

personal

ABX 340604 a(1)

Arthington, Liberia  
June 4, 1934

Dr. A. B. Xuma,  
49 Toby Street,  
Sophiatown, Johannesburg,  
South Africa.

My dear brother Xuma:

I hope by now you are coming to your self again, as we are recovering gradually.

My beloved Sister death was a blow to me, and not only me but to the entire family as well as acquaintances. Sister Margaret was sick when the cable gram reached us and you can imagine her taking a back set.

Presently she is almost back to her self and trying to grow strong. We have certainly lossed a Mother instead of a Sister.

We cannot question the doing of the almighty therefore we have to endure what ever he see fit to put on us. He has said in his holy writ that he will not put no more on us then what we can bare. It is hard but we must resign to his will. Her many life was a short one, but as she would write us, she made us to understand that it was a happy one.

She is now resting in heaven with ~~our~~ our sainted Mother who passed away when I was a boy of 3 yrs. I realize how you feels, but

man's appointments and God intervene.  
 She had written me to the effect that she would assist me in taking a surgical operation, but God has seen fit to take her to rest.  
 Therefore I am earnestly and sincerely asking you for a little assistance.  
 I will take my operation in August God willing. Dr. Wherle Charge £30.0.0.

I realize what heavy experiences you have gone through recently, so please don't think I am thoughtless. I suffer from a double rupture and this has been for years, and now growing worse. I hope the children are well. I hope you will be successful in raising the infant. We are hoping to receive a letter from you in short. Papa, Sis. Margaret and the rest of the family are trying to keep up. My love to little Elsie and ~~the~~ baby. Please kiss both for me.

Poor Children! they will not know their Mother. We hope to see them some of these long coming days. My best regards to all of your family and best for you and the children.

Very Sincerely yours,  
 Bro. in Law  
 George S. Mason

ABX 3406046

*Sport + Recreation*

BANTU MEN'S SOCIAL CENTRE.

Phone 33-8110

P.O.Box 4767,  
Johannesburg.  
4/6/34.

NOTICE OF MEETING.

The next MEETING OF THE EXECUTIVE COMMITTEE will be held at the Centre on THURSDAY 7th JUNE 1934 at 5.p.m. It is hoped that every member of the Committee will endeavour to be present.

J.R.Rathebe,  
Secretary.

A G E N D A:

1. Minutes
2. Record of the late Mr Howard Pim's work.
3. Correspondence
4. Report on Membership.
5. Repairs.
6. General.

ABX 340610

P.O. Box 184,  
Pietersburg,  
10.6.34.

Dr Xuma,  
Johannesburg.

Personal

Dear Sir,

It was with profound regret that Mrs. Lekgetha and I learned of the sad passing of your beloved wife. Indeed, to you, it must have been a terrible shock.

We wish to assure you of our sincere sympathy in your bereavement and hope that the Almighty will wipe away your tears.

Yours sincerely,

J. M. Lekgetha.

# The Bantu Methodist Church

OF JOHANNESBURG.

ABX340616

Rev. T. M. RAMUSHU,  
Superintendent.

9, GIBSON STREET,  
SOPHIATOWN.

xx

JOHANNESBURG 16th June 1934

Dr. A.B.Xuma  
Sophiatown

*Ceremonies + Occasions*

Dear Sir,

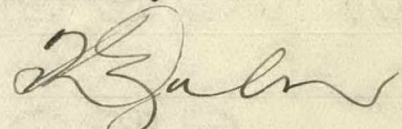
I have the honour to invite you to be present at the forthcoming Anniversary Service of The Bantu Methodist Church to be held at the Communion Hall Western Native Township on the 24th instant.

It is intended to include your name in the programme for the day. The first Service shall take place at 11 o'clock in the forenoon and also in the afternoon as from two thirty .

It will be very much appreciated by your people if you could make means to be present.

Thanking you in advance

Yours faithfully



Secretary

MEMORANDUM.

ABX 340618

Telegraph Office:—LOVEDALE.  
Railway Station:—ALICE.  
Telephone:—41 ALICE.

LOVEDALE, C.P.

18<sup>th</sup> June 1934

From

DR. MACVICAR,  
VICTORIA HOSPITAL,  
LOVEDALE.

