

**NOT WIDELY KNOWN BUT TRUE...**



Gathered by  
**Panther Newsletter**



## **IMHOTEP**

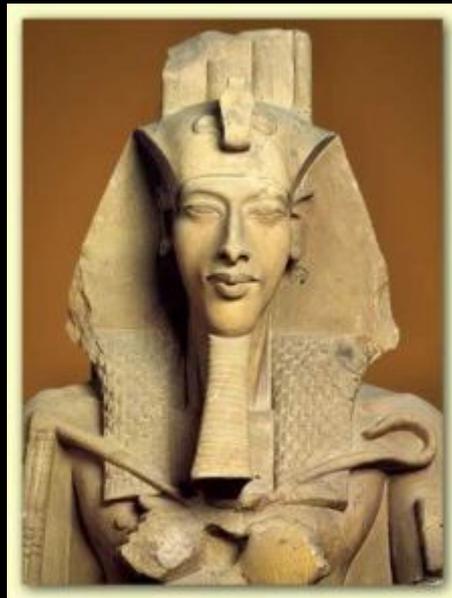
Imhotep, a black man was the real father of medicine. Hippocrates, the so-called father of medicine lived 2000 years after Imhotep. Greece and Rome obtained their knowledge of medicine from him.



## **DOCTOR DANIEL HALE WILLIAMS**

- Doctor Daniel Hale Williams, an African/American who died in 1931 was the first surgeon to perform a successful operation on the human heart.

- There were three African Popes of Rome. Victor I (189 - 199 A.D.); Melchiades (311 - 312 A.D.); and St Gelasius (496 A.D.). It was Melchiades who led Christianity to final triumph against the Roman Empire.



## AKHENATEN

Pharaoh Akhenaten gave the world the belief in one god. In Egypt, he insisted that his people worship Aton, the Sun God only. His beliefs were strong enough to completely change art and literature in Egypt.

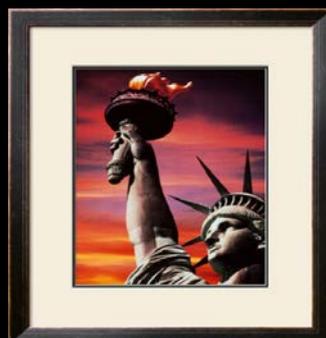
- The celestial saint of Germany is St Maurice, an African. While in command of a Roman legion in what is now Switzerland, in 287 A.D, he refused to attack the Christians when ordered to by the emperor Maximian Herculius, for which he was killed. His picture is in many German cathedrals and museums, sometimes with the German national emblem, the eagle on his head.
- Before Abraham's birth, the sacred river of India, the River Ganges was named after an Ethiopian King General Ganges who conquered Asia as far as this river and established an empire.

- The most ancient lineage in the world is that of the [Ethiopian Royal Family](#). It is said to be older than that of Queen Elizabeth II by 6160 years. The former Emperor of Ethiopia [Haile Selassie I](#), traced his [ancestry](#) to [King Solomon](#), the [Queen of Sheba](#), [Menelik I](#) and beyond to [Cush](#) 6280 B.C. ([Song of Solomon I verse 6](#)).
- [Ludwig Van Beethoven](#) the classical composer and musician was black.
- [Joseph Haydn](#) another well-known composer and musician who wrote the music for the former Austrian National Anthem was also black.
- A black man was in the party of 6 who were the first to reach Antarctica in 1909.
- There were Africans in Britain *before* the English!

### ***THE ANGOLA 3***

**Who are the 'Angola 3'?** In 1972 three black men in a Louisiana prison were placed in solitary confinement after a prison guard was murdered. Two of them are still there – even though many believe they are innocent; read more about them [here...](#) and watch the brief film clip about the **Angola 3** [here...](#)

### ***THE TRUE STORY OF THE STATUE OF LIBERTY***



It's hard to believe that after many years of schooling (secondary and post) the following facts about the Statue of Liberty were never taught. Hundreds of thousands (if not millions) of people have visited the Statue of Liberty over the years but yet not one person knows the true history behind the Statue. So much important Black history (such as this) is hidden from us (Black and White). What makes this even worse is the fact that the current twist on history perpetuates and promotes white supremacy at the expense of Black Pride. In France, the original Statue of Liberty resides. However, there is a difference...the statue in France is BLACK!

