

Cuba's Global Triage: The Revolution in Practice
Part 1

The blood of Africa flows through the veins of every Cuban and every Cuban is at least a mulatto. If we study history, we'll find that Spain was conquered by the Moors. So we have an interest in Africa and African liberation.

Fidel Castro



It is propagated that revolution is a destructive human force that is a killer and leads to the death of a society, culture, civilization. While, living in profit driven societies that exploit and create human sufferin' most don't understand that a revolutionary country is dedicated to eliminating suffering locally and globally.

All aspects of such a society no matter how meager the resources must be for the benefit of people used not only for its citizens but to help alleviate suffering around the world.

Cuba is a revolutionary country , a liberated zone, that has been under siege from its reactionary neighbors who not only influence the world but run their region as a deadly empire ready to invade, assassinate and blockade those locked in their violent backyard.

Militarily it was Cuba who help accelerate the de-colonization process with its commitment to Afrikan liberation. Asked why the Cuban Government sent troops and military paraphernalia to Angola to fight the Western

powers led by South Afrikan Defense Forces (SADF), Castro said "We belong in Afrika." Along with troops from South Afrikan liberation forces, Guinea and SWAPO of Namibia they won one of the most important battles of our times, a battle that change the course of Afrikan history, the Battle of Cuito Cuanavale in Angola. From a report on the events we pulled this:

Six thousand troops of the SADF were encircled in Cuito Cuanavale and threatened with extinction unless the regime agreed to negotiate. Behind the scenes, a flurry of diplomatic negotiations between the quadripartite countries: USSR, USA, SA and Cuba were under way. The result was the 14-Points Agreement: it provided for the safe passage of the encircled SADF troops in Cuito and the holding of elections leading to Namibian Independence. One of the provisions was a pledge by the countries not to harbour those destabilizing them and to respect the inalienable territorial integrity of each other.

This Pan-Afrikan force locked arms and defeat western powers and FRELIMO traitors led by Jonas Savimbe who was fighting and destroying Black life and Angolan reconstruction after Angola defeated the Portuguese and their western friends. They had been fighting since slavery. The victory not only broke South Afrika outta the habit of coming across the border and terrorizing the new nation, but the battle led to a treaty that liberated Namibia from South Afrika and it was the true blow that destroyed apartheid and freed Nelson Mandela. Again from the report:

Freedom for Namibia meant a denial of forward bases for use as springboard by South Afrika for the destabilization of the Peoples Republic of Angola or violation of the territorial integrity of the countries of the region. Cuito provided the ultimate condition required to realize the Namibian goal of freedom; the people of South Africa, Africa and the world shared in that goal...

Angola had not known peace since independence, actually, since the dawn of the Slave Trade. The victory of Cuito was the necessary condition for the consolidation of the victorious gains of freedom and Independence fought for by the people of Angola and Africa. Without the invasion and occupation army of apartheid, the people of Angola were free to decide their destiny. The Angolan people have paid the price and lived true to the commitment of its founding President, Agostinho Neto that: "Angola is the firm trench of revolution in Africa".

Yes, its important to fight with courage and skill but Afrikan people and the oppressed globally are always under siege by the carnivorous and cannibalistic capitalist who never stop their aggression and greed. Revolution is a process not an event. Cuba understands this and acts accordingly, just as it was necessary to go to war thousands of miles away to save lives and freedom in Southern Afrika, they are also known to send their doctors, technology and skills abroad to save the oppressed from the lack of genuine health care.

The Cuban Government for years have given away hundreds of six year medical scholarships to Black and minority students in the United States, exported doctors to needy nations in Amerikkka, Latin America and Afrika. In 2001 Hisham Aidi wrote that Castro:

...reprimanded the US for failing to take care of its poor and disadvantaged, and offered to provide six years of free medical education and training in Cuba for hundreds of low-income minority students in the US. The Congressional Black Caucus recently decided to take Castro up on his offer, and is putting together a board of admissions and developing a selection process.