To

Dr. N. B. Xuma

Thurmesbury

Race Relations

8/6/34

Dear Dr. Xuma,

I proposed your name at the Health Society's meeting as President for the coming year, and you were elected by acclamation. I owe you an apology for not letting you know at once. Other duties claimed my attention and it somehow escaped my memory to write.

With kind regards,

Yours sincerely,  
Neil Macvicar.

17th. July, 1934.

Dr. A. B. Xuma,  
 Stands 1512/13,  
 Sophia Town.

*Personal - business  
 matters*

Dear Sir,

Re: Stands 1512/13, Sophia Town.

The following are the amounts paid as requested:-

	£	S	D
P/Price stands 1512/13, Sophia Town.	120-	0-	0
Rates to 31/3/34		7-	17- 3
S/Fees "		7-	15- 9
			<u>£135-13- 0</u>

Your's faithfully

M. Tobiansky,

per

*P. Auret.*

S Y N O P S I SNEW EDUCATION FELLOWSHIP CONFERENCE

40/34.

(African Education Section)

Johannesburg  
HEALTH AND DIET CHANGESTime:- 9.00 - 11.00 a.m.  
July 18th, 1934.Changes taking Place in Health and Diet of Natives in Urban Areas and their EffectsDr. A.B. Xuma, M.D., B.Sc., L.R.C.P.,  
L.R.C.S., etc.Outstanding Features:-

Lack of reliable official vital statistics.

- (a) African Native health, so-called treated as something distinct and apart from European health.
- (b) Mortality rates statistics refer to Europeans only, except perhaps in the Gold and Coal mines.
- (c) African population census taken last in 1921 and excluded in 1926 and 1931 census enumeration.
- (d) Registration of Births and deaths not compulsory for Africans in rural areas, therefore not available.
- (e) Preventive and prophylactic welfare services such as ante-natal clinics, child welfare services, school medical and dental inspection, and treatment centres for venereal diseases lacking or just beginning.

Diet:

Formerly - simpler, harder, coarser and more balanced; chiefly, mealies grain, mabele or so-called kaffir-corn, sweet canes, milk (sweet and sour), meat, venison and slaughtered animal. Meat undercooked or roasted not well-done.

Present day diet in average urban home -

- (a) mealie-porridge, sour or sweet, with or without sugar or milk. Samp or hominy.
- (b) Milk and meat too expensive for most city dwellers
- (c) Wheat bread with tea and sugar

Does the soft carbohydrate or starch diet affect the health of the people in the long run? Does it play any part in the development and prevalence of dental caries?

Health Conditions among Urban Africans

No accurate vital statistics

Personal experiences, observations and impressions.

Generally decreased resistance to disease due possibly to

- (a) Poor general physical condition - physique of people comparatively poorer - puny appearance - less strenuous open air endurance tests.
- (b) Poor accommodation in certain industrial compounds and locations.
- (c) Diet or food possibly deficient in essential elements for increasing life activity of modern existence
- (d) People not hygienically clad - clothing scant or insufficient for seasonal changes of weather - many people cannot afford new clothes or even enough bed cover for themselves and children -
- (e) Economically forced to live in crowded squalid surroundings.



### Classification of Diseases in order of Prevalence

1. Gastric; 2. Respiratory; 3. Circulatory;
4. Gynaecological; 5. Genito-urinary and Venereal Diseases.

Infantile mortality and general mortality rate unnecessarily high. Infantile mortality rates about 200-700 per 1000 in some municipal locations.

### Gastric System

- Gastro-enteritis in infants commonest cause of death. Factors in infantile mortality due to gastro-enteritis:-
- (a) Low economic status and poverty of people
  - (b) Mothers may not nurse babies at all or only irregularly - mornings and evenings.
  - (c) Mothers work long hours long distances from home to supplement husband's meagre wages.
  - (d) Children left under care of other small children.
  - (e) Poor nursing or ignorance in baby craft.
  - (f) Ignorance of proper quantities and of methods of preparing baby food.
  - (g) Many people cannot afford approved proprietary baby feeds or milk, hence use of rough home-made preparation.
  - (h) Delay in calling medical assistance due to lack of money.

### Respiratory Diseases

More prevalent among children and adults than gastro-enteritis.