Wise up [here...](#)

### ***THE BLACK WALL STREET***



99 years ago; the date was June 1, 1921 when “*BLACK WALL STREET*”, the name fittingly given to one of the most affluent all-BLACK communities in America, was bombed from the air and burned to the ground by mobs of envious whites. In a period spanning fewer than 12 hours, a once thriving Black business district in northern Tulsa lay smoldering, a model community destroyed and a major African-American economic movement resoundingly defused. Read the full story [here...](#)

## **THE TRUTH ABOUT HAITI**

**(The part the West played in creating Haiti's poverty)**



Haiti was once the richest Caribbean island but is now the poorest country in the Americas because since it over-threw slavery known as the great Haitian Revolution (1791 - 1804), it has been deliberately kept in poverty. Read the half that's rarely told [here...](#)

## **THE TRAMWAYS OF KINGSTON JAMAICA**



The island of Jamaica is about 50 miles wide and 150 miles long. Its north coast is about 100 miles south of Cuba and 100 miles west of Haiti. Jamaica was a British colony from 1655 until 1958; it became a fully independent state in 1962. A steam railroad that opened in 1845 between its capital, Kingston, and Spanish Town was one of the first railroads in the Americas, preceded only by lines in the U.S, Canada and Cuba; more of the story [here...](#)

***NOT WIDELY KNOWN BUT TRUE...***

***NOTRE DAME'S FIRST BLACK VALEDICTORIAN***



**Katie Washington (UND photo)**

***She's Notre Dame's first black valedictorian***

Katie Washington, biological sciences major from Gary, Indiana, has been named valedictorian of the 2010 University of Notre Dame graduating class and will present the valedictory address during Commencement exercises May 16 (Sunday) in Notre Dame Stadium.

Washington, who earned a 4.0 grade point average, has a minor in Catholic Social Teaching. She has conducted research on lung cancer at the Cold Spring Harbour labs and performed genetic studies in the University's Eck Institute for Global Health on the mosquito that carries dengue and yellow fever. She is the co-author of a research paper with David Severson, professor of biological sciences.

Washington directs the Voices of Faith Gospel Choir at Notre Dame, is a mentor/tutor for the Sister-to-Sister program at South Bend's Washington High School and serves as the student coordinator of the Centres for Social Concerns Lives in the Balance: Youth Violence and Society Seminar.

Upon graduation, Washington plans to pursue a joint M.D. /PhD program at Johns Hopkins University.

## ***BLACK YOUTH INVENTS SURGICAL TECHNIQUE AT 14***

Tony Hansberry II isn't waiting to finish medical school to contribute improved medical care. He has already developed a stitching technique that can be used to reduce surgical complications, as well as the chance of error among less experienced surgeons. Read the full report [here...](#)

## ***BRITAIN'S BRAINIEST FAMILY HAS 9-YEAR-OLD HIGH SCHOOL-BOUND TWINS***



Paula and Peter Imafidon are just like any other 9-year-olds. They love laughing, playing on the computer and fighting with each other. What sets these twins apart from their peers, though, is that they are, hands down, prodigies who are about to enter high school and make British history as the youngest to do so. Read about them in full [here...](#)

## ***TV's BLACK BRITISH PIONEERS by Denise Anthea***



When our parents and grandparents came over to the Mother Country back in the early to mid 1950's from the West Indies, despite the careers and jobs they had back home, once here the only option was to work in menial roles. The qualifications they had worked so hard for had no meaning once they were in England as they were to find out. Read more about them [here...](#)

## **13-YEAR-OLD DOMINATES COLLEGE**



At thirteen years of age, Stephen Stafford is causing quite a stir at Morehouse College. Stafford has a triple major in pre-med, math and computer science. Though he loves playing video games and playing his drum set, he is no typical teenager. Read his story [here...](#)

## **A BEAUTIFUL SIGHT TO SEE!**



Our African-American women continue to demonstrate professionalism, intelligence and unlimited potential as they contribute to our overall struggle for unlimited freedom, access and opportunity in America. The sisters on Flights 5202 and 5106 (a jet owned by Atlantic Southeast Airlines) have proven that African-American women can do anything if just given a fair opportunity.

Their aviation success is a very proud moment for us all.

