels that have nothing but showers. Sometimes I would have to go 100 miles off the path to find a hotel with a bathtub just so I could have a whirlpool.

RW: Did you consider the test a success?

Gregory: Yes! But when I got to a guy like Bobby Doyle, the results were incredible. I didn't put him on the formula until about three weeks before the Boston Marathon. I wanted to use him as a guinea pig. I wasn't interested in how well he finished. I'll be honest with you, his place surprised me. What I was interested in was his recovery. Everybody has the problem of recovery when they finish a marathon. So I wanted to find out how well he would recover.

RW: I know you were interested in recovery. But we understand you had a drink to help his performance in the race.

Gregory: I had a nutritional drink that I wanted him to put in his mouth and hold for a while, but I missed him at the beginning of the race. I never got to him to give him the drink until the 16th and 20th miles. By then he was running 33rd. He went from 33 to No. 7 by the time the race was over. He told me that night the energy level he felt after that drink was just incredible.

RW: What's the secret of this drink?

Gregory: One of the secrets is freshness. At the 16th mile I could see him coming, and not until then would I cut the oranges and squeeze them, strain the juice and put it into this tube of formula. Then I would run with him and say, "Hold this in your mouth awhile."

RW: You're still not telling us what's in this secret formula.

Gregory: The secret is not what's in it. The secret is the right balance. I know how much seed, garlic and chlorophyll to put in. It also requires red pepper, because red pepper stimulates the blood and is as high a form of vitamin A as you can find. I've come up with this formula over the past nine years.

And apparently the formula is working. Look what happened to Bobby. I would say with him being on the formula for a year, he will be one of the people who will represent the United States in the Olympic Games.

RW: This diet is completely different than the diets most athletes are accustomed to. When you contact athletes like Muhammud Ali, what is their reaction to such a radical change in diet?

Gregory: Ali was out there on the road with me when I was running 50 miles a day. He wanted to go on the diet. He couldn't believe that a 44-year-old could run 50 miles a day, that's why he came down to watch me do it. But three days after I put him on the diet, he felt such a fantastic reaction that I didn't have any trouble keeping him on the diet.

RW: It sounds as though most athletes are receptive to the idea of changing their diets if it will help performance.

Gregory: Sure they are. They realize that it's important to deal with the type of stuff that stress is made of, especially runners. That's why I was able to sit with Bobby (Doyle) and say: "Look, this is the same thing I put Ali on and look what it did for him." Knowing the kind of stress he's under was enough to convince Bobby to try the diet. But this diet is about more than just better performance. Are you aware that most top athletes have arthritic problems as they get older? That's because they are using up their fuel allotment. It's like a car. If we are alloted 10 gallons a week and I burn all my gas today, that means for the next six days I have to park my car.

I look at the body the same. When you burn up all your fuel and you aren't putting it back, somewhere along the line you have to pay for it. This diet replaces those vitamins and minerals that we pull out of the body.

RW: Can you tell me what is contained in the super diet as opposed to the super drink?

Gregory: The main ingredients are 26 minerals, everything from calcium, nickel, copper, iron, zinc to cobalt. Then there's a nut mix which consists of sesame seeds, sunflower seeds, pumpkin seeds, chia seeds with some kelp and comfrey thrown in.

Then there are two vitamin packs consisting of 24 vitamins. The vitamins are added for athletes only. They are for people under athletic pressure who have to take their bodies through physical activities nature never intended for the body. There's a big difference between sports and physical fitness. Those vitamins are there for the people involved in sports. One day, when America realized the difference between sports and fitness it will come up with a program of fitness for the whole nation.

RW: It sounds like you're opposed to professional sports.

Gregory: Professional sports in the sense of what happened in Rome, where we sit and watch gladiators represent us. When I was back in school, the biggest part of physical education was spent on men's PE—like women didn't have to be physically fit. A basic part of education should be physical fitness. In our society there is still this whole craziness about sports.