Second to Gastric diseases in order of prevalence.

More prevalent in winter months.

Factors:- Exposure and reduced resistance - Lack of suitable clothing and lack of minimum comforts at home.

Tuberculosis - increasing, more common.

Factors:- Lowered resistance from poor diet and exposure - Bad environment - Poverty in general - ignorance of consequences - lack of isolation facilities (one-room homes).

### Diseases of the Teeth (Dental Caries)

More common than formerly - diet or environmental changes.

### Obstetrical Problems

1. Difficult labour more common
2. Abortions and miscarriages more common in urban areas.

### Gynaecological Problems

Pelvic inflammations and sequela more common

### Size of the Family

Smaller - due to the following factors

- (a) Economic reasons
- (b) Increased or later marriage age
- (c) Influence of pelvic inflammation, abortion and miscarriages
- (d) African women engage in profitable occupations and attending school longer
- (e) Young men engaged in longer training and desiring better economic status before marriage
- (f) Increasing instability of family life and growing frequency of separation and divorce.

### Menstruation

Onset earlier - menopause also earlier.

### Circulatory Diseases

Cardiac lesions - nutral more frequent - history of acute rheumatic fevers  
Aortic lesions less frequent

Renal - acute nephritis and acute cystitis common in winter months.

Vinereal Diseases and Genito-urinary Diseases.

- Gonorrhoea -

3.

Gonorrhoea and Syphilis are more common than in the rural areas, but not as high as popular lectures and "social workers" would have it, 50% - 80%.

Factors in its spread:-

- (a) Indifference and ignorance of its social implications
- (b) Lack of proper and convenient treatment - centres without undue exposure.
- (c) Inability to meet fees for private treatment.
- (d) Increase in marriage age.
- (e) More women living out of wedlock.
- (f) More males to each woman.
- (g) Many married men working in urban areas away from their families.

Nervous Diseases - consist chiefly of Dementia Manic Depressive Insanity and Epilepsy. Hysteria and Polio- rather rare and there does not seem to be any marked increase of this group of diseases.

In all our experience and observations we come to these conclusions.

Increased incidence of certain diseases - Not vital, but secondary and environmental.

Important Factors in the problem:- Low economic status of the people, poor diet, lack of education to appreciate hygienic demands under modern environment; indifference or slowness of public authority to face up to problem on purely non-racial public health point of view.

Directions for improving this state of affairs:-

1. Raising the economic status of the people
2. General elementary education scheme; to prepare way for health
3. Establishment of health welfare services - propaganda.  
ante-natal and child welfare clinics, School dental and medical inspection.
4. The best training possible for Africans as doctors and women as nurses and midwives.

Fifteenth Episcopal District  
**African Methodist Episcopal Church**

CONFERENCES:—CAPE COLONY, TRANSVAAL, ORANGIA, NATAL, ZAMBEZI

*Presiding Bishop:*  
 Right Reverend D. H. SIMS

28 WALMER ROAD

WOODSTOCK (CAPE TOWN)

*Educational Institution:*  
 WILBERFORCE INSTITUTE

SOUTH AFRICA

July 31, 1934

Dr. A. B. Xuma  
 49 Toby Street,  
 Sophiatown.

*Religion - A M E Church*

Dear Dr. Xuma:

I hope you and my children are well. This leaves us doing nicely in spite of the fact that I have not rested since I saw you last. I found Sister and the baby here indisposed when I returned. They didn't inform me while I was away because they did not want to worry me. Careve is crawling all around, getting into many things she has no business in and has two teeth and some more on the way. Sister is also doing fine. I am the only one below par at the present. I had hoped to be up that way before this time but it would have been nonsense for me to have left things here which needed utmost care. I have an average of one half of a lawsuit a day to face for the Church.

I wired Mrs. Morake to find out the date for the Wilberforce concert at Witwatersrand University. In the original plan I was to speak. I expected Mrs. Morake to write me about it. Miss Jones, the daughter of Reinhalt Jones, who is a member of the Student Executive was in town several weeks ago and called my attention to it. I want to know about it so I may fit it into my schedule. I want also to know what is going to be done. It is highly important that it should be representative in every way and that the fullest cooperation of all of our friends and the general public should be had. Our Trustees there should be invited to take part in the management, advertisement etc. You should be Master of Ceremonies etc. Your ideals and mine are identical. I am telling you this because you are my eye and dependence so far as Trustee and Friend are concerned.

Please tell "Super" to write me. I know she has been busy with the New Education Fellowship. Mr. N. Komo

Fifteenth Episcopal District  
African Methodist Episcopal Church

CONFERENCES:—CAPE COLONY, TRANSVAAL, ORANGIA, NATAL, ZAMBEZI

Presiding Bishop:  
Right Reverend D. H. SIMS

28 WALMER ROAD

WOODSTOCK (CAPE TOWN)

Educational Institution:  
WILBERFORCE INSTITUTE

SOUTH AFRICA

should have all the credit and be given all the rope consistent with the best interest of Wilberforce and the cause, of course. He is the one who fought for the chance at Witwatersrand, and we must show encouragement and gratitude. My idea is that you, Mrs. Morake and N Komo should first get together with Dr. Taylor and R. v. Phillips and get out the best possible ways and means. Now it has occurred to me that the Bantu Study Group may be fostering a concert. If that be the case, then they must be taken into the arrangements. Please let me know what are the policies and plans. I had hoped Mrs. Sims would be there to play her piano solos. She plays in the City Hall of Cape Town on the 15th of August. I am afraid the baby will not allow her to come unless she comes specially.

I am leaving here on 16th of August for Port Elizabeth, Grahamstown, Queenstown, Umtati, Durban, Zululand and Adams Mission Station. I plan to come from Durban to Johannesburg for the concert. I think I shall speak on one of these subjects: "The Contribution of the American Negro to Civilization," "The Contribution of the South African (Bantu) to Civilization" or "The Future of the Non-Europeans in South Africa."

I am also inclosing in this letter one of several letters written me, signed by students, interested parties, *teachers*, Laymen etc. I have answered none of them. The last two contained references to you and consequently I send you the letter that you may see what intrigues are afloat. I shall handle it O.K. Tell Super to be wise and keep her own counsels. I am answering Loate and Monyake. I'll answer the Students when I arrive. Please return this letter to me and do not reveal the contents except to Mrs. Morake. I am writing her. Please do not say to Loate that you have seen the letter. I am going to call them up when I come and straighten them out.

Sister sends love to you and our children.

Faithfully yours,  
*D.H. Sims.*  
D.H. Sims, Bishop

ABX3407316 Lyndhurst Road School  
Kimberley C.P.  
July 31, 1934.

Dr. A. B. Xuma,  
103, End Street,  
Doornfontein, Johannesburg.

Dear Sir,

re: Employment as teacher at the  
Wilberforce Institute.

It is now very long that I have had to write you. In the meantime I received your message through Mrs Morake-Mahuma when she was here for the Winter Rally, and ever since I have postponed writing to you on the matter. The undue delay has been on account of my being hard put to it to decide on coming over to take up the situation you offered me at the Wilberforce Institute.

Even now I cannot give a definite word whether or not I shall assume duties there next year. My position here is very uncertain because I was appointed provisionally upto December 1934. - though I doubt that my services here will be easily dispensed with; that lies with the Cape Education Department. The post itself is fairly remunerative, and if I be still needed next year I shall be tempted to accept to carry on.

But Sir, besides that consideration I would prefer to go and teach at Wilberforce Institute - an Institute of the Church to which I am attached. Personally if money were not a thing that mattered much, I would gladly decide to go to Wilberforce. I hope to write you again on this. Thank you

Sir.

Yours faithfully,  
M. M. M. M.

personal

ABX 340813(1)

Ancker Hospital  
Saint Paul, Minn  
Aug. 13, 1934

My dear Alfred;

I have just put off and put off writing until my conscience won't let me do it another day. It was nice to hear from you again but I was so sorry to hear of the death of your wife. May it please God to bless you with another just as dear.

I know you are going to be surprised to hear that I am in a I. B. sanitarium but it is really true. I have been here for ten (10) months. Last September I developed a very bad case of bronchitis which turned into pneumonia then into quick fever. It was only by the quick and skilful work of the doctor that I am here to

(2)

tell the story. I am taking the Pneumo-Thorax treatment, and getting along fine.

