



YEMEN'S ONLY ENGLISH - LANGUAGE WEEKLY

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## OUR VIEWPOINT



### PUSHING PAPERS

Bureaucratic formalities are the curse of our modern civilization. The plethora of paperwork that needs to be completed for any business is mind boggling. We, in economics, usually say there is a financial transaction as a cover or corollary to any economic activity. Maybe more importantly, there is some paperwork as a cover or corollary to any event and even non-event.

That is a universal phenomenon, we have to live with it. But in Yemen, pushing paperwork takes a different twist. Presumably there are laws, conditions and yardsticks that regulate the flow of paperwork in the various ministries and organisations and presumably, all cases are treated according to those yardsticks. But no, not in Yemen!

Here, the official behind the desk checks out to who the formality belongs or whom it concerns. If it concerns a powerful person (party) - thus posing a threat - or concerns a wealthy individual (company) - thus presenting the likelihood of some form of remuneration - then the paperwork will proceed smoothly and quickly. If in the process, a law needs to be broken, so be it; if a certain condition needs to be overlooked, so it will be! If, however, the formality concerns some unknown joker, or some person who neither presents a threat nor the possibility of financial remuneration, then there is trouble. Whatever the laws and regulations say is unimportant - the formality is bound to make several long, long stops.

So, if you have any paperwork to be completed, project the image of power and/or wealth. Deep down keep on praying you will not be called upon to prove either. If you don't want to go through this exercise, and still have to finish some bureaucratic formalities, brace for trouble and ask God for patience. So much for the rule of law.



### WARNING SUSPECT CAMPAIGNS AGAINST UNITY

In his speeches in Taiz and Ibb prior to his return to the capital, President Ali Abdulla Saleh affirmed that democratic practices are open for all Yemenis in order to contribute to the growth and progress of the homeland. In his first reference to show irritation at the exchange of accusations, the President said, "Mosques are meant for the performance of the religious duties, devotional service and Islamic teachings, but not for accusing others of atheism."

The Constitution clearly states that Islam is the "State Religion" and all our laws are derived from the Islamic Sharia. President Saleh added, "We welcome the opinion of others but without distorting the facts and what has been said about the Constitution can only be interpreted as hostile to Yemen Unity".

## PRESIDENTIAL COUNCIL ON THE MOVE!

Four of the five members of the Presidential Council were travelling in the Republic last week. President Ali Abdullah Saleh and Council Member Abdulaziz Abdulghani covered Attaweelah in Al-Mahweet province, Bajil and Hodeidah in Hodeidah province, Taiz and Ibb provinces. In another loop, Vice President Ali Salem Al-Beedh visited Hajjah in Hajjah province, Saadah, Baqim and Haradh in Saadah province, and Abs in Hodeidah province. Finally, Mr. Salem Saleh Muhammad, Presidential Council member, flew to Aden, and drove to Lahj. In all those trips, the leadership aimed

at achieving a stronger internal cohesion by consolidating the home front. Foreign countries attempt to sow internal disagreements in the country.

In its policy of carrot and stick, the Presidential Council, seemed last week to reach out for the stick. Each of those officials sent stiff warnings to any person who intended to create internal turmoil or hoped to disengage the unity. In another development, the People's General Congress and the Yemeni Socialist Party are presently working in such close coordination that sources wonder if they are headed towards merger.

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# HIZB ATTAGAMMU' ALYAMANI ALWATANI

The Hizb Attagamu' Al-Yamani Al-Watani (The Nationalist Yemeni Gathering) is a ten-year old party. It is led by a former leadership of the previously South Yemen. By and large, its main following is people who were exiled from South Yemen during the 1970s, although it was able to attract members from the formerly North Yemen, as well. Headed by Mohammed Ali Haithem, the former Prime Minister of the previously South Yemen, the party leadership includes:

Tawfeeq Ali Aubali, Mohammed A. Sayyari, Mahdi Abubakar Alhamed Ahmed Hasan Attas.

In spite of the South Yemeni origins of the party, it has successfully attracted a few followers from all over the country, although its concentrations continue to be the southern and eastern provinces. Of its presently ten thousand or so members, the majority are tribesmen, laborers, students, and merchants.

One of the main objectives of this party is the re-integration of exiled South

Yemenis, and the demands to restore their properties and rights. In the longer run, it wishes to participate in the establishment of a modern state based on a plural (multi-party) political system, and a market-oriented economy. It calls for the unity of the Arabian Peninsula as the forerunner for a general Arab and Islamic unity. Within the Yemeni political structure, it calls for the establishment of a broad national front to look into the grievances of the various political groups. The party had proposed to set a supreme committee in the Council of Deputies in order to prepare a list of all those persons who had been negatively affected during the years of Imamic and British rule of Yemen, and also during the subsequent rule of divided Yemen. The idea is to compensate those individuals for their losses and suffering. The proposal, which would have entailed enormous costs, has not been adopted.

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## GOOD RESPONSE SHOWN AT POLLING STATIONS

Dr Abdulla Hussein Barