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Upbeat

20c

Upbeat Goes to Mzimhlope



Junk Food

Africa—Uganda

How Things Started

Down Second Avenue

Astronomy Puzzles Ecology

Short Story by Chris van Wyk



DOWN SECOND AVENUE — a

1 In the SLUMS

I never dreamed that I should go back to the city. Our mother came in the middle of the year to fetch us. In the midst of a winter's morning we were whisked to Marabastad — a black location.

2 Marabastad, like most locations, was an organised rubble of tin cans . . . Dirty water and flies and dead cats and dogs and childrens' stools owned the streets.



3 It didn't take us long to notice that all was not right between our father and mother.



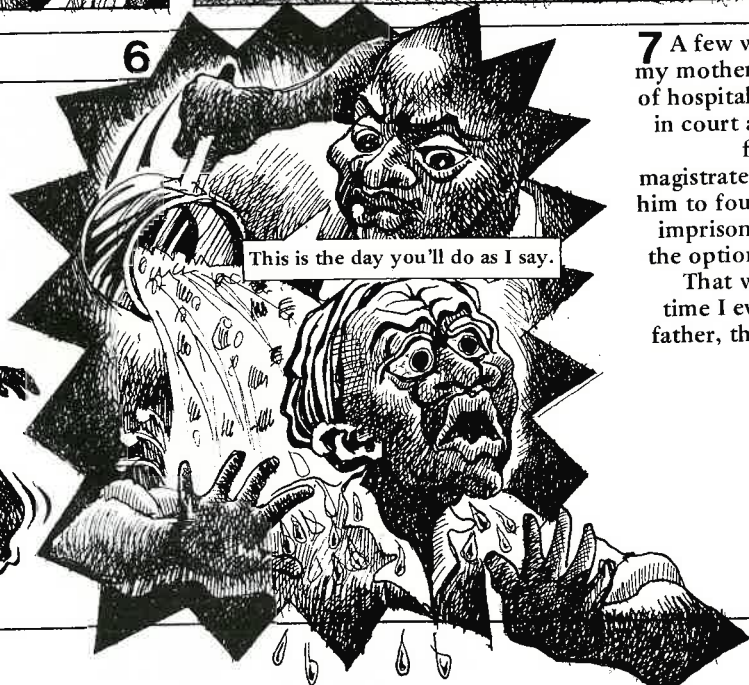
4 One Sunday morning. We lounged in the blankets and silently boycotted the early rising custom. There was an enticing smell of meat, potatoes and curry.



5 Suddenly, running footsteps.



6



7 A few weeks later my mother came out of hospital to appear in court against my father. The magistrate sentenced him to fourteen days imprisonment with the option of a fine. That was the last time I ever saw my father, that summer of 1932.

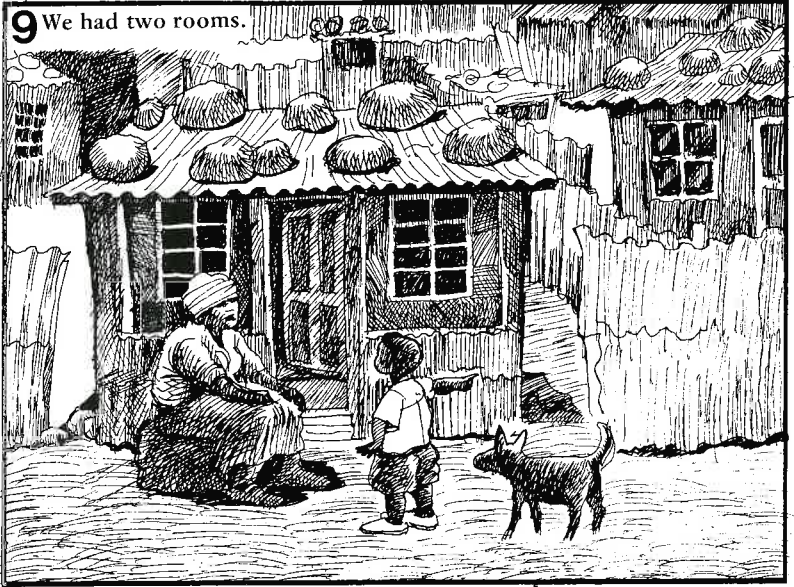
novel by Es'kia Mphahlele Part 2

We packed our things and went to live with grandmother in Second Avenue.

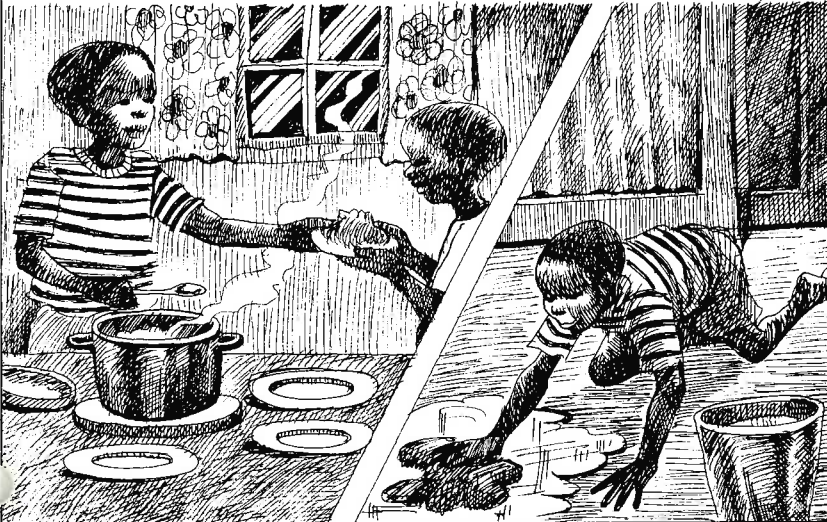
8 Aunt Dora, her three children and the three uncles lived with us.



9 We had two rooms.



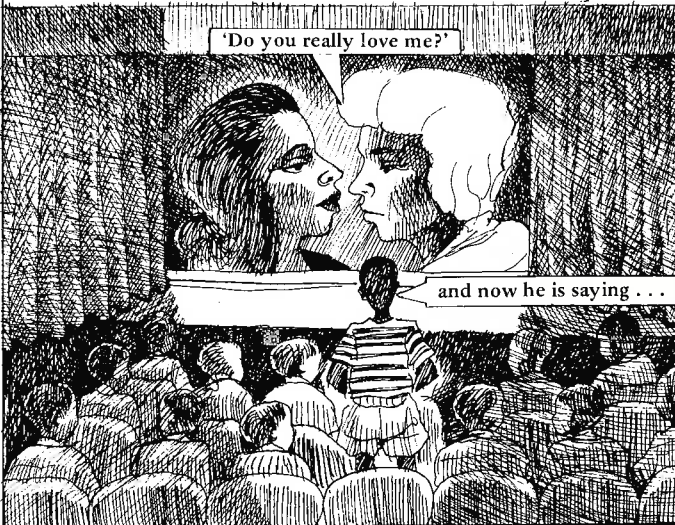
10 I did most of the domestic work . . . I could never do my homework until about ten o'clock at night.



11 The class teacher said I was backward. But I could read fast.



12 At the movies the other boys relied on me to read the titles on the screen.



13 I read and read until it hurt. The truth of it was that I used to pick up any piece of printed paper to read. It became a mania with me.



DONT MISS THE NEXT EPISODE!!



JUNK FOODS

WHAT'S IN THEM FOR YOU ?

SOME OF OUR FAVOURITE FOODS DON'T DO OUR BODIES ANY GOOD AT ALL. UPBEAT TAKES A LOOK AT WHAT GOES INTO THESE FOODS.

IN the last century hundreds of English children died from eating sweets.

Their deaths were no accident. In those days the dyes which gave sweets their colour were made from lead, copper, mercury and arsenic - all poisons.

Nobody complained too much. Mothers may have said: "I told you sweets are bad for you." It was a long time before a law was made which prevented sweet manufacturers from using these poisonous dyes.

ADDED ATTRACTION

After reading this you'll probably be relieved that you are not living in 19th century England. But do you know what dyes are used to colour sweets these days?

Most food dyes used today are made from coal tar. Food scientists say that coal tar dyes are not poisonous. But nobody knows what happens when these dyes are mixed with other food and chemicals in the stomach. One dye used to colour orange juice is known to cause asthma.

But coloured dyes are just one of the bad things about sweets. Sweets and cold drinks, chocolate, icecream, cakes and crisps are packed full of all sorts of unhealthy ingredients. All these foods have too much of what is bad for you, and little that is nourishing. That's why we call them junk foods.

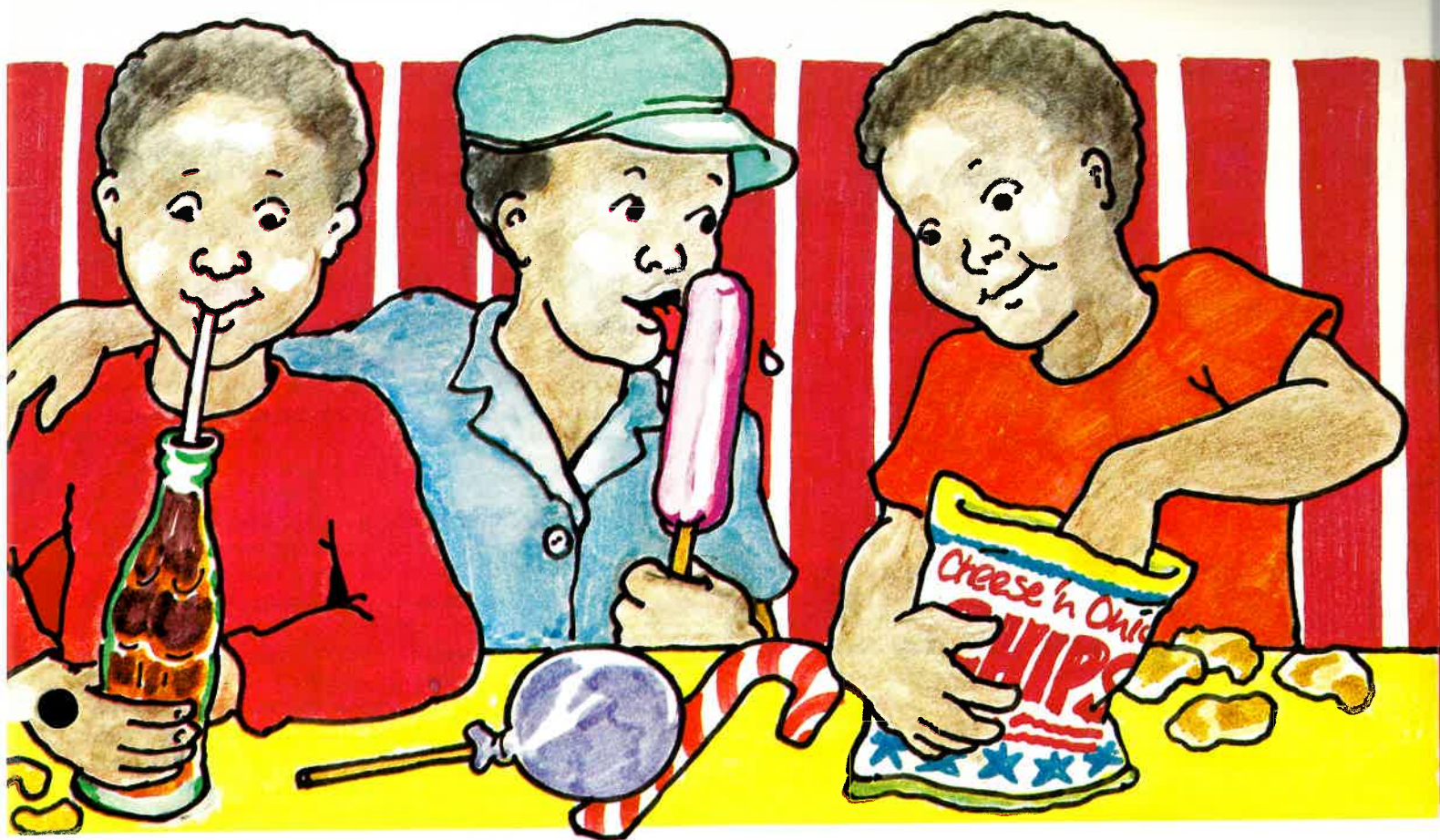
Numbers of chemicals are added to most junk foods to give them the right flavour and texture and to prevent them from going stale fast.

These chemicals are called additives. There are more than **three thousand additives** used in the food industry today.

Many foods that we think are quite natural are full of additives. Take potato crisps for example . . . One manufacturer lists the ingredients of their crisps as : Dehydrated potato, vegetable shortening, salt, mono and diglycerides, dextroses, ascorbic acid, sodium phosphates, sodium bisulphite and BHA.

You have to study chemistry to work out what all these things are - and how unhealthy they might be.

The food scientists tell us not to worry. Most additives are tested scientifically before they are put into our food. But occasionally scientists make mistakes - and these mistakes cost us our health. For example when potato crisps were first flavoured with salt and vinegar it was the workers in the chip factory who suffered. They got ulcers on their eyes from the additive which gave the vinegar flavour.



SUGAR SUGAR

But the main danger of junk foods is probably not the additives they contain. A better known ingredient is far more dangerous to health. This is sugar.

Sugar is the main ingredient of many junk foods. Cold drinks and boiled sweets are mostly sugar and water. Chocolate is made of a large amount of sugar floating in a little bit of cocoa and butter.

The average black South African in urban areas eats about six tablespoons of sugar a day. Half of this may be the sugar in our tea and coffee, but the other half is buried in the junk foods we eat.

WHAT'S THE FUSS?

So, what's wrong with eating sugar?

Doctors blame sugar for a lot of modern health problems. These range from constipation to heart attacks. Sugar's ability to cause these diseases has never been finally proven. But there are two things that sugar will definitely do for you. These are:

- ★ Rot your teeth
- ★ Make you fat

Sugar is the main cause of tooth decay. Tooth decay is brought about by bacteria in the mouth. The sugar in our food feeds these bacteria. Sugar also helps these bacteria to stick firmly to the teeth.

Tooth decay is rare in places where people do not eat a lot of sugar. But in sugar-eating Western countries the average adult has tooth decay in 16 of his teeth.

During the Second World War there was a shortage of sugar in Europe. The result - tooth decay dropped by half.

FATNESS

The advertisements always tell you that sugar gives you energy. What they don't say is that unless you use up that energy you get fat.

Many foods we eat give us energy. Biologists call this energy kilojoules or calories. The body uses this energy to keep its organs working, to grow, to move and to exercise. If our food contains more kilojoules than we need for these things then we get fat.

Sugar is a serious cause of fatness because sugar is pure, concentrated kilojoules.

It's easy to eat more sugar than you need. Sugar doesn't fill you up. Sugar is also very quick to eat. For example one can of cold drink contains as much sugar as four apples. It's common to gulp down a cold drink with a meal. But try eating four apples with the same meal ... not easy.

EMPTY KILOJOULES

The additives and the sugar in junk foods make them health dangers. But there's another way junk foods cheat the body. Junk foods have very little nourishment in them except kilojoules. A healthy body needs protein, vitamins and fibre as well as kilojoules. Junk foods have little of these things. We say they give us empty kilojoules.

For example, if you did decide to eat four apples with your lunch, instead of a cold drink you would give your body one quarter of the vitamin C it needs for the day, as well as a good helping of iron, vitamin A and some protein. If you stuck with the cold drink you would only get kilojoules - and two different kinds of additives.

Short Story by Chris van Wyk

THE MONSTER

Life went slowly in the little Karoo town of Carnarvon in the year 1938. But one night when Joseph went on an errand for his mother, he got a big shock. Many years later when he was an old man, he would still smile at the fright he got.

IT was a late summer afternoon in 1938. Two boys were strolling down a dusty path in Carnarvon, a small Karoo town.

"That was a lekker swim, hey?" remarked fourteen year old Joseph.

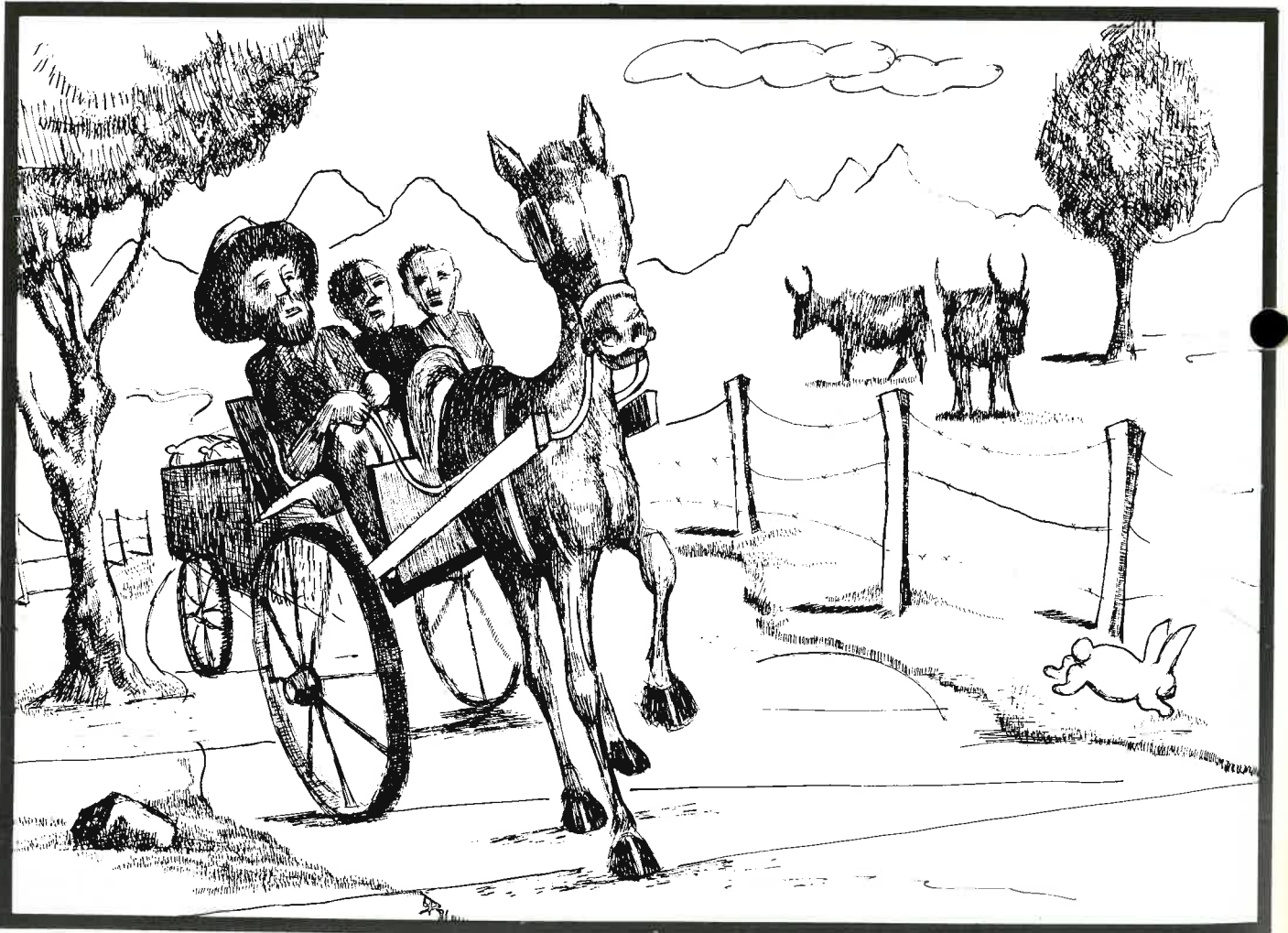
"Ja," agreed Andrew who was two years his junior. "But it made me hungry, man."

"Ja." Joseph dug his toes into the warm sand. "Wond what Ma cooked."

"Pap and chicken and cabbage."

"Uh uh," Joseph shook his head. "Mince and baked beans."

"Or lekker soup, hey. Soup with those lekker bones in it that we can suck."



"Ma makes that when it's cold."

"Jislaaik!" Andrew swallowed saliva. "Let's walk faster man."

"Hey!" Joseph pointed up the dusty road. "There's Oupa Jakob. Let's get a ride from him!"

They ran up the road calling to the old neighbour. When he heard them Oupa Jakob slowed down his horse and cart until the two boys were safely perched atop the load of wood and sacks.

"Went swimming?" Oupa Jakob asked without turning his head.

"Ja, Oupa Jakob!" they shouted.

Oupa Jakob swished his whip and the mare broke into a trot. The cart lumbered up the hill past the nasty disused shacks that snapped and creaked as the afternoon grew cool. Then down past the quiet mounds of the small cemetery. And, because the silence was plaintive, Oupa Jakob threw his head back and called.

"Daar lê die ding!"

And there was life and laughter.

"If this were a motorcar we would have been home already." Joseph stared at the distance already covered, using his hand as a viser.

Andrew fiddled pensively with a loose thread of sacking.

"What's a motorcar?" he asked eventually.

Joseph turned to his brother. "Jong, I dunno so nicely. But I hear it's a thing that's got fat small wheels like a bicycle. And you don't need a horse. And when you turn a key it just goes sommer so. And fast."

"Huh!" muttered Andrew not sure whether to believe his brother.

"Jong," said Joseph, only half believing it himself. "Funny things go on in the city."

For a while both boys pondered this fantastic possibility. Then they were lulled into a semi-slumber by the last rays of warmth overhead and the monotonous trundle underfoot. Twenty minutes later they were home.

The Hendricks' pondokkie looked yellow in the fast-fading light. Smoke belched excitedly from the crooked chimney and mingled with the clouds in the sky. When the two boys opened their front door they were greeted by the most unexpected smell.

"Bread pudding!" gasped Andrew.

"And it's not even Sunday!" commented Joseph.

"Yes, and where have you two boys been?" Pa looked up from his pipe.

"Swimming," they answered.

"One day you two are going to versuip in that vuil dam," Pa warned.

"Verdrink, Pa" Joseph corrected him. "Diere versuip."

"Well, you do look like pigs now," observed Ma emerging from the kitchen. "Go and clean yourselves. And lay the table and light the lamps."

Soon, two much cleaner boys were eating supper with their parents. They gobbled up their samp mielies and beans, eager to get to the pudding.

And eventually the pudding came. Delicious bread sweetened and baked in the oven with cinnamon sticks encrusted on its dark brown surface and served up in thick warm custard.

It was customary for women to send each other a portion of an extra special delicacy. So, after supper Ma dished up a generous helping of the pudding for Oupa Jakob and his wife auntie Annie down the road.

But the children who were assigned to deliver those gifts usually helped themselves to a small share of it on the way. However, their wiser parents soon thwarted their opportunities for this common theft under the stars.

"Start whistling, boy!" Ma ordered, handing the dish to Joseph. "And don't stop until you're at Oupa Jakob's house."

So Joseph began to whistle. And even the greediest boy will admit to the difficulty of eating bread pudding whilst whistling 'die donkie is 'n wonderlike ding.'

Through the creaking gate, he whistled. Past the ditch and up the dark road. And all the way crickets paused in their strident nocturnal love-calls. And field mice scurried through the dark tufts of sparse grass.

The whistling stopped.

A piercing scream! The bowl hit a rock and broke with a crash. Panic! Terror!

Joseph turned and ran across the veld.

"What's it? What's it?" asked the household.

"Monster!" Wide-eyed and shaking, Joseph replied.

"Where?"

"There," he pointed at the door.

"Where's the pudding? Where's the pudding?" Ma wailed.

"How did the monster look?" Pa asked.

"It, it, it had a big fat black body," he stammered. "And t-t-two big eyes. Fire came out of his eyes."

"Huh!" muttered Andrew not sure whether to believe his brother.

"Strue, strue!" cried Joseph. "And he made an ugly sound."

"How?" said Andrew.

"BrrrBrrrBrrr!" Joseph demonstrated, tears streaming down his cheeks.

"Maybe he was getting cold," suggested Andrew. And managed to dodge a slap from his father.

An excited rap at the door. Knock! knock! knock! knock!

"Who's there?"

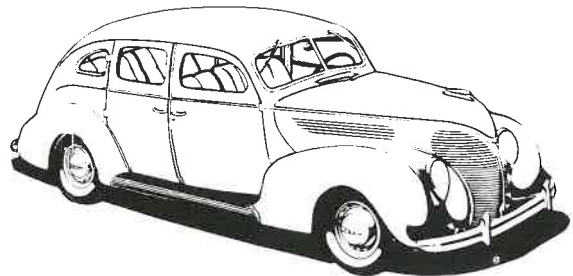
"Dis ek, Henry!"

Uncle Henry! Back from Cape Town. Jislaaik!

Andrew ran to open the door. A tall beaming man burst in. Greetings, kisses, handshakes. "Come and see what I bought in Cape Town. You won't believe it. Come, come outside." said Uncle Henry.

They followed him outside. And in the dark the monster squatted. Uncle Henry had extinguished its fiery eyes. But its black body glinted in the dark. A strange odour emanated from it - petrol. And it was called "Ford."

It's long, long time since Carnarvon got its first car. But even now, whenever Oupa Andrew sees a car he turns to Oupa Joseph, an impish glint in his eyes, and says: "Be careful of the monster."



HEALTH

CHOLERA

SINCE October last year there have been about 2000 reported cases of cholera in South Africa. Thirty-six people are known to have died of the disease.

Cholera first appeared in the Eastern Transvaal Lowveld around Nelspruit in October last year. It spread North to Lebowa. Then it spread to the Highveld and reached as far as Krugersdorp.

People from the cities who went on holiday to affected areas brought the disease back to the cities.

The number of people catching the disease increased and reached a peak in January this year. Then, as the cold weather came, the numbers became smaller.

Now it is Summer again and the cholera germs are active once more. This October the disease broke out in the Moretele district of Bophutatswana, near Hammanskraal. During the early part of October, 20 to 30 new cases of cholera were being treated EVERY DAY at Temba Jubilee Mission hospital. 'Upbeat', thought you should know something about Cholera - what it is, how you catch it and why it is spreading in South Africa.

WHAT IS CHOLERA?

Most diseases are caused by small living things called Germs. They cause disease if we allow them to enter our bodies. Cholera is caused by Cholera germs.

Cholera germs grow and multiply in water during hot weather.

If you drink water which contains Cholera germs you will catch cholera yourself. If you swim in the water or even just dip your hands in it and then touch your mouth or food with your hands you could get Cholera.

Cholera is a disease of the bowel. When a person who has Cholera goes to the toilet the waste matter or stools passed by him contain Cholera germs. If this waste matter goes into a stream or river the Cholera germs stay in the water.

Cholera germs enter our bodies through our mouths. We swallow them with water or food. In this way the germs reach the bowel. You do not catch Cholera by sitting next to someone with Cholera. Nor do you get it by touching them. You can only get it by eating food or drinking water which contain the germs. Once the germs have entered the bowel they do not remain there. They spread from the bowels to other parts of the body and to the blood.

SIGNS OF CHOLERA

Cholera is like very bad diarrhoea. A person with cholera has continuous diarrhoea and their stools look like rice water. Sometimes they vomit as well.

This continuous diarrhoea results in severe DEHYDRATION or drying up of the fluids in the body. Severe dehydration causes shock and the person can die. In fact, in a very bad case of Cholera, **a person may die within 12 hours.**

So it is very important that a person with severe diarrhoea goes to a doctor, a clinic or a hospital. Then, if that person has cholera, he can get the proper treatment. Otherwise he continues to carry the germs inside his body and can spread the disease to other people. Dr. Malan, the doctor treating the cholera patients at the Jubilee Mission hospital, says that 95% of people with cholera do not know they have the disease. They think they have a bad attack of diarrhoea. Every time these people go to the toilet they release more cholera germs.

WHY IS CHOLERA SPREADING IN SOUTH AFRICA?

Cholera spreads quickly in overcrowded areas where there are no proper toilets and no water taps.

In the Moretele district of Bophuphatswana, where cholera reached epidemic proportions this October, at least 250 000 people use the Apies river for their water supply. There are no taps. The people use pit toilets.

Temba township is supplied with purified water. In the recent outbreak of cholera nobody from Temba township caught the disease.

Only the people who have to use the river to get water, caught cholera.

But what about all the other areas in South Africa where people live in overcrowded conditions and have to get their water from a river? Cholera will always be a threat in these areas, until proper sanitation and purified water are supplied. In the mean time, it is very important that everyone knows about cholera and how to avoid catching it.

You can avoid getting cholera if you follow the rules on this page. Tell others.

Community action means health!

HOW TO PREVENT CHOLERA



1. If you live in a country area with no taps, or if you visit an area like this, boil or treat water with chlorine before you drink it.



2. Do Not drink water from rivers or ponds.



3. Wash food that you are going to eat raw with boiled or treated water.



4. Wash your hands before handling food.



5. Help to build toilets in your area, far from wells, rivers and streams. After using the toilet, wash your hands.



6. To kill germs in the toilet, use Jik or Dettol.

7. If someone in your family has cholera, she must not be allowed to prepare food for the family for a long time. She must wait until the doctor says she is clean of cholera germs.

How things started

The Bicycle



The first bicycle

IN 1790 a Frenchman called Count Méde de Sivrac made a strange machine consisting of two wooden wheels linked by a frame which you could sit on.

The machine was called a "célérifere" or "wooden horse", and it was the first bicycle ever made.

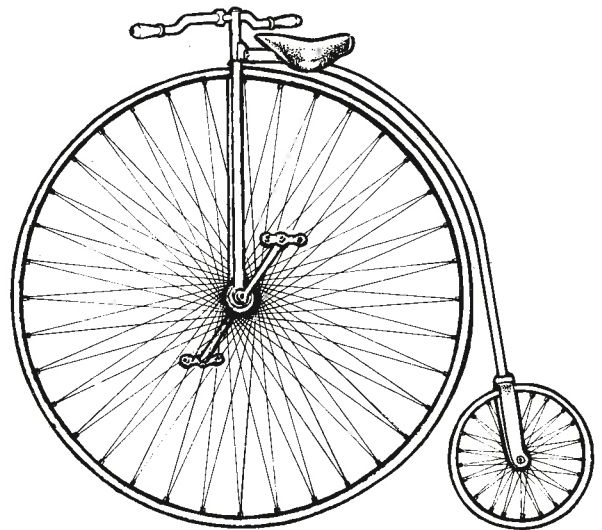
It had several drawbacks - it had no pedals so the cyclist had to push it along with his feet. It had no steering. And it must have been very uncomfortable to ride!

IMPROVEMENTS

In 1816 Baron Karl von Drais of Germany invented an improved model called a "draisine". It had a steering bar connected to the front wheel.

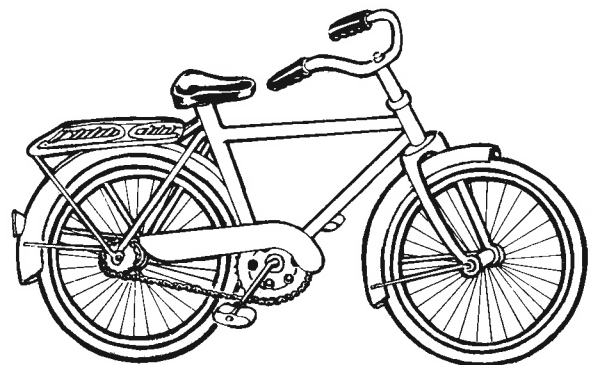
Kirkpatrick Macmillan, a Scottish blacksmith added foot pedals in 1839.

In the 1870's John Dunlop invented pneumatic tyres.



THE PENNY FARTHING

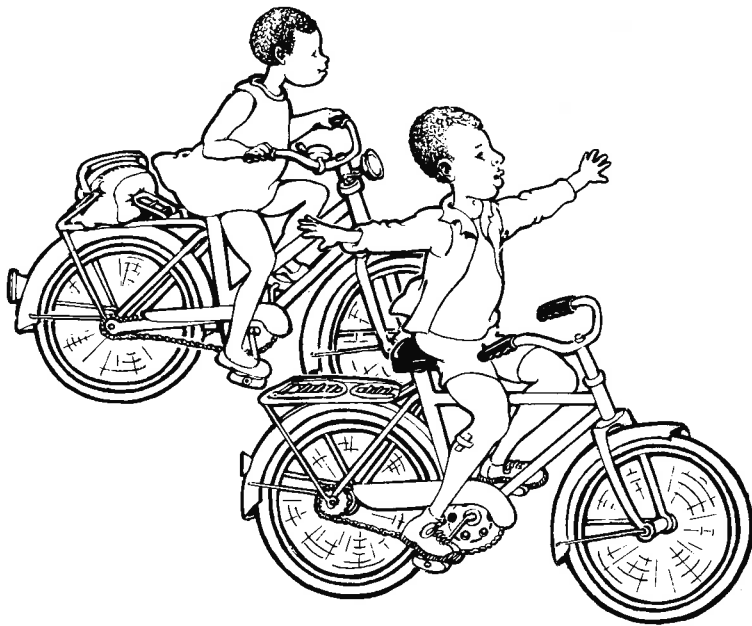
In the 1860's the 'Ordinary bicycle' was made in Britain. This bicycle had an enormous front wheel, with pedals attached, and a tiny back wheel. Because of this, it was nick-named the 'Penny-farthing' after the large penny coin and small farthing (quarter of a penny) coin used at the time. Because of it's height, riders had to use a special starting stool to mount their bicycles.



THE SAFETY BICYCLE

J K Stanley worked in a sewing machine factory in England. In 1885 he invented the first modern 'safety' bicycle, with wheels of equal size, a chain wheel, and a sprocket fixed to the rear wheel axle.

By 1890 the bicycle had air-filled rubber tyres, brakes and handle bars, and pedals.



recreation. 'Cycle lanes' have been introduced in New York so that cyclists can travel in safety away from traffic.

Cycling requires no fuel and doesn't create pollution.

BICYCLE RACING

In the early days cycle races were held outdoors. Then promoters began to build saucer-shaped cycle tracks where cyclists could reach incredible speeds.

Cycling has been an official Olympic Games sport since 1869.

The 'Tour de France' is the greatest national sporting event in France. Every Summer over a hundred professional cyclists race every day for about a month, covering the whole country. The race finishes in Paris.

OLD BICYCLES IN SOUTH AFRICA

The best collection of old bicycles is at the Heidelberg museum in the Transvaal. The Transport museum in Pioneer Park in Johannesburg has several old bicycles including penny - farthings. At the Afrikana museum in Johannesburg you can see a penny farthing bicycle and an ancient 'wooden horse'.

Maybe there is a museum near where you live which has old bicycles.

CYCLING FOR FUN

Since the 1890's cycling has become more and more popular throughout the world. Many children cycle to school. People cycle to work. Many people cycle for

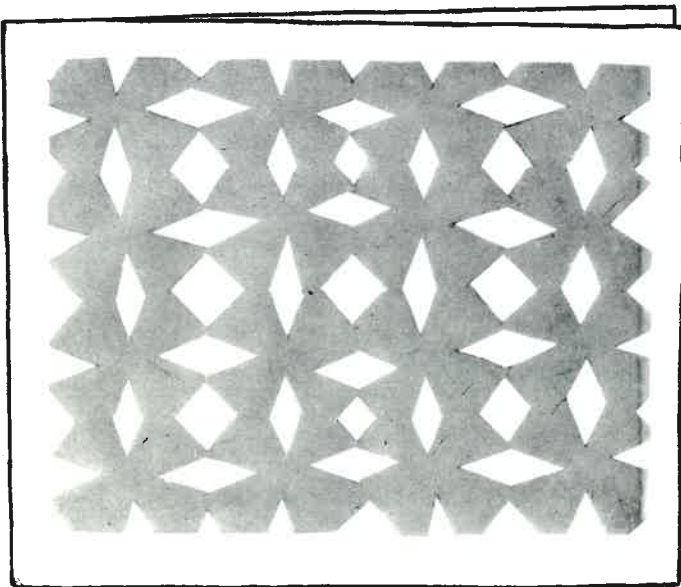


MAKE IT YOURSELF: CARDS

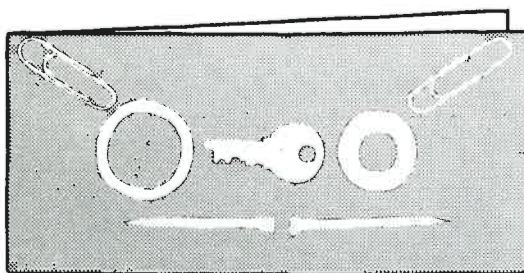
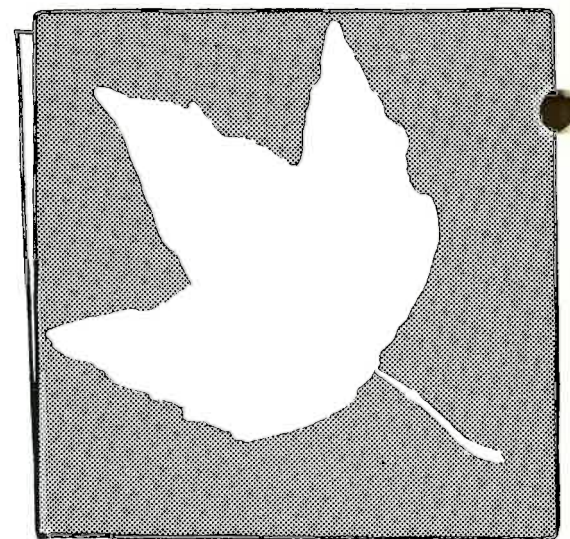
Introduction

Do you send cards to people? For birthdays, Christmas or anniversaries? Or a 'Good Luck' card when someone is writing examinations? Or a 'Congratulations' card when someone has passed an exam, married or had a baby? Or a 'Get well soon' card to a friend or relative who is sick?

When you buy cards in the shops they are expensive. Also, you may not be able to find the card you'd like to send. So how about making your own cards? They are fun and quick to make. Get together with some friends and make cards together. The people you send your cards to will be pleased that you have taken the trouble to make the cards yourself. You can make cards in any shape, colour or design you like. Here are two ideas to start you off.