Rep. Charles Rangel (D-NY) observed that:

"This appears to be an excellent opportunity to

improve health care in our Congressional districts, as well as a chance to fulfill a life's dream for students who couldn't otherwise afford it."

The students received free medical education and training, plus free textbooks and room and board. It is important to note that beneficiaries would have to return to their communities to practice medicine after being trained in Cuba.

Meanwhile, the Amerikkkan Government exploits the poor, create and profit from physical and mental illness and is a disgrace to hue-manity. Pharmaceutical firms are not only over pricing their products but the drugs themselves are killers designed to decrease the population and rob them at the same time.

To capitalist everything is a weapon and everything is profit driven, everything! The Amerikkkan and western medical establishments are rotten to the core. I revealed in my book "Invasion of 'de Body Snatchers: Hi-Tech Barbarians, that:

In 1617, the society of Apothecaries was formed in England. In 1832, the British Medical Association was chartered; this became the impetus, the forming of a similar association, the Amerikkkan Medical Association, in the United States. from its outset, the AMA made allopathy the basis of its practice.

Allopathy was a type of medicine whose practitioners had received training in a recognized academic school of medicine, and who relied heavily on surgical procedures and the use of medication. The leaders of this brand of medicine had been trained in Germany. They were dedicated to frequent use of bleeding and heavy doses of drugs.

To understand more clearly how the medical establishment evolved you have to be clear on the manipulators and their

motives for their reactionary moves. Eustace Mullins revealed in his book "Murder by Injection" that:

John D. Rockefeller, fresh from his triumph of organizing his giant oil monopoly, a victory as well bloodied as any ancient Roman triumph. Rockefeller the creature of the House of Rothschild and its Wall Street emissary, Jacob Schiff, realized that a medical monopoly might bring him even greater profits than his oil trust.

Obviously, their medical establishment is profit driven with pharmaceutical hustles, HMO lock downs, hospital thuggery and private physicians assembly lines ushering us all to our premature graves.

At the same time the Cuban approach to medicine is not only good for their people, but they actually operate a "Global triage" serving the planet's disadvantage people or capitalism's victims. Tim Collie of the South Florida Sun-Sentinel had this to say on April 5, 2001:

In Haiti, a small army of Cuban doctors, often alone and rarely paid, stitch together a national health-care system decimated by multiple coups, a U.S. invasion and an economic collapse... In Honduras, 121 Cuban doctors who arrived after Hurricane Mitch in 1998 have treated an estimated 1.2 million patients...

Amerikkans and their anti-Castro Cubans in the US always try to dismiss the revolutionary activities of the tiny island as "propaganda ploys," while at the same time the US and the counter-revolution Cubans help no one but themselves. As mercenaries for imperialism both rummage through the world causing capitalistic misery, death and servitude. Fernando Garcia Bielsa, a spokesman for the Cuban Interests Section in Washington, went on record saying that the offer was:

"A goodwill gesture from a country that has too many doctors and regularly sends medical

assistance to impoverished areas of the world... Ours is a poor country without a lot of resources, but this is one way we can help other people."

In addition, Eugene Godfried, a journalist and Radio Havana host who has lived in Cuba for nearly 30 years and is now a visiting Fellow in the Africana Studies Department at the University of Massachusetts signed off on the project:

"Offering free education to poor black students in Mississippi and other poor areas is a brilliant idea by the leader of the revolution, Dr. Fidel Castro is a visionary. He has always been close to the struggles for the liberation of people of African descent and other poor, exploited nationalities in the US. Fidel has learned about the struggle of brothers and sisters here through the Black Caucus -- and is now giving them a helping hand. Cuba has been giving aid to Africa -- in Mozambique, Angola, and Guinea-Bissau -- and has exchange programs for African students. The US is not an exception.