Then of course, came the collapse. The doctors said that I was completely worked out. They have not even permitted me to sit up in bed. Oh I feel completely mistreated because I am doing well and want to get into action.

Bro Alfred I am not married but am engaged. He is a very fine fellow and has been wonderful to me during my illness. For which I greatly appreciate because so many girls here have told me about their "boy friends" dropping them when they found out about their sickness.

Ancker Hospital  
Pavilion 2, Room 214  
Saint Paul, Minn



(3)

I don't think I will ever  
marry now.

Now that I have told  
you all about myself I  
hope you will write me  
some day about your  
work in S. Africa. I know  
you are successful for it  
could not be otherwise.

Maybe some day I will open  
up a drug store in Johannesburg  
(Smile)

Tell me all about yourself  
and children. Please write  
when ever you have time.

Lovingly,  
Aunt.

P.S. Please excuse writing and  
mistakes as I am lying down.

Personal

Cobote School

15. 8. 34

for A B Xuma

Sophia Town

Dear Bro

We are well & we wish you the same. I write you to let you know I was asked at the N.R.C. office of Dugesbo who was to pay for the £6 loan I took for my trip to Johannes burg by Cinfihlo by order of Mr J. Blanke who was then away on leave. I said I think you have to pay for that - although I had nothing definite about it - so I think they mean to remind us or <sup>any</sup> body that - will concern. I beg to remain with best wishes & love to all I am Ben Xuma

ABX 340823

# CALEDONIAN INSURANCE CO.

Founded 1805.

The Oldest Scottish Insurance Office.



Principal Representative  
for the Transvaal

B. THOMPSON  
Commissioner of Oaths

**FIRE**

**MARINE**

**ACCIDENT**

JT/-

34/35, PERMANENT BUILDINGS,  
HARRISON STREET,  
JOHANNESBURG.  
23/8/34.

*personal*

Dr. A.B. Xuma,  
104 End Street,  
DOORNFONTEIN

Dear Sir,

RE: ACCIDENT

We have to acknowledge receipt of Claim Form, duly completed, in connection with the above, and attach hereto Clearance Certificate for your signature if the repairs have been completed to your satisfaction.

We would be pleased if you will advise us if you wish us to pay the account for repairs. If so we will do so on receipt of the above mentioned Clearance Certificate.

Yours faithfully,

B. THOMPSON

per

*[Signature]*  
Principal Representative.

Enclo.

Banker Strained Muscles

Ray St

Sophia Town

24-8-34.

Nurses + nursing

Dear Doctor,

Some time previously the association sent you a letter requesting you to accept a post as honorary member.

As no reply was received, we wish to remind you that we are still awaiting a favourable reply.

A kind invitation is also herewith extended to a meeting on the 9<sup>th</sup> Sept 1934 at 14 Sherwell St Doornfontein at 3 p.m.

Agenda:

Minutes of last meeting  
Report of delegate  
Business

Yours faithfully  
H. R. Alexander

**Collection Number: AD843**

**XUMA, A.B., Papers**

***PUBLISHER:***

*Publisher:-* **Historical Papers Research Archive**

*Location:-* **Johannesburg**

**©2013**

***LEGAL NOTICES:***

**Copyright Notice:** All materials on the Historical Papers website are protected by South African copyright law and may not be reproduced, distributed, transmitted, displayed, or otherwise published in any format, without the prior written permission of the copyright owner.

**Disclaimer and Terms of Use:** Provided that you maintain all copyright and other notices contained therein, you may download material (one machine readable copy and one print copy per page) for your personal and/or educational non-commercial use only.

People using these records relating to the archives of Historical Papers, The Library, University of the Witwatersrand, Johannesburg, are reminded that such records sometimes contain material which is uncorroborated, inaccurate, distorted or untrue. While these digital records are true facsimiles of paper documents and the information contained herein is obtained from sources believed to be accurate and reliable, Historical Papers, University of the Witwatersrand has not independently verified their content. Consequently, the University is not responsible for any errors or omissions and excludes any and all liability for any errors in or omissions from the information on the website or any related information on third party websites accessible from this website.

This document is part of the archive of the South African Institute of Race Relations, held at the Historical Papers Research Archive at the University of the Witwatersrand, Johannesburg, South Africa.