A cut - out pattern card



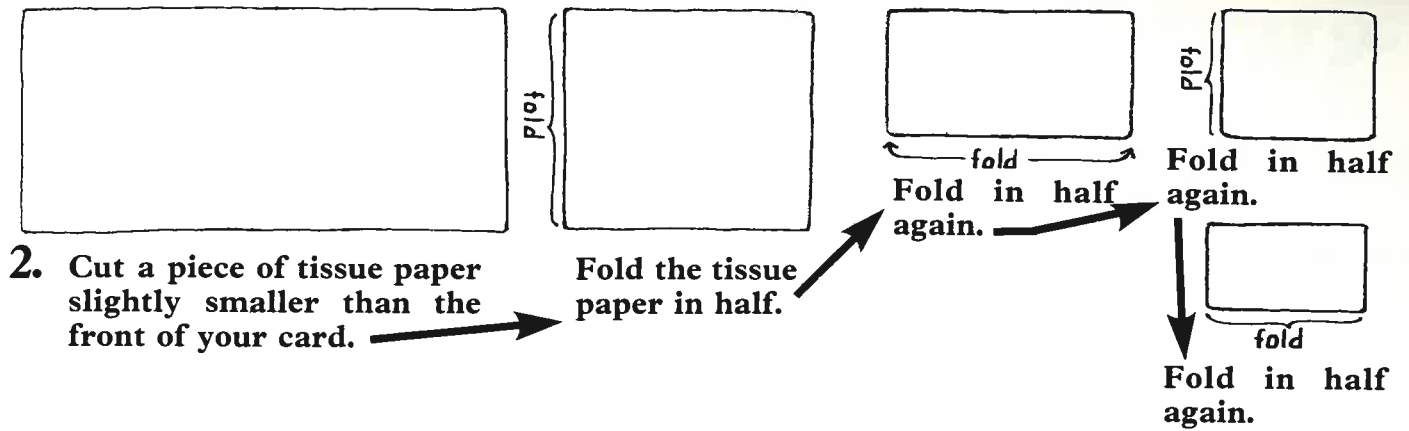
Spray paint cards - very easy to make, and very effective to look at.

Cut - Out Pattern Card

You need: An envelope
white or coloured paper or thin card
Thin coloured paper. Tissue paper is best.
Glue.

You do:

1. If you are sending your cards through the post you will have to put them in envelopes. So it is important that the cards fit into the envelopes you are going to use. Cut your cards out of the white or coloured paper so that when you fold them in half they will fit into the envelopes.



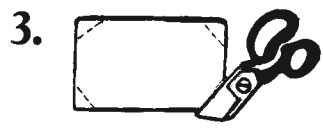
2. Cut a piece of tissue paper slightly smaller than the front of your card.

Fold the tissue paper in half.

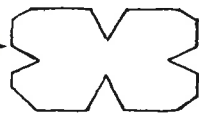
Fold in half again.

Fold in half again.

Fold in half again.



3. Cut off each corner.



Cut a V shaped piece out of the middle of each side.

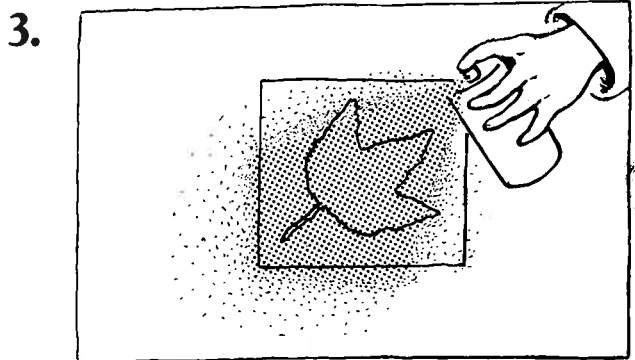
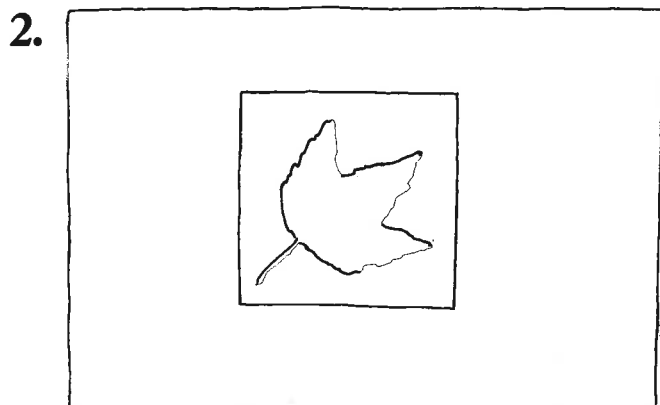
4. Carefully open the tissue paper out. Cover the front of your card with small tops of glue. Stick the tissue paper on to the card. Write your message inside the card. Send it. For a circular cut - out pattern: Cut a circle of tissue paper. Fold it in half, and again, and again. Cut pieces out all around the edge. Open out. Stick on to card.

SPRAY PAINT CARD

You need: An envelope
 White or coloured paper or thin card.
 1 small can of spray paint any colour you like. This will cost about R1.50 but it will make hundreds of cards. Leaves, flowers, shapes cut out of cardboard, bottle tops, nails, paper clips, keys - whatever you can think of.

You do:

1. Prepare your cards to fit the envelopes, as for No.1 of Cut-out Pattern card.



2. Spread newspaper on a flat piece of ground outside. Put your card on the newspaper. Arrange a leaf, flowers, nails or whatever you are going to use, on the card.

3. Spray paint over the whole card. Be careful to hold the can well away from you and about 1/2 metre away from the card.

4. Peel off the objects. Let the paint dry. Write your message inside the card. Send it.

SWIMMING

HOW TO GET YOURSELF AFLOAT THIS SUMMER

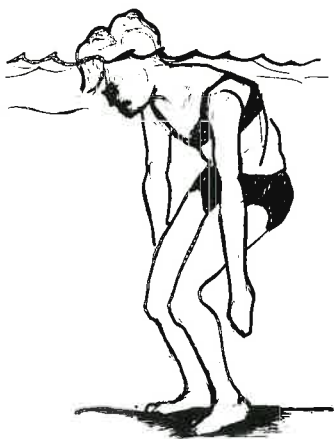
SWIMMING comes naturally to ducks but not to human beings, who have to learn how to keep themselves afloat in water.

Here are the basic steps for beginners:
To begin with, you will have to get used to putting your face in the water.



STEP 1 Find yourself a quiet spot in the shallow end of the pool.

Standing still, bend your knees until your shoulders are under the water, and your chin is just resting on the surface.



STEP 2 Hold your breath - taking in only the usual amount of air. If you take a very big breath it will only make you want to breath out again very soon.

STEP 3 Now stand up straight and breath out. Keep practising this until you are no longer afraid of putting your face in the water. Once you feel comfortable doing this you can move onto the next stage, which is learning how to float.

Everyone is afraid of sinking when they first attempt to swim. But in fact there are scientific reasons why human beings do not sink to the bottom like stones.

WHY DO STONES SINK?

Every object has a certain density. The density of an object compared with water is known as its specific gravity. Water, being the standard, is given the specific gravity figure of 1,00. A stone which has a specific gravity of 2,5 will sink because it has a higher specific gravity than water.



WHY DO HUMAN BEINGS FLOAT?

The average human body containing a normal amount of air has a specific gravity of 0,98, slightly less than the specific gravity of water, which is 1,00.

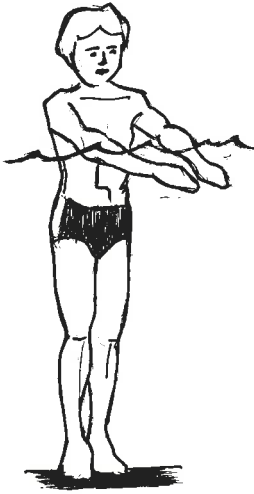
This means that it will just float, with 98 per cent below the surface, and 2 per cent above.

If you breath out too much your specific gravity will rise and you will sink.

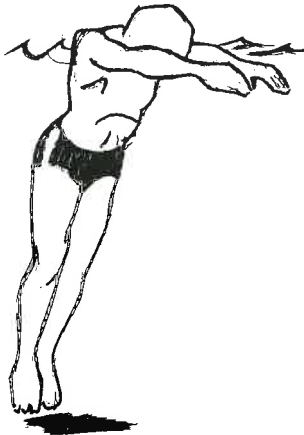
In addition, there is another factor in your favour when you are learning to float. This is the force of buoyancy of the water holding you up.

So remember, there are scientific factors on your side when you are learning to swim.

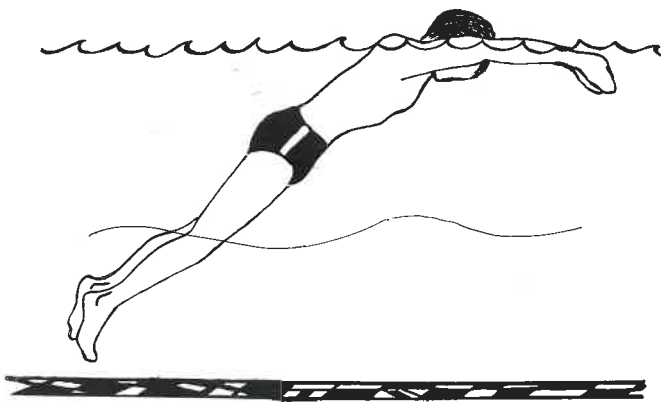
Here are some floating exercises to get you water-borne.



STEP A Stand with your arms held out in front of you, palms of hands facing downwards.



STEP B Keeping your legs straight, lean forward until your face is in the water.



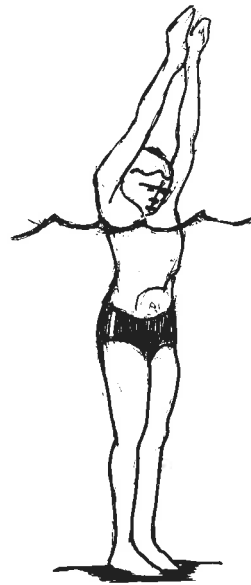
STEP C You will now be lying in the water, your weight supported by the buoyancy of water.

STEP D When you want to stand again, push downwards with your hands, lift your head, and bring your knees forward.

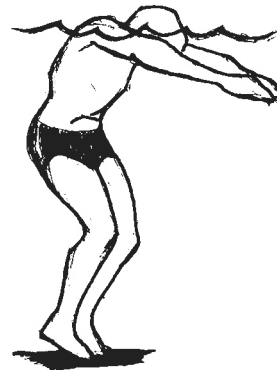
Continue to practice floating like this until you feel quite confident.

NOW YOU CAN TRY GLIDING

STEP 1 Stand up straight and raise your arms above your head. Take a normal breath and hold it.



STEP 2 Bend your knees until your head is under water lean your body forward and push off with your feet against the bottom of the bath.



STEP 2 Bend your knees until your head is under water, lean your body forward and push off with your feet against the bottom of the bath.



Now you are gliding. Remember, always stay in the shallow end until you can swim properly

ASTRONOMY THE PLANETS

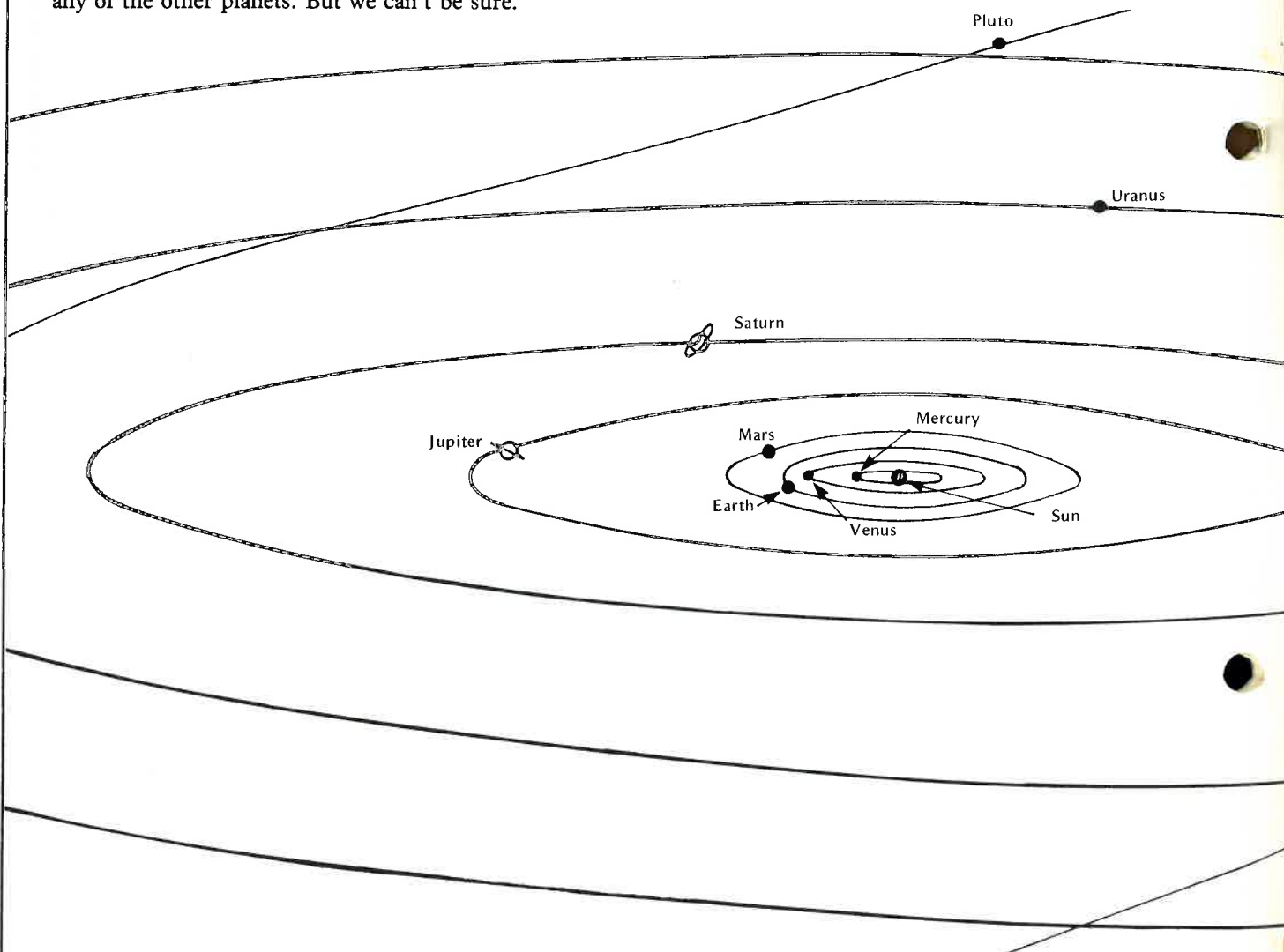
THE Solar system consists of 1 star - the SUN - 9 planets including Earth, 32 moons and about 30 000 asteroids. There are also 100 000 million comets and countless dust speckles. Today 'Upbeat' tells you something about the planets other than Earth, and their positions in the solar system. The word 'planet' comes from a Greek word meaning 'wanderer'. Whereas stars have fixed positions, planets move around, so this is how they got their name.

The planets REVOLVE around the sun in the same direction, following ovalshaped paths called ORBITS. Look at the diagram of the Solar System on these pages. Find the SUN at the centre. Now look at the planets moving in orbits around the sun. The planets closer to the sun have smaller orbits and take less time to complete one revolution. For example Mercury, the planet closest to the sun, revolves round the sun once every 88 days.

Earth takes $365\frac{1}{4}$ days, which we call one YEAR.

Pluto, the planet furthest from the sun, takes 248 years to complete one revolution.

As well as revolving around the sun, planets ROTATE on their axes. Earth rotates once in 24 hours. This gives us day and night - the side of the earth which faces the sun has day and the side 'in the shade' has night. Some planets rotate faster than Earth; others rotate much more slowly. During the last 20 years spacecraft sent our by the U.S.A. and the U.S.S.R. have come back with amazing pictures and information about the satellites. So far, there is no evidence of life, as we know it on earth, on any of the other planets. But we can't be sure.



JUPITER is the largest planet in the solar system. It is eleven times bigger than Earth. It takes 12 years to revolve once around the sun but it spins very fast on its axis. It makes one rotation every 10 hours; imagine having a 5 hour day and a 5 hour night! Because Jupiter spins so fast it's atmosphere is very turbulent with violent storms and gigantic flashes of lightning 30 000 kms long.

Jupiter is surrounded by 12 satellites or moons. The unmanned spacecraft, Voyager, has taken some remarkable pictures of '10', one of Jupiter's satellites. The pictures show large, active volcanoes, which can throw out material 500 kms into space at speeds of 1500 kms an hour.

SATURN is the only planet with rings. These rings are made of ice and rock which glitter in the sunlight. These rings could be the bits of a satellite which has broken up. Saturn orbits the sun once every $29\frac{1}{2}$ years. It rotates once every 10 hours. Saturn has 10 satellites. The largest satellite is Titan, which is orange like Mars.

MERCURY is one of the smallest planets. It is 4 878 kms across, whereas Earth is 12 756 kms across. It is so close to the sun that the temperature on the side facing the sun is about 500° C. The other side is freezing.

Mercury rotates on its axis very slowly. It takes 60 days to make one rotation. So one day on Mercury lasts for 30 Earth days and a night lasts for another 30 Earth days. A year on Mercury is much shorter than on Earth, because Mercury revolves around the sun once every 88 days.

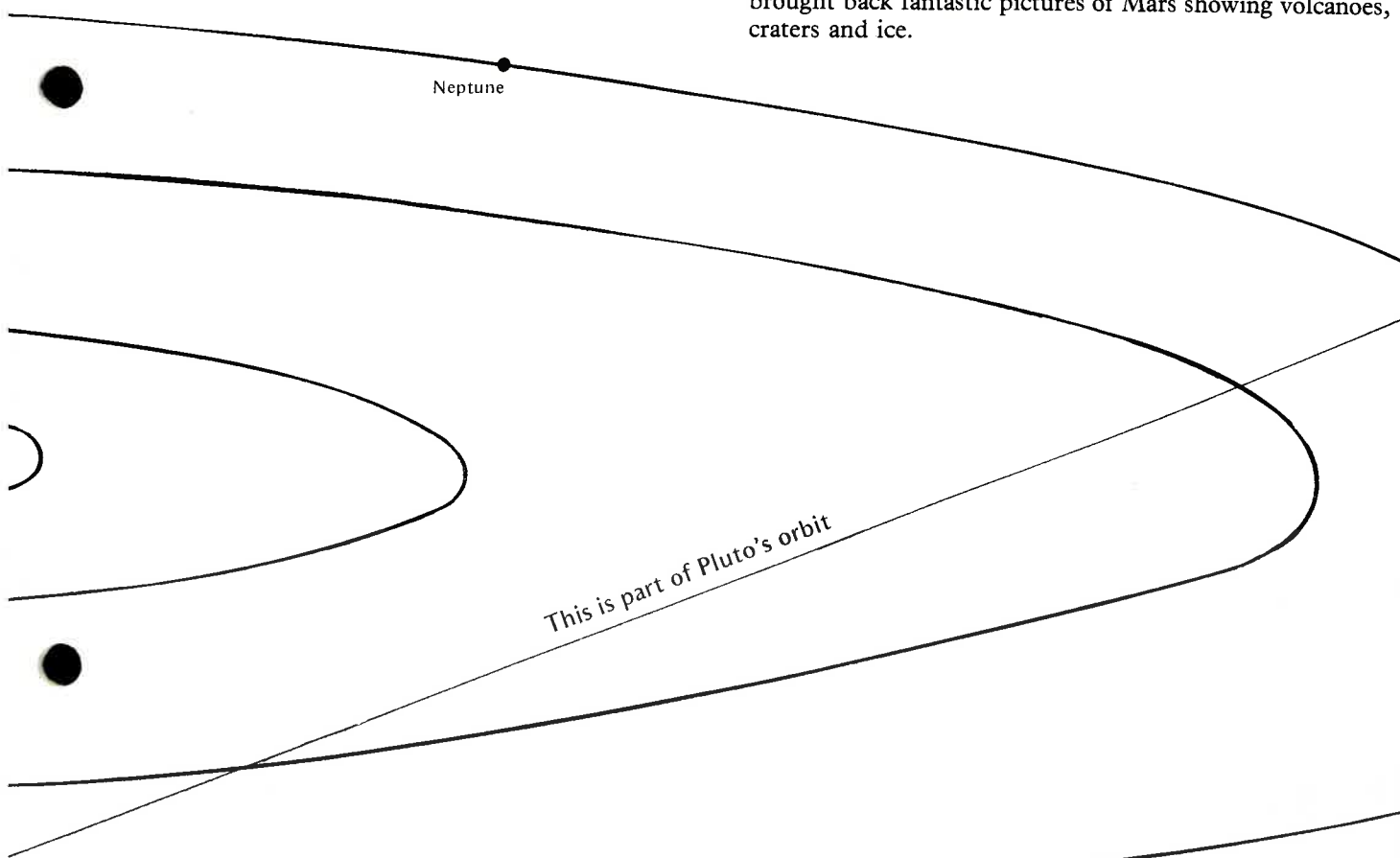
VENUS is about the same size as Earth. It has a very thick atmosphere which traps the sun's heat. This makes the surface of Venus very hot - up to 480° C. So an astronaut would roast if he landed on Venus!

Venus rotates on its axis once every 243 earth days. It revolves around the sun once every 224 days. So a 'day' on Venus is longer than a year!

MARS is a very small planet. It is only about one tenth the size of Earth.

Scientists think that astronauts may be able to land there, although it is very cold. The average temperature is - 50° C. The atmosphere is very thin but appears to contain a little water vapour.

A year on Mars is 687½ earth days and a Martian day is about the same as our day. Mars has 2 tiny 'satellites' or moons which revolve around it. One is called Phobos and the other Deimos. Mars is often called the 'red planet' because it looks red in the night sky. The Mariner spacecraft have brought back fantastic pictures of Mars showing volcanoes, craters and ice.



URANUS, NEPTUNE and PLUTO

Not much is known about these 3 planets because they are so far away and no spacecraft has reached them.

Uranus takes 84 years to revolve around the sun. Neptune takes 165 years and Pluto takes 248 years. All three planets are very cold because they are so far from the sun. The surface temperature on Pluto is thought to be about - 230° C. Pluto has an odd shaped orbit, as you can see on our diagram. This orbit sometimes brings Pluto closer to the sun than Neptune. Pluto is about 6000 million kms from the sun - this gives you an idea of how huge the solar system is.

planet we know which has a system of rings
e up of millions of tiny bits of rock and ice
s could be an unformed satellite. Or they
s broken up. Saturn revolves around the
its axis once every 10 hours.
ellite is Titan which is as big as Mercury

Willie Wordworm

YOUR DICTIONARY PAGE



Blacksmith:

Blacksmith - a metal worker who makes and repairs things made of iron.

Bicycle



Comet;

A heavenly body with bright surrounding areas. It moves in an orbit round the sun.

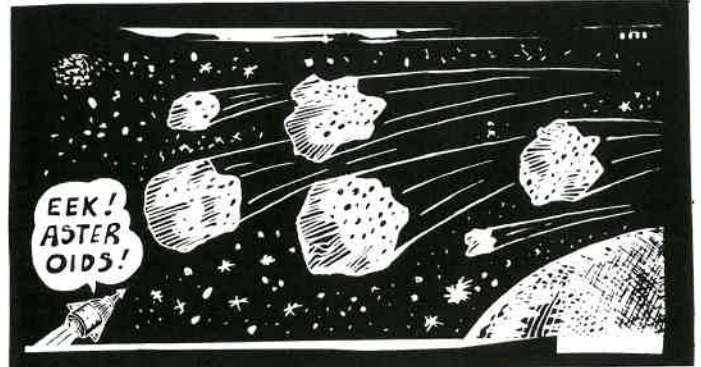
Astronomy



Mania:

A desire so strong its puts everthing else out of one's mind.

Down 2nd Avenue



Asteroid:

A small heavenly body (like the moon).

Astronomy



Nocturnal:

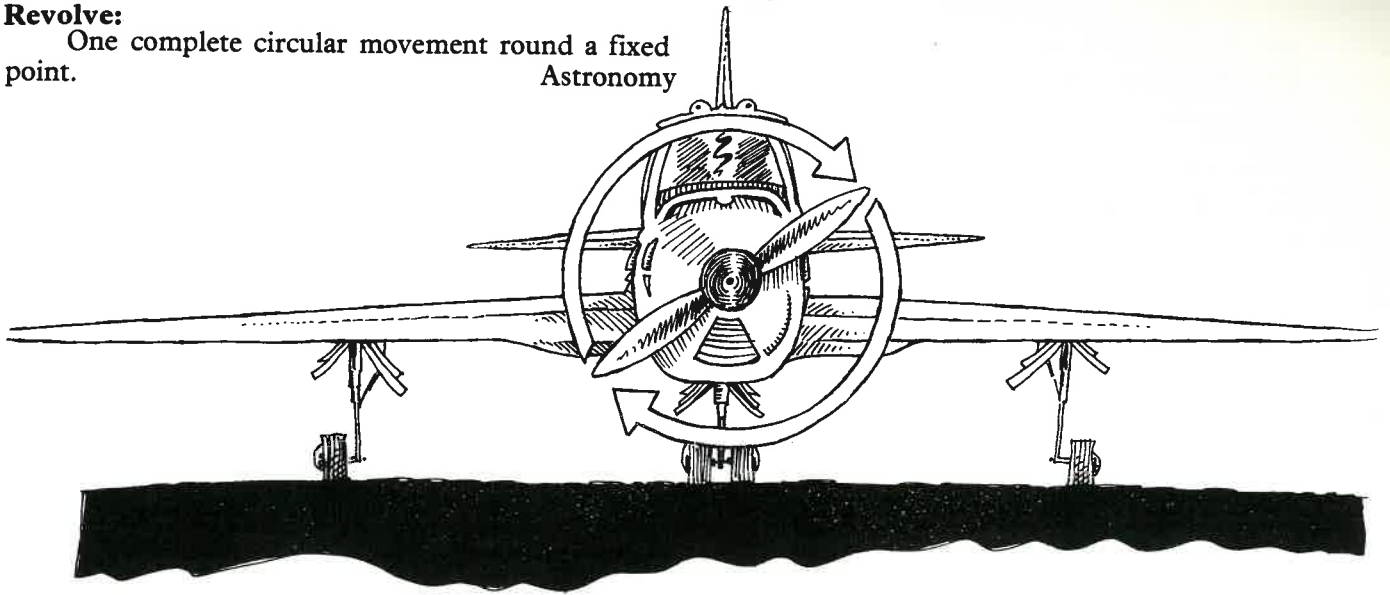
At night.