The position of the revolution is that international solidarity must include the US. The capitalist system here has created an internal colonialism, a marginalization of the youth, and sheer exploitation of the masses. Fidel has taken a visionary position. He is an internationalist. Had he not helped Africa, the face of South Africa would be different. Mandela could still be in the dungeons. The medical students will come to defend life in the US. It's to be applauded."

Tinoa Rodgers, Media Director for Riverside Church, where Castro first made his offer in 2001 had this to say at the time:

"Cuban doctors may not have the best technology, but they have very good bedside manner, good relationship with patients. They're trained as

physicians whose missions is to heal, [they're] trained to do the most with the least, given their lack of resources."

Lisa Brock, co-editor of *Race and Empire: African Americans and Cubans Before the Cuban Revolution* (1997) looked at the statistics "We in the US only have 17,000 black doctors. Thus Cuba, with a population of 11 million, has nearly 13,500 black doctors, while we here with a population of 290 million have only [a few] thousand more."

Tim Collie of the South Florida Sun-Sentinel went on to point out that:

According to the New York Times, after four decades of Castro's revolution and despite the loss of a \$5-8 billion subsidy from the former Soviet Union, Cuba still has free education and health care, the highest literacy rate and lowest infant mortality rate in Latin America. The average life expectancy is now 75, up from 60 in 1959. The number of university graduates has quadrupled under Castro, and Cuban doctors are pioneers in new research in biotechnology and vaccines.

African American interest and cultural exchange with Cuba goes back to at least the late 19th century. Novelist Walter Mosley in a report on Cuba released by TransAfrica in 1999 wrote:

"African Americans have a promise of home in Cuba that they never dreamed of -- a country that recognizes the blood and sweat of the black folks that built it... Cuba at least accepts that there is history beyond Europe; that Africa has also been a partner in raising the New World."

Part II

Che Guevara, the renowned revolutionary, who once owned a popular, inexpensive clinic in Argentina, is taken to be the founding father of the Cuban healthcare system. It was he, a physician by profession, who launched the reforms that eventually transformed the country into the leader in health care throughout Latin America. The formula was utterly simple—no matter what happened in the country, cutting expenditures for the health of the people was categorically forbidden. Even right after 1991 (the year aid from the U.S.S.R. was ended), when plants stopped operating, public buses didn't run, and shops were empty—no one in the government even suggested reducing health-care expenditures.

Aleksei Aleksandrov 2003

To understand Cuba's achievements in the area of healthcare we must understand the other conditions on the island and the toll Amerikkkan aggression was not allowed to inflict on the people's right to good health and the maintenance of extraordinary conditioning leading to the valuable increased longevity. Remember, this is an environment of global genocide and the thrust to decrease the human population by the white supremacist system of capitalism is in full effect.

The impact of the embargo by Amerikkka has had a tremendous effect on the quality of life in Cuba and its growth potential. President Bush and his handlers understand that Cuba is a socialist success story even though they have done everything to crush the little island. An embargo is an act of war!

The strength of the people lies in the understanding of the important things in life. In the western world the hunger for consumer goods, leisure time activities and excesses are at the core of what is considered the quality

of life. Health is only an issue after all those other things have been taken care of. More importantly, it rarely crosses the people's minds until illness appears.

Let us look at some of the realities faced daily by the people of Cuba. The shortages have been well documented. Consequently, it is the responses to these external actions of the Revolution's enemies that has caused some hardships. Out of this struggle with negative forces, Cuba has grown and developed in the right direction. In 1996, it was reported by Len and Martha Biallas that:

To combat the food shortages, neighborhood organic gardens are springing up everywhere -- school gardens, factory gardens, even day-care center gardens -- usually where local groups have taken over vacant lots and dump sites, and transformed them by planting lettuce, onions, chives, Chinese cabbage, radishes and other vegetables and fruits. In addition, local farmer's markets are springing up all over, ever since they were legalized by the Cuban Congress last year in spite of the opposition of Fidel Castro, who opposes them because he feels they will lead to a class-system.