RW: What is your own fitness routine like?

Gregory: I get up now and walk for about 45 minutes and then take some stretching. If I have time, I'll get into jogging, starting very slowly and building up until my jogging is just a little bit faster than a fast walk. The main thing is putting in the time. If you can, it's very important to run in the morning; when you wake up you have all the carbolic acid coming to the top of the bloodstream.

RW: What do you do when you're in a place with bad air, like L.A?

Gregory: I just take a long, fast walk.

RW: We have an article in this issue of the magazine about vegetarianism and running. Do you think there are bodies that can't adjust to being vegetarian?

Gregory: I think the body can adapt to anything if it's right, and being vegetarian is right. It might take you a while to cut back on meat. Different people may have to take a different approach to becoming vegetarian, but I wouldn't say somebody on this planet couldn't adapt to it. The body gets hooked on certain things, and there are certain things you have to do to wean it.

It's like yoga. Look at the different positions yoga people get into. After you start stretching certain muscles, then over a period of time you start putting your foot behind your head. But if you walk up and tell somebody to put his foot behind his head, he can't. It takes time. Plus, most of us have violated our bodies since

"A great nation is not the nation with the strongest army or air force.
The government has to set up a titness organization with the same intensity that the Pentagon sets up armies."

birth, so it takes even longer.

RW: What do you think are some of the major health problems in America?

Gregory: Chemicals in our food. They destroy the nutrient value. Lack of fresh foods is the biggest problem we have. Sugar is another problem. It has a crippling effect on people. It eats up the calcium in the body and you know what that does. It causes arthritis.

RW: How do you see the nutrition problem being overcome?

Gregory: One is by education with glamor. By that I mean, when I was 44, I had the right money to hire the right public relations people, folks to publicize that run. We had magazines out there and I was telling the magazines that I was running this well at 44 because I was eating right.

A great nation is not the nation with the strongest army or air force. The greatest nation is the one with the healthiest people. The government has to set up a fitness organization with the same intensity that the Pentagon sets up armies.

RW: Can you pass along any simple rules of good diet?

Gregory: Before you eat something, ask yourself this question: "Where did it grow?" For instance, ice cream. Where did it grow? Candy bar. Where did it grow? Pepsi Cola. Where did it grow? If you can't answer that question, don't eat it. Also, remember that the body is 85 percent water and never let a day pass where you don't drink—between juice and water—at least 12 glasses in a 24 hour period.

RW: Do you have a concept of fitness you can share with us?

Gregory: I have a concept of physical fitness. To me, physical fitness is where all the mechanisms in the body pull through and begin to work right. Fitness requires more than just exercise, too. The problems with the fitness of many individuals begins in the kitchen, not on the track.

RW: You ran for President in 1968. Let's assume you had been elected. What would you have done for the nutrition of the country?

Gregory: First, I would take all poisons and chemicals out of the food. Second, I would see to it that the elderly and poor people in this country would have a basic nutrition that could not be influenced by the political and economic ball game. That way, people could get something that would sustain life so we don't have to look at pictures in the newspaper like the one of that 91-year-old woman in Houston who got arrested for shoplifting. When they asked her why she did it, she said: "You would, too, if you were in the same condition I am."

Also, I would make two departments out of the Agriculture Department. I would have made a cabinet post called secretary of food and nutrition.

RW: Who would become the secretary of food and nutrition?

Gregory: I'd pick someone like Ralph Nader.

RW: That wouldn't make you terribly popular with the big food corporations.

Gregory: There comes a time when politicians have to break away from the popularity contest. Show me a father or mother having a popularity contest raising children and I'll show you bad parents. Somehow, this nation has to do things because they're morally right and ethically sound. Somehow, we have to be more concerned about the chemicals that are in foods.

I think once we check out the chemicals in our food we might understand that violence and problems in society are caused by food additives. After all, we are what we eat. \square