The Monster

Revolve:

One complete circular movement round a fixed point.

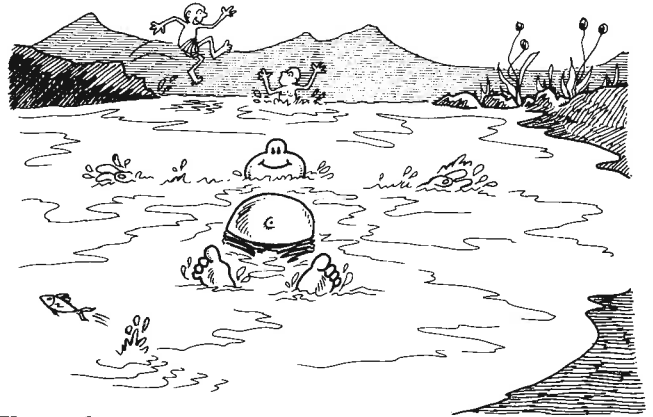
Astronomy



Axis (plural axes):

An imaginary line going through a planet.

Astronomy



Water borne:

Supported or carried by water.

Swimming

ALSO

Buoyancy:

The power of a liquid such as water to force upwards an object, such as a person.

Swimming

Drawbacks:

Drawback — a disadvantage, something that can cause difficulty.

Bicycle

Bowel:

Bowel — the long pipe leading from the stomach. Waste matter passes through this pipe and finally out of the body.

Cholera

Density:

The relation of the amount of matter (the mass) to the space into which the matter is packed (its volume).

Swimming

Disfiguring:

Disfiguring — spoiling the beauty of something.

Bookreview

Impish:

Mischievous.

The Monster

Strident:

A hard, sharp, unpleasant sound. The Monster

Thwarted:

Prevented from doing something The Monster

Rotates:

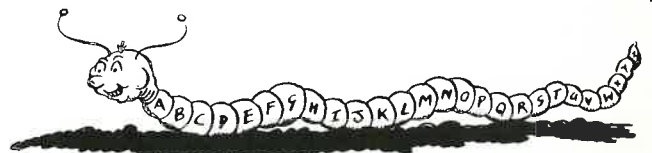
To turn around a fixed point. Astronomy

Unmanned:

Automatic, without a pilot or crew. Astronomy

Orbit:

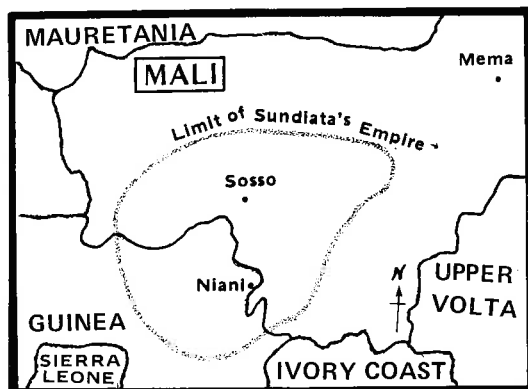
The path of one heavenly body round another. A 'heavenly body' just means any one of the different things we see in the sky - stars, the moon, comets, sun. Astronomy



BOOK REVIEW

SUNDIATA

BY D.T. NIANE



A traditional tale from Mali opens our eyes to its history. This ancient story was told to the author of the book by an old musician, who had heard the story from his elders. And so the story King Sundiata, and his adventurers has passed from generation to generation.

SUNDIATA is one of the best books that D.T. Niane has written.

You see, the story of Sundiata was told to the author by an old musician in West Africa. This musician learnt the story from his elders, and they heard it from people who died long ago.

The story is about a powerful king, Sundiata, who ruled the kingdom of Mali. He lived and ruled in the thirteenth century long before the white settlers came to Africa.

Many history books tell of the rich kingdom of Mali. But this story, which has been passed down from generation to generation, gives us a real feeling of what it was like to be alive in those times.

In the introduction to "Sundiata", Niane says:

"Unfortunately the West has taught us to scorn oral sources in matters of history. Even among African intellectuals, there are those who scorn 'speaking documents' and believe that we know nothing of our past for want of written documents. These men simply prove that they do not know their country except through the eyes of whites."

Niane ends by saying

"May this book open the eyes of more than one African and induce him to come and sit humbly beside the ancients and hear the words of the story-tellers who teach wisdom and history."

The story of Sundiata begins in the village of Niani, the capital of Mali. A stranger makes a prophecy to the king of Mali about the future of the country.

He says to the king:

"I see two hunters coming to your city; they have come from afar

and a woman accompanies them. Oh that woman! She is ugly, she is hideous, she bears on her back a disfiguring hump. Her monstrous eyes seem to have been merely laid on her face, but, mystery of mysteries, this is the woman that you must marry. She will be the mother of him who will make the name of Mali immortal forever. The child will be the seventh star, the seventh conqueror of the earth."

After many years the prophecy starts to come true. The king marries Sogolon, who is as ugly as the prophecy foretold. The king and Sogolon have a son who is named Sundiata.

All the people of Niani wonder if Sundiata will become the great ruler of the prophecy. But the child shows no sign of greatness.

"At the age of three he still crawled along on all fours while children of the same age were already walking. He had a head so big that he seemed unable to support it. He was quiet and used to spend the whole day just sitting in the middle of the house."

The people of Niani love to mock this crippled child. The mocking is usually started by the king's first wife, Sassouma Béréte. Sassouma is jealous of Sundiata, and wants her own son to rule when the king dies. Sundiata still has not learnt to walk. Sassouma convinces the people of Niani to take her own son for their next king. Sassouma banishes Sogolon and Sundiata to the back of the palace. Everyone comes to laugh at them.

One day Sundiata decides to walk. "His first steps were those of a giant." As if by magic, Sundiata becomes the strongest and bravest child in Niani. The people of the village quickly grow to admire and respect him.

But there are two people who are not pleased by these developments. Sassouma Béréte and her son, the new king, plan to kill Sundiata. Sundiata, Sogolon and the other children in the family flee from Niani. They travel to all the neighbouring kingdoms, looking for a safe place to live.

Eventually they find peace in the kingdom of Mema. The king of Mema grows fond of Sundiata. He teaches him to be a great warrior. "After three years the king appointed Sundiata his Viceroy, and in the king's absence it was he who ruled. Sundiata had now seen eighteen winters and at that time he was a tall young man with a fat neck and a powerful chest. Nobody else could bend his bow. Everyone bowed before him and he was greatly loved. Those who did not love him feared him and his voice carried great authority."

While this is happening, some important changes take place in Mali. Soumaoro, king of neighbouring Sosso, invades Mali. He destroys the capital, Niani, and chases the king of Mali into distant lands.

"For a long time Soumaoro defied the whole world. He defeated nine kings. Their skins served as seats and he cut his footwear from human skin. Soumaoro was an evil demon and his reign had produced nothing but bloodshed. Nothing was taboo for him. His greatest pleasure was to publicly flog respected old men."

When Sundiata hears about the wicked Soumaoro, he vows to save his people in Mali. Sundiata builds an army. Soldiers from all the kingdoms which Soumaoro defeated join this army. They fight seven great battles against Soumaoro and his soldiers. The book describes the first battle like this.

"The lightning that flashes across the sky is slower, the thunderbolts less frightening and floodwaters less surprising than Sundiata swooping down on Soumaoro's army. In a trice Sundiata was in the middle of the Sossos, like a lion in the sheepfold. The Sossos, trampled under the hooves of his fiery charger, cried out. When he turned to the right the soldiers of Soumaoro fell in their tens and when he turned to the left his sword made heads fall as when someone shakes a tree of ripe fruit."

Finally Soumaoro's army is defeated. There is great rejoicing in all the kingdoms. Sundiata holds a meeting of all the kings. They promise to live in peace for ever more. All over West Africa the people sing

"He has come and happiness has come
Sundiata is here and happiness is here."

PENFRIENDS

Dear Upbeat

I would like to write to penfriends up country. I am tall with dark brown nearly black hair with dark brown eyes. I am a sporty person. My hobbies are playing netball, athletics, highjump, swimming, going to discos and listening to pop-music. I am 14 years old and would like to communicate with boys or girls between the ages of 13 and 16. My name is Soraya May and I am in Std 7. I attend Parkwood High School.

Yours faithfully
Soraya.

5 Vincent Close
Lotus River
7800

Dear Upbeat

My name is Anisha Mayer. I am 12 years old. I am tall. I have long black hair and brown eyes. My hobbies are disco-dancing, going to movies, listening to the radio, and reading. I would like to correspond with either sex above 11, and they must not be living in Port Elizabeth.

3 Watsonia St
Malabar
Port Elizabeth
6016

Sir

My name is Mahendra Maharaj. I am 14 years old and in Std. 6A. I have no penfriends, so I ask you to publish my name, address, age and hobbies in the Upbeat magazine. My hobbies are cycling, coin collecting, reading and I am a lover of comedy. I would like boys of my age to write to me.

Yours Faithfully
Mahendra Maharaj.

52 Saunders Avenue
Isipingo Hills
4110

Dear Upbeat

I am 12 years old, and I am interested in penfriends up country. My hobbies are athletics, tennis, swimming, going to disco's and listening to pop music. My name is Vivienne Baartjes and I would like to write to penfriends from Johannesburg, Port Elizabeth, Durban and East London. I would like to write to penfriends of 13 to 15 years (boys or girls).

Yours sincerely
Vivienne.

2 Vincent Close
Lotus River
7800

My name is Anthea Abelgas. I am 15 years old and in Std 7. I attend Salt River Senior Secondary School. I have dark brown hair and eyes. My hobbies are ice skating, disco music,

dancing and reading. I would like to correspond with either sex between the ages of 15 - 18. Hope to hear from you soon.

Your friend
Anthea.

23 Wright Street
Woodstock
Cape Town
1925

Dear Reader

My name is Amanda Averil Jacobs. My age 16 years. I am in Std 6 at Grassy Park Senior Secondary High School. I am interested in boys or girls of any age. My hobbies are dancing, artwork, singing and listening to Radio G.H. every day. I hope I will hear from you guys soon.

Your penpal
Amanda.

4 Krom Road
First Ave
Grassy Park
7800

Dear Upbeat

I am 14 years old, and I am interested in writing to penfriends from 15 - 17 years. My hobbies are swimming, rugby and soccer. My name is Carmen Smith and I would like to communicate with boys and girls from Durban, Port Elizabeth, East London and Johannesburg.

Yours sincerely
Carmen Smith.

11 St. Joseph Road
Wetton
7764

Dear Reader

My name is Gail Gloria Dirks. I am 14 years old and in Std. 7 at Windmere Senior Secondary School in Kensington. I am interested in boys and girls between the ages of 15 to 18. My hobbies are netball, tennis, music and letter writing to penfriends. I hope to hear soon from you.

Yours faithfully
Gail Gloria Dirks.

My address is
16 Acre Road
Kensington
7405

If you would like a penfriend, write to:
UPBEAT, P O Box 11350, Johannesburg 2000.

PUZZLE PAGE



FIND THE KEY: Something comes before the word 'key' to make a proper word. You are given a clue to the answer. For example, the clue to this 'key' is - This *key* is a four legged animal -and the answer is *donkey*. Here are the clues for the others:

This *key* is a large bird like a chicken that you can eat.

This *key* is a game that you play with other people.

This *key* rides horses.

This *key* is a two legged animal.



VEGETABLE JUMBLE: This family has been to market but when they get back their vegetables are all jumbled up! What did they buy?