Soybean seed farms and agricultural research stations are experimenting with supplements for the milk supply: from soy products they create varieties of cheese, ice cream, butter, yogurt, and other dairy products. Holland, Sweden, and Denmark have each given several millions of dollars for the Cubans to set up their pilot projects in soybean research. Their goal was to provide non-egg, non-sugar substitutes, and to triple the protein in the Cuban diet. They have gone from 11 million liters of soy milk in 1993 to 70 million liters expected in 1996. Soybeans were chosen for the experimentation, rather than corn or wheat, because of the soil quality and the scarcity of fertilizer and petroleum. They see soybeans (along with algae) as the food of the future: no other grain has more protein and

fat and, besides, there's no cholesterol.

When a government puts the people first there will always be progress even under the harshest condition. Many of us disrespect the small nation because they don't have the excesses, the toys, the waste that are products of Babylon's exploitation of its own citizens. Food is white supremacy's number one weapon used globally and without mercy. In her book, "Maintaining Our Temples," Qaraandin laid out a simple plan of survival:

Most of us do not grow any of our own food. Even when we have yards, we usually grow flowers, if we grow anything. We are use to being able to just go to the store or the market to get what we want to eat. The thought of growing our own food just does not enter into our smallest minds. In the U.S., there are many farmers we must rely on. One person plants the seeds, another tends the crops, another harvests it, another packages, another drives the food to market, another sells to us. Any one can decide to go on strike and we would be without food. Growing our food is almost a must if we want to "Maintain our Temple." We may not be able to grow all of our food, but we can grow enough so that if the farmer does not cultivate his field, we will not starve.

The best way to be sure that the fruits and vegetables we are eating are organic is to grow them ourselves. We don't even have to buy seeds. We can save the seeds from the organic fruits and vegetables we buy and plant them. Those of us who live in apartments can grow some of our food. We just have to be more creative. Keep in mind that you can grow vegetables and herbs in any container you use to grow house plants. Growing food does not take as much time as most people think. It doesn't take any longer to water fruits, vegetables and herbs in a yard than it takes to water grass. Watering food plants in an apartment doesn't take any longer than watering any other type of house plant.

Those of us who have never grown any kind of plant don't have to let that stop us from trying. We can read gardening books. We can ask people we know for advice. Once we decide to grow the food, we will come up with ways to do it. We do not have to complain about the sorry produce that is available within our community. We have everything and everyone in place to take care of that and other problems within the Hood. We can create businesses by encouraging some of our unemployed to grow food in some of the vacant lots that dot our community. They can then sell the food to those who have money but not time to grow their own food.

We can pool resources and create cooperative growing operations that will help us get to know our neighbors. We can ask some of our elders who know how to grow food to teach some of our youth. We can use some of our excess to feed our hungry. The possibilities are endless if we just think for a minute instead of rushing out to ask someone else to solve our problems for us.

This eliminates "the politics of food" and yanks this weapon outta the enemy's hand and empowers the people. We line up in hospitals and clinics suffering from the results of genetically altered 'nonfood,' fast food sodium laced 'nonfood' and healthcare systems dominated by money driven hustlers who are raiding our pockets as they ease us into premature graves. Meanwhile, the pharmaceutical firms act as the knockout punch laced with deadly side effects and viscous capitalistic exploitation. The Biallas' went on to add:

When one of our American group discovered while getting off the plane that he had left his insulin injections for diabetes in the airport back in Cancun, the Cubans rushed him to the hospital and provided him with a free 10-day supply of insulin and syringes.

In Amerikkka there is no empathy, no mercy or human rights, your ability to pay is a paramount issue. In addition, the quality of care is dictated by the rigid class system and the cash you got at your disposal. Millions of the poor and the working poor have no health insurance and many times there is no care or the quality of care is criminal. But we know Amerikkka is always at war with its lower classes as their genocidal programs (drugs/crack/aids/vaccinations etc.) decrease the life expectancy of the poor. The Biallas' added this:

It has been pointed out that the lack of money and medical drugs, plus the desire to use herbs and agricultural products, has accelerated a strong push for Holistic Medicine. This involves interplay between doctors with specializations in different areas such as physical therapy, electrical stimulation, hydrotherapy, neuro-psychology, music therapy (as a form of relaxation), and reflexology (foot massages). They have a precise system of diagnosis which is determined by diet, herbs, medicine, life-style, and emotions.