I'm not 100% sure, but I'm almost positive that we might have made history on Thursday, February 12, 2009. I was a part of an all African American female crew. I'm attaching the photos and you can pass them along to whomever. We were so excited! We operated flight 5202 from Atlanta to Nashville and flight 5106 from Nashville back to Atlanta. The crew included CPT Rachelle Jones, FO Stephanie Grant, FA's Robin Rogers and Diana Galloway!



### ***THE SIX BLACK U.S PRESIDENTS***

What determines if a person is black or of African descent? In the 19<sup>th</sup> and 20<sup>th</sup> centuries, the standard for determining ones race was one drop of black blood, made you black, social and in the eyes of the law. So by that standard, it would appear some U.S presidents would have been considered black or mulatto; read more about it [here...](#)

***HAVE A HISTORY TEACHER EXPLAIN THIS IF THEY CAN;*** read on [here...](#)

### ***HANNIBAL***



The Carthaginian general Hannibal (247-182 BCE) was one of the greatest military leaders in history. His most famous campaign took place during the Second Punic War (218-202), when he caught the Romans off guard by crossing the Alps; read more about him [here...](#)

**ONIONS!**  
**(Unknown Author)**



In 1919 when the flu killed 40 million people there was this Doctor that visited the many farmers to see if he could help them combat the flu. Many of the farmers and their family had contracted it and many died.

The doctor came upon this one farmer and to his surprise, everyone was very healthy. When the doctor asked what the farmer was doing that was different the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home, (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the onions and place it under the microscope. She gave him one and when he did this, he did find the flu virus in the onion. It obviously absorbed the bacteria, therefore, keeping the family healthy.

Now, I heard this story from my hairdresser. She said that several years ago, many of her employees were coming down with the flu, and so were many of her customers. The next year she placed several bowls with onions around in her shop. To her surprise, none of her staff got sick. It must work. Try it and see what happens. We did it last year and we never got the flu.

Now there is a P. S. to this for I sent it to a friend in Oregon who regularly contributes material to me on health issues. She replied with this most interesting experience about onions: Thanks for the reminder. I don't know about the farmer's story...but, I do know that I contacted pneumonia, and, needless to say, I was very ill... I came across an article that said to cut both ends off an onion put it into an empty jar, and place the jar next to the sick

patient at night. It said the onion would be black in the morning from the germs...sure enough it happened just like that...the onion was a mess and I began to feel better.

Another thing I read in the article was that onions and garlic placed around the room saved many from the black plague years ago. They have powerful antibacterial, antiseptic properties.

This is the other note:

Lots of times when we have stomach problems we don't know what to blame. Maybe it's the onions that are to blame. Onions absorb bacteria is the reason they are so good at preventing us from getting colds and flu and is the very reason **we shouldn't eat an onion that has been sitting for a time after it has been cut open.**

### ***LEFT OVER ONIONS ARE POISONOUS***

I had the wonderful privilege of touring Mullins Food Products, Makers of mayonnaise. Questions about food poisoning came up, and I wanted to share what I learned from a chemist. Ed, who was our tour guide, is a food chemistry whiz. During the tour, someone asked if we really needed to worry about mayonnaise. People are always worried that mayonnaise will spoil. Ed's answer will surprise you. Ed said that all commercially-made mayo is completely safe.

"It doesn't even have to be refrigerated. No harm in refrigerating it, but it's not really necessary." He explained that the pH in mayonnaise is set at a point that bacteria could not survive in that environment. He then talked about the summer picnic, with the bowl of potato salad sitting on the table, and how everyone blames the mayonnaise when someone gets sick.