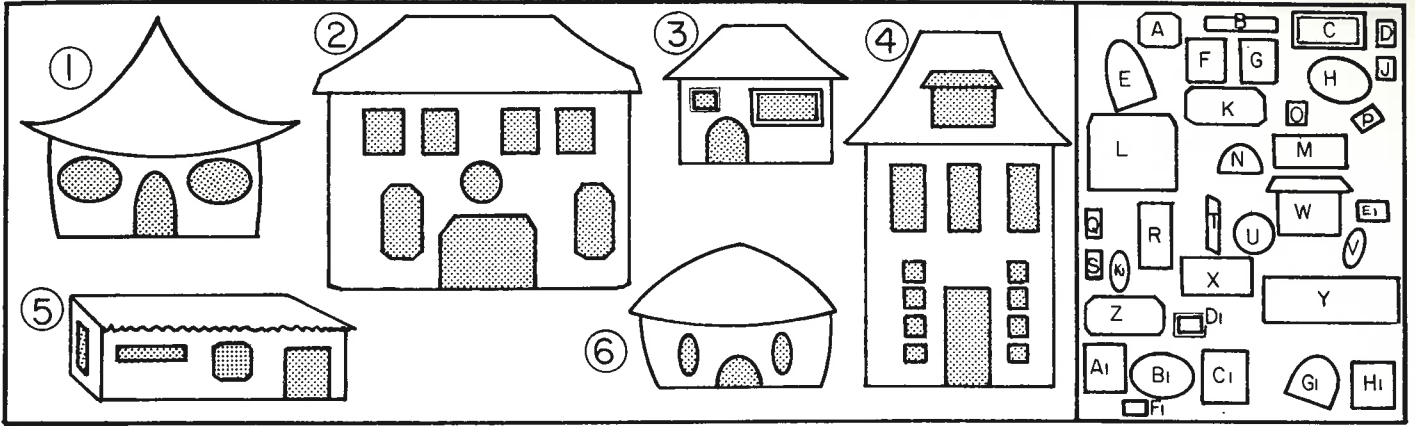
- INONO
- PURINT
- TOOTAP
- TROCRA
- PELPA
- TOOTAM
- BEGABAC

JOE'S DOG: Joe wants to keep a dog, but he knows that they eat a lot and are expensive to keep. So he watches four dogs for a few days before choosing the one for him. Dog 1 eats more than dog 2; dog 3 eats more than dog 1; dog 3 eats less than dog 4. which dog does Joe choose?

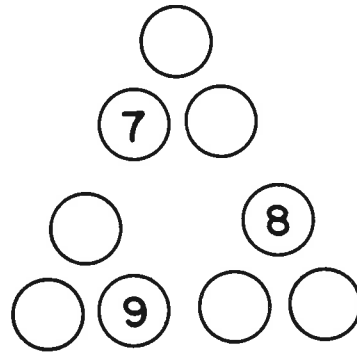


WHAT IS NEXT? : The patterns on the left are ordered in some way. Choose *one* from the box on the right to go after the others on the left. In the first one you can see that the pattern that has the arrow pointing towards it is the one that is the next in order.

Match the windows and doors to the houses



MAGIC TRIANGLE: Fill in the missing numbers - 1 2 3 4 5 6 - so that each side of the triangle adds up to 17.



MAZE: Who gets the pineapple?

**TO THE HOUSES:
MATCH DOORS AND WINDOWS**

MAZE: Both the chameleon (at the top) and the tortoise can get the pineapple. Neither the bee nor the monkey can reach it.

MAGIC TRIANGLE:

JOE'S DOG: Joe chooses dog 2.

VEGETABLE JUMBLE: onion, turnip, potato, carrot, apple, tomato, cabbage

ANSWERS TO PUZZLES:
FIND THE KEY! : turkey, hockey, jockey, monkey.

Do you want to get Upbeat every month at home?

Do you want to get Upbeat every month? We can send it to you in your home. It costs 20 cents a month. So if you want to get all the copies for this year, it will cost you R2, but don't send money in an envelope. That is not safe. You can go to a Post Office and get postal orders for R2.

Then you need to send us: Your name and address and your postal order. Send them to Upbeat, P O Box 11350, Johannesburg 2000. We will then send you your copies of Upbeat.



The Lobone Secondary School 'Committee of Ten' have so far had the greatest success in selling 'Upbeat'. In the picture: Vincent Lobakeng, Christopher Kgantshi, Gerald Pholohole, Jacqueline Valashiaya, Bella Motolhabi, Isaac Mothata, Isaac Mvakali, Phyllis Kumalo, Clarah Mbuko, Goodman Nhlapho.

Dear Readers,

The Upbeat offices are closing for a short period in December, so Upbeat Number 10 will only be on sale towards the end of January.

We wish you all a happy holiday.
The Editor.

These are the six lucky winners of the competition in Issue No 7 of Upbeat. Each one will receive a copy of the book "Weep Not Child" by Ngugi wa Thiong'o.

1. Philemon N Machacha - P O Box 5 (Room A7) Secunda, 2302
2. Lavona Rhodes - 4 Sondou Lane,

Silvertown, Athlone, 7764

3. Jerome Basson - 91 Cradock Road, Retreat, 7945
4. Badrudean Boomgaard - 9 Janssens Road, Matiland, 4075
5. Eugénie Frické - 46 Laurier Road, Claremont, 7700
6. Samkela Makhina - P O Box 25, Dobsonville, 1865

These were the correct answers:

1. Bell
2. Fleming
3. Melon
4. Carbon
5. Microphone
6. Animal
7. Receiver
8. Magnet
9. Antibiotic
10. Latin
11. Sound
12. Romans



Rubbish piled up in New York.

ECOLOGY

Why does man poison the earth and air with all kinds of things? Oil spilt by oil-tankers kills the creatures of the sea. Smoke, dust from the mine-dumps, and gases from car-exhausts fill the air.

Upbeat looks at how and why man has damaged our planet earth.

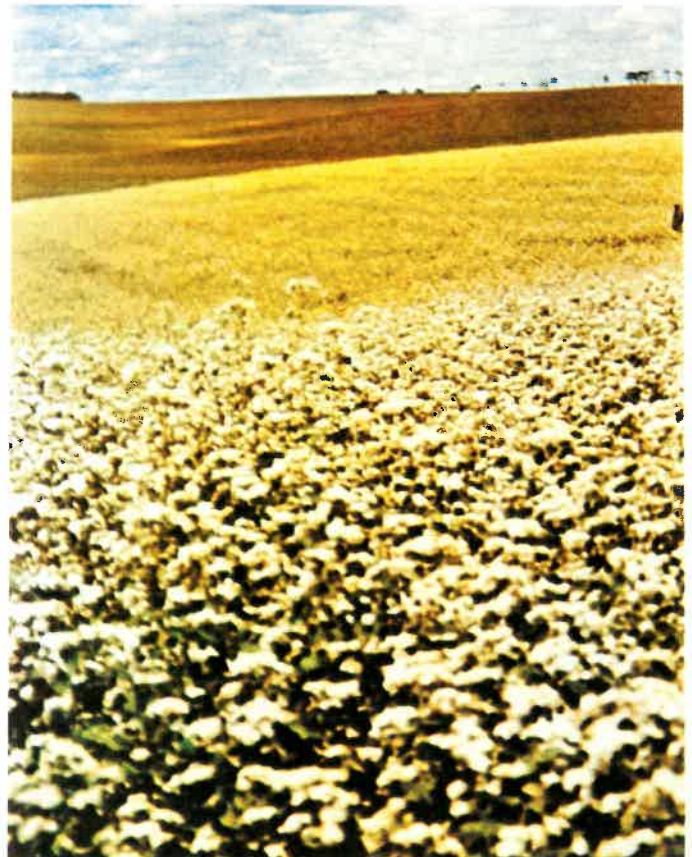
ECOLOGY ... MAN VERSUS NATURE

THIS earth is all that we have. It is our home in the universe, and it is a home that can feed us, and supply us with all the fresh air and water that we could want - thanks to the complex web of living things on it.

Anything that we destroy on our earth is gone forever. There is no possibility of recreating a kind of plant or animal once the last one has died. And with each one that we completely destroy, we affect many other things as well.

We must understand what it is that ecologists are worried about in this. It is not simply that 'Nature' is beautiful and gives us deep moral and spiritual comfort. It is not simply that 'the creatures of Nature' have a right to live. It is also that we people are utterly dependent on nature in all its richness for our own survival on the earth.

Let's look at some of the issues and see if we can better understand why this is so.



Crops planted as far as the eye can see.



Overpopulation

Under natural conditions the number of plants and animals on the earth are limited. They are limited by natural controls. These controls are competition for land and food, starvation in times of drought, natural limiting by animals eating other animals, and disease.

There was a time when humans were also limited by these same things. Naturally, we have done everything in our power to prevent these things from affecting us too much.

We long ago made sure that we were not eaten by animals. We have for centuries worked to wipe out every major disease that limits our numbers. We even try to get rid of competition that leads to war and destruction with organisations like the United Nations.

All this meant that there has been nothing to limit or keep down the numbers of people on earth. Our numbers have grown unbelievably, and are growing all the time.

This has of course brought very great problems for the earth. Firstly, trying to feed everyone is putting a great strain on the land.

Secondly overpopulation has given rise to vast cities that are growing up all over the world. Even if cities could manage all the people that are living in them and could supply them with food, clean water and clean air, what kind of life could people have, living in cities of 50 million people or more?

Pollution

Pollution has been for long a real threat to life on earth. We have acted as though land, water and air are unlimited and can clean themselves. In a healthy ecological system this is, to a very large extent, true.

Water that becomes unclean is purified by the animals and plants living in it.

But this is no longer possible when thousands of litres of chemicals and oils and thousands of kilograms of junk are poured into our rivers and seas every day.

All the junk and waste that we don't know what to do with we put into our water systems, and this is very serious.

Not only does it affect our drinking water, but it also

affects the fish and other life in the water.

This in turn often affects food supplies of fish to whole populations. And, also very seriously, tiny creatures called plankton, which live in their millions in the sea, are killed. 80% of our oxygen that we breath in, and without which we would die, is manufactured by the plankton in the sea.

The very air that we breath has become a dumping ground for wastes and poisons from factories, power plants and cars.

So too with the land as we dump thousands of tons of garbage every year - most of it re-usable cans, bottles, tyres, etc. Plastic is the most difficult thing to get rid of, once it has been used.

Land use

Another area of great concern to ecologists is what they call 'simplification'. This is the destruction of a complex natural environment with a rich variety of plant and animal life and its replacement by a single crop or a large city. All around us we can see examples of simplification.

Natural grassland is replaced by a single crop of mealies stretching as far as the eye can see. Natural forest is cut down to make way for fast-growing forests of pine and even cities.

In these cities almost all the life that once was there has been wiped out to make way for concrete surfaces.

Yes, simplification is unattractive. But what concerns ecologists about it is that it puts us in a bad position. We have spoken about the complex 'web of life'. When we simplify a landscape we get rid of many of the threads of the 'web' and in many parts it is looking very thin.

This means that such a community will be upset much more easily than one which is richly varied.

A single crop of mealies stretching as far as the eye can see is certainly easy to harvest. But a fire or disease also spreads easily through a landscape that is made up of the same plant.

To keep the diseases and insects away from these simplified areas, we have to use huge quantities of poisons on our crops.

These have been spread throughout the environment, affecting everything.

An insect eats the poison. It is eaten by a bird which is eaten by a person.

Very many poisons don't break down but stay in the environment, washing into the seas and being lifted into the air as water vapour.

So poisons are found in the bodies of creatures thousands of kilometres away from where the poisons were used and thousands of kilometres away from the nearest human settlement.

This shows us very clearly that ecologically and in every other way our earth is one unit.

Our cities are polluted, and often badly so. Who has not seen a thick cloud of polluted air hanging over Johannesburg, Soweto, Cape Town? And surely it should concern us that there are poisonous insecticides in the food that we eat?

These issues are things that we have to live with every day. We must not only become aware of them. We must also become concerned at what is being done to our environment, to our earth.

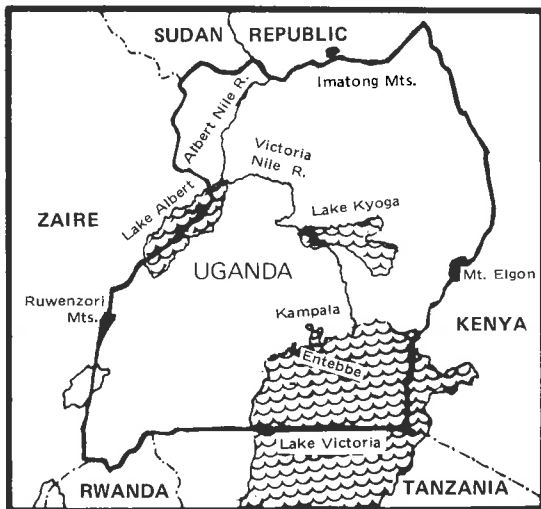
AFRICA UGANDA



● **IDI Amin who used to rule Uganda.**



Milton Obote, who now leads the government of Uganda.





The foothills of the Ruwenzori Mountains on Uganda's Western border.

UGANDA is the next country we are visiting. Uganda forms that part of Africa known as East Africa. The other countries in East Africa are Tanzania and Kenya.

Our visit to Uganda will take us to Kampala, the capital city, and Entebbe on Lake Victoria.

As we land at the airport in Entebbe, we see that many of the airport buildings have been destroyed. Uganda has just come out of a war. A war that was fought so that the people of Uganda could be free.

At the airport we meet our Ugandan friends . . . Oyite and Yoweri who tell us about the war as we drive away from the airport.

In 1971, while the President of Uganda Milton Obote was away, one of his soldiers, Idi Amin, overthrew the government and started military rule in Uganda. At first, most people thought that Idi Amin was going to improve Uganda.

It soon became clear that Idi Amin was more interested in power. Many people were imprisoned or killed. Idi Amin slowly destroyed Uganda.

The people of Uganda lived in deep fear.