Cuban scientists have had biotechnological success with the drug PPG, which reputedly lowers cholesterol and doubles as an aphrodisiac (and is smuggled into the U.S. even more than cigars), and also with vaccines for hepatitis B and numerous tropical diseases. Two signs in doctors' offices were most intriguing: "A mediocre doctor tests people who are ill; a good doctor treats those who are not yet ill" and the Chinese proverb "Hire the doctor to keep you healthy; pay him till you get sick, then have him pay you."

Cuba is leading the world in working "Natural Medicine" or what is called "Green Medicine" into its national healthcare policy. This goes along strongly with the organic food that has become the norm. Needless to say that combination leads to an excellent quality of health for the people plus a long life. Food and water are powerful weapons and if a government (like the U.S.) is

allowing these two elements to be polluted and destroyed it tells you volumes about the government. in the year 2000. A Canadian who was a graduate student researching how Cuba introduced natural medicine into its public health system had this to say:

Before Castro the use of plants and herbs was relatively common and accepted in Cuba. The revolution brought in modern medicine, vaccinations and antibiotics, so natural medicine faded into the background. Cubans who grew up in the Soviet-backed economy of the '60s through '80s didn't exactly embrace natural medicine with open arms. "But," she says, "they found out to their surprise that it actually works."

She adds, "In Cuba there's more of a sense of community around medical care, and patients are seen more holistically. There's more consideration of the person's life situation: marriage, work, etc." The contrast in North America is that we tend to want to "kill an infection, deal with a specific pathology in isolation. In North America it's more difficult because people want a quick fix."

On the island the people are pleased as they seem to be returning to the source, connecting with their ancestors and finding a better way of dealing with the positive results of an angry embargo that was designed to destroy them and their revolutionary independence. Listen to this testimony:

"My grandmother used to give us herbal infusions when we were little, and we did ok, so when medicine started to be hard to come by, I remembered her teachings," said María Caridad Rodríguez, 60, while purchasing cough syrups based on oranges and oregano for her grandson in the local pharmacy. Rodríguez also drinks an infusion of leaves from the linden tree when she feels nervous or can't sleep. "I no longer need diazepam (a sleeping pill). And one of my

daughters had a molar removed using acupuncture as anesthesia in a neighborhood dental clinic," she said.

Its more than returning to the source but also the awakening the genetic memory that kicks in and connects to our ancestors way. Whenever we struggle we cleanse more than we know and we find our way and intelligently marry it to the new way, its true progress. Patricia Grogg offered this:

Sources at the health ministry said around 20 percent of patients attended by the primary health care system of family doctors currently received some natural treatment or remedy. In the first half of the year, more than 2,000 people had teeth removed using acupuncture as anesthesia in Las Tunas, 694 kms east of Havana. The anesthetic method was also used with positive results in hospitals in that province. According to official statistics, more than 327,000 patients -- equivalent to 30 percent of all outpatients -- were attended from January to July in Las Tunas with procedures using natural and traditional medicine. Research on the use of acupuncture has found that around 20 kinds of operations -- on the region of the neck, extremities, thyroid cysts, or hernias, for example -- can be carried out using acupuncture instead of general anesthesia.

Acupuncture was brought by Chinese immigrants to Cuba, where it merged with traditions conserved by African slaves and their descendants, and by the native population, in an amalgamate that survived the growth of the pharmaceutical industry. Studies have found, for example, that Chinese immigrants fighting with Cuba's independence army in the late 19th century used acupuncture in field hospitals. The tradition was not lost. But until around eight years ago, a mother who used an herbal remedy to treat her child before taking him or her to a health centre

faced the risk of being scolded by her doctor, Leoncio Padrón Cáceres, the public health ministry's National Director of Traditional and Natural Medicine, told IPS. In Padrón's view, the "biggest reason" for developing natural remedies is scientific, rather than economic, because "any therapeutic resource has its limitations," and natural methods complement conventional ones.