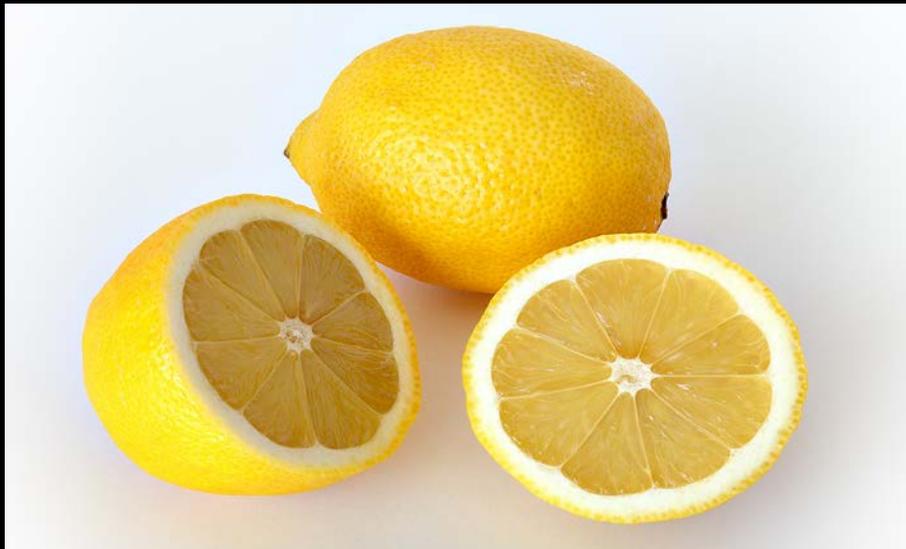
Ed says that, when food poisoning is reported, the first thing the officials look for is when the 'victim' last ate ONIONS and where those onions came from (in the potato salad?). Ed says it's not the mayonnaise (as long as it's not homemade mayo) that spoils in the outdoors. It's probably the ONIONS, and if not the onions, it's the POTATOES.

He explained onions are a huge magnet for bacteria, especially uncooked onions. You should never plan to keep a portion of a sliced onion. He says it's not even safe if you put it in a zip-lock bag and put it in your refrigerator. It's already contaminated enough just by being cut open and out for a bit, that it can be a danger to you (and doubly watch out for those onions you put in your hotdogs at the baseball park!). Ed says if you take the leftover onion and cook it like crazy you'll probably be okay, but if you slice that leftover onion and put on your sandwich, you're asking for trouble. Both the onions and the moist potato in a potato salad will attract and grow bacteria faster than any commercial mayonnaise will even begin to break down.

Also, dogs should never eat onions. Their stomachs cannot metabolize onions.

Please remember it is dangerous to cut an onion and try to use it to cook the next day, it becomes highly poisonous for even a single night and creates toxic bacteria which may cause adverse stomach infections because of excess bile secretions and even food poisoning.

## **THE AMAZING BENEFITS OF DRINKING LEMON WATER**



Lemon is used medically for its antiseptic, anti-inflammatory and anti-bacterial properties; these help reduce putrefaction and prevent disease by cleansing the system of impurities. This is achieved by the high content of vitamin C and antioxidants; these facilitate the removal of dangerous free radicals from the body which in turn boosts immunity. These make the lemon a fantastic liver cleanser, blood purifier and it also cuts through all the mucus membranes too, helping to reduce phlegm and mucus.

### ***DIGESTIVE BENEFITS***

Due to the digestive qualities of lemon juice, digestion problems such as heartburn, nausea, bloating, parasites and belching are relieved. Drinking lemon juice daily also assists the bowels in eliminating waste more efficiently particularly useful for constipation. Lemon juice acts as a liver tonic and helps digestion of food by assisting the liver to produce more bile. **It is deemed that next to drinking plain purified water, drinking lemon water daily is the most important thing you can do for your health.**

### ***WHY LEMON WORKS SO WELL***

*"Man does not live off the food he eats but off the energy that is produced from the food he eats."*

Lemon is one of the only foods on the planet that has more negatively charged ions of energy than positively charged ions in its atomic structure. Saliva, hydrochloric acid, bile digestive juices are also negatively charged which is why they work so well together.

It should be noted that pasteurized and packaged lemon juice are positively charged and, therefore ineffective as a health remedy.

### ***ALTERNATIVE BENEFITS***

Lemon water is also useful in treating asthma, biliousness, colds, coughs, sore throats, diphtheria, flu, influenza, liver complaints, skin conditions, fevers and rheumatism. When drunk daily, lemon water will also leave a refreshing affect on your face. It revitalises the skin and results in a clear, healthy and glowing complexion. During excessive menstruation the juice of three to four lemons a day may also help reduce symptoms, drink the juice of one lemon at a time in a glass of cold water. The high potassium content is also fantastic at nourishing the brain and the nerve cells.

### ***DIRECTIONS***

Squeeze the juice of half a lemon into a large glass of boiled water; this should be drunk first thing in the morning before breakfast and any other fluids. The liver cleanses the body when we are asleep, just think how dark your urine is first thing in the morning! The lemon water acts as a flush through the body and also hydrates.

Stay healthy and of positive spirit.