For almost eight years, the people of Uganda lived under this terror and dictatorship. Many of the people who opposed Idi Amin left the country. They organised themselves and in November 1978, the Uganda National Liberation Army supported by the Tanzanian Army marched into Uganda.

In April 1979 Idi Amin was defeated. Freedom once again returned to Uganda. At the moment, Uganda is governed by the Uganda People's Congress under the leadership of Milton Obote.

Our Ugandan friends remind us that Uganda was not always in such a state. Although the past eight years have been a great tragedy, Uganda's history is both rich and interesting.

UGANDA - the past

The present people of Uganda settled in Uganda many hundreds of years ago. Some of them came from the north, others from the west. By the middle of the 19th century,

Uganda as we know it today was made up of some small Chiefdoms and two strong States - Buganda and Bunyoro.

Buganda developed into a powerful kingdom. The kingdom was ruled by the *Kabaka*.

Just as the rest of East Africa was being colonised by the European Colonies, Uganda became a British colony.

Uganda remained a British colony until 1962 when it became independent under Milton Obote.

"So you see", Oyite said, "our past history has not always been sad." "But let us not talk of the past too much," replied Yoweri. "We have a special treat for you tonight. We are taking you to listen to Okot p'Bitek, one of Uganda's famous poets. And tomorrow we will visit our well known Lake Victoria."

Lake Victoria is the largest lake in Africa, and over an area of 69452 sq kilometres (almost half the size of the Orange Free State). In fact, almost 20% of all Uganda is covered by lakes.

After visiting Lake Victoria, we leave Entebbe for Kampala.

KAMPALA

Kampala is the capital city of Uganda. The older part of the city is situated on the hills that surround Kampala. The new parts of Kampala are being built in the valleys. We visit the University at Kampala, which is also built on the hills.

The University is called Makerere University, and is one of the older East African universities. Before the rule of Idi Amin, it was a busy centre for study of all kinds. Students from many different parts of Africa attended this University.

As we walk through Kampala, it is clear that a great deal of work has to be done. The buildings, the streets and the houses have been neglected during Idi Amin's dictatorship.

But you can still see that Kampala was a beautiful city.

THE FUTURE

As in Ethiopia, war and the rule of a dictator brought much suffering to the people of Uganda. Now the people of Uganda face a big challenge - to rebuild their country.

Okot p' Bitek is one of Uganda's best known poets. Here are some parts of his well known poems: SONG OF LAWINO and SONG OF OCOL



Ocol, my friend
Look at my skin
It is smooth and black.
And my boy friend
Who plays the *nanga*
Sings praises to it.

I am proud of the hair
With which I was born
And no white woman
Wishes to do her hair
Like mine,
Because she is proud
Of the hair with which she was born,
I have no wish
To look like a white woman.

No leopard
Would change into a hyena,
And the crested crane
Would hate to be changed
Into the bald-headed,
Dung-eating vulture,
The long-necked and graceful giraffe
Cannot become a monkey.
Let no one
Uproot the Pumpkin.
from - Song of Lawino.

And here is Ocol's reply:

To hell
With your Pumpkins
And your Old Homesteads,
To hell
With the husks
Of old traditions
And meaningless customs,
We will smash
The taboos
One by one,
Explode the basis
Of every superstition,
We will uproot
Every sacred tree
And demolish every ancestral shrine.

We will not just
Breach the wall
Of your mud hut
To let in the air,
Do you think
We plan merely
To bring light
Into the hut?

We will set it ablaze
Let fire consume it all
this liar of backwardness;

We will uproot granaries
Break up the cooking pots
And water pots,
We'll grind
The grinding stones
To powder;

That obsolete toy
With which you scratch the soil
And the other rusty toys
In the hut.

from - Song of Ocol.

Upbeat Goes to Mzimhlope



The township of Mzimhlope, or ilokoshini-location as people prefer to call it, lies on the eastern outskirts astride the Naledi - Johannesburg railway. It forms a small part of Orlando West which includes Elizabethville or 'Killarney', Phomolong and Phefeni.

Now three generations old, Mzimhlope is a typical example of a Soweto location. It teems with activity. The hub or centre of Mzimhlope is the railway station. This is the market place with taxi ranks, idlers who spend their time watching people shuttling to and from the city of Johannesburg and a gambling spot for tsotsis. Here people are raided for passes and bribes by 'reservists' and at night the station is a place for robbers to hunt their prey.

On the Northern and Southern sides of Mzimhlope are the men's and women's hostels. Here the migrant labourers live. Migrant labourers they are called because they spend their working lives travelling between rural homes and the hostels of the city. These hostels were built in the sixties, and the people living there have become part of the general scenery of Mzimhlope as they throng to and from the station while going to work in the morning and returning in the evening.

"You know", says oldtimer 'Bra Master' Mabiya, "Mzimhlope would have been known as Mpanzaville after Mpanza of the Sofasonke party. Its main base was in Shanty town. People from Shanty town thought Mzimhlope was being built for them, and when people were brought in from Alexandra and Sophiatown, they fought tooth and nail to be moved to Mzimhlope".

There was a time in the late sixties and early seventies when Mzimhlope was considered among the most dangerous areas of Soweto. The murder rate was then at an average of about two people a week.

A lot of the violence was the result of conflict with the hostel dwellers.

Over the years, the hostel - dwellers had been harassed by tsotsis who robbed, assaulted and at times even killed them. This made the hostel - dwellers strike back in the same way.

Anger reached a peak during the 1976 Soweto uprisings. In defiance of a "stayway -from - work" call, the men from the hostel. invaded the township, leaving 70 people dead, women and girls raped, houses looted and three innocent brothers killed on the same day. The Mzimhlope people struck back with equal, if not more viciousness.

Despite all this fighting, the two communities have now resolved their differences and have lived in harmony ever since.



Masters Mabiya of Mzimhlope.

This is how its pioneers, according to 'Bra Master' Mabiya, came to settle at Mzimhlope: "It was June of 1948 when my family arrived here from the tinshacks called kwa-Bhaduza in Alexandra. I was then twelve years old and I remember it was so cold on that Saturday afternoon. We the young ones thought we were going to Orlando - Orlando East that was already there, that is. As we drove in sitting on top of our household goods on the back of those old trucks my sister pointed out the different townships to us.

There was Orlando East, Emaplatini that was Shanty town or emasheltersini. Beyond the shelters we saw these dome-roofed houses towards which we were headed. Then there was Phomolong and Phefeni. Further on, someone told us, were Pimville and Jabavu which were also tin shacks.

'Bra Master' dwells nostalgically on those old days. "Only the southern part of Mzimhlope (eZindlovini we called it because the dome roofs reminded one of elephants standing in file) was already built and sparsely occupied.

"Many houses stood empty, there were no fences and people occupied houses of their own choice. Father chose the fifth from the corner on the last street overlooking Shantytown. The only shops were a house in the township and Tshabalala's at the station."

"Tshabalala the tycoon?"

Bra Master shakes his head. "Now not the one you know," and goes on: "There was only one rail track going up to Phomolong" a kilometre or two from Mzimhlope, "and the trains were only four coaches long."

"As people arrived from the old slums such as Pimville, which is where my first friend the late Mlandu came from, Alexandra, Sophiatown, Western Native Township, Moroka Jabavu (eMasakeni - at the Shacks) and from nearby Shantytown, we formed our first football clubs - City Blacks - and as by then the 'single' houses north of the station had been built, Mzimhlope

Lucky brothers, which were the rivals from eZindlovini and the upperside respectively."

He counts the first influential personalities in the young community, people such as the house-shopowner whose home was, for obvious reasons, a sort of gathering place.

"MaNgoyi (Lilian NGoyi) came towards the end of '48 and immediately became a central figure as she liked visiting people at their homes and proved diligent in community, especially women's affairs. There was bab'uMnguni from Shantytown who was Mpanza of the Sofasonke Party's colleague and then there was Dube ..."

For recreation, apart from soccer and soft-ball, children attended 'mahala'(free) bioscope shows on Monday afternoons at the Communal Hall in Orlando East.

There were parties known as "Gumba-gumba" and unlike today's 'stokvels' (credit circulation groups) people rarely heard that someone had been killed at a 'Gumba-gumba.' Muggings were also extremely rare and "when youths fought it was just a past-time as boys will be always boys... a holiday pastime with no knives involved."

Today in Mzimhlope there is crime, unemployment, a high number of illegitimate births and alcoholism. As long as there are no facilities where people can participate in extramural activities during their spare time they shall always be drawn to mischief and excessive drinking. "Like so many flies to a rotting chunk of meat" as Nthambeneni wa Phalandwa, a poet from Sibasa would put it.

As far as amenities are concerned the differences from 'Bra Masters' early days are the following: two soccer fields shared with the men's hostel, two others in the township that are not yet operative, three churches, the biggest of them being St. Augustine's Church where Bishop Tutu is the present parishioner.

A play ground built by NEAC (the National Environmental Awareness Council) was recently opened. There is one Crèche, and six schools which are inadequate as they also serve scholars from many parts of Soweto.

Growing in this environment is the future generation.

Here is a translation from SeSotho of what thirteen year old Lazarus Mokhele had to say when asked what he wished to become when he grew up:

"Recently our teacher asked us the same question. I told him that, circumstances permitting. I would like to be one of the people who help to prevent the spread of diseases such as cholera because contagious diseases can quickly kill people."

"In preventing them I would be protecting my community from the dangers of an unhygienic environment."

"Whenever I arrive home from school I always make sure that our home is clean. We must try all that we can to keep our township clean and safe from disease."

Brian Kau, also about 13 years old, told us about his family, tasks at home and what he wished to become later in life. "At home we are a family of six," said Brian.



Left Lazarus Mokhele, Right Brian Kau.

"There is my father, mother, elder sister and baby-brother, and my elder brother who is away at college.

"My own responsibility when I return from school is to wash the dishes and pots, clean the yard and feed my two dogs and my twenty pigeons."

Brian is an animal lover: "When I grow up I wish to become an animal doctor. Ever since I was a baby I loved animals. Like people, they too need to be taken care of when they are sick."

Tana is a girl of fifteen who is in standard 8. She says about herself: "At school I like to read my books and write about anything when asked to do so. Sometimes even when we have not been asked — which earns me punishment from my teacher," she adds laughingly.

"At home my duty is to clean the house and see to it that everything is in its place. On weekends I like listening to Radio Bophutatswana and Radio Zulu because I like music."

She does not see Mzimhlope in isolation from the rest of Soweto. "In Soweto I like the people who make us happy like Bra Gibs (Gibson Kente the playwright) who makes dead things come alive."

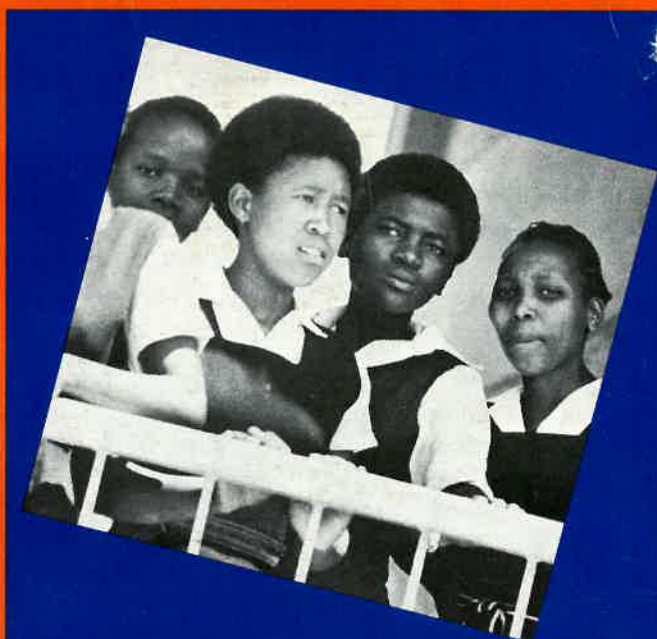
"I wish everybody in Soweto would be like these people, some of whom are doctors and help us when we are sick. We must all love, help and not do bad things to one another because we are all blacks."

Tana goes on to enumerate the amenities in Soweto for which she is thankful, such as Orlando stadium, Jabulani Amphitheatre, tennis courts, halls and clinics. She also enjoys watching television because she thinks that it is educational. Her heroes and heroines are the people who have achieved something in life. Some of them are sportsmen among whom she cites Matthews Batswadi and Sidney Maree, actors and actresses like Percy Mtwa, Mbongeni Ngema, Sophie Mgcina and Abigail Kubheka, models like Pat Malgas.

When Tana has nothing to do at home she says she

will read anything that she comes across which she can understand.

About himself Vukile Lekubu, fourteen, said, "The first thing that I do when I wake up in the morning is to prepare and go to school. After school I clean the kitchen and the childrens' room before I go out to play soccer in the street or to the playground to ride swings with my friends. On weekends I go to Orlando Stadium where I pay 50c which I have saved from my school lunch allowance during the week. On Sundays I attend church at St. Augustines where I am an altarboy. Afterwards I go and help a neighbour who fixes motor cars because I would like to be a mechanical engineer when I grow up."



Third from the right Tana Malvern