I wanna stop here and make an important our-story connection to help clarify that Cuba and the United States have a history of conflict and imperialism, invasion and subjugation until Castro and the people of Cuba broke them outta that habit. I give you this from my book "Black Holocaust 2000:"

When Black soldiers (ex-slaves) arrived in Cuba in dyed wool uniforms looking for Spaniards' to kill, we didn't know the targets were really of Cuba. With an eviction notice in hand for the Spanish and a death warrant for our brothers, we began to butcher our own after the Spanish was expelled.

After the Spanish were defeated and Cuba and the Philippines were taken, the aspiration of both people squashed and the extermination of the Afrikan population in both places began. In both places hundreds of thousands were slaughtered by color. The darker you were the less chance you had to survive. Many of the bravest and most revolutionary were Afrikans and were targeted by the racist Amerikkka military and its Afrikan troops.

Never lose touch with our-story, it clarifies the misinformation and twisted perspective of your enemies. We are all one Pan-Afrikan family with a common history. But let's move forward, Patricia Grogg continues:

But it was not until 1992, two years after Cuba lost its long-time markets and suppliers in the collapsed east European socialist bloc, when

health professionals officially began to work on a programme to recover the use of medicinal plants and incorporate traditions like acupuncture. "Our medicine promotes health and focuses on preventing people from getting sick, and traditional and natural medicine is a big help in reaching that objective," said Padrón, who added that it is a perfectly valid alternative for poor countries. Moreover, by incorporating such methods, the ability of health practitioners to help people with their problems is expanded, he stressed, pointing out that the natural remedies do not come into contradiction with or replace conventional medicine, but instead more integrated, thus broadening the spectrum of treatment possibilities. In accordance with a programme implemented since 1996, traditional and natural therapies are used in nearly all of Cuba's outpatient clinics, while 60 percent of the country's 30,000 family doctors (who specialise in primary care) are trained to use such methods and remedies. Padrón also pointed out that centres providing teaching and medical care in traditional and herbal techniques operate in each of Cuba's 169 municipalities, while central institutions have been set up for the most complex cases in each province. For the past five years, traditional and natural medicine has constituted a special field of study, and has been incorporated into the curriculum of local medical schools. "The battle will have been won when we have trained the entire faculty," said the official.

More than 1,000 locales spread throughout this country of 11 million produce the natural remedies which are sold in the government's network of pharmacies, some of which specialise in homeopathic and herbal products. Cuba's programme of traditional and natural medicine has been advised by Chinese specialists in acupuncture, and by Argentine, Italian and Mexican homeopaths. Cuba currently has one

physician for every 168 inhabitants, 248 hospitals, 436 outpatient health clinics, 12,000 consulting rooms, 166 dentist clinics, 12 research institutes, 21 medical faculties, a number of post-graduate study programmes, and a national school on public health.

The colonization of the world by Europeans was not an act of Innocence. It was not a charitable act by any fantasy of the Imagination or any objective analysis. Entire cosmologies were dumped on the trash heap of a crusading European ideology that meant to plunder, not only the people's mind, but their bodies as well (Reading, 1950). The liberation of the minds of the African people will be a tougher battle than the eradication of settler regimes.

It must be understood that everything is political. Amerikkka's health establishment is designed to make money and it does not matter if people are crippled, driven insane or killed. Profit, profit, profit, and the control and the extermination of the lower classes.

In the U.S. doctors are not required to learn nutrition or an holistic approach to healing. This results in a backward system and anti-human cabal of backwardness. And what about the health practitioners who have good hearts and want to help their fellow man you might ask. Their ignorance is your death. We must stop the genocidal practices if we are to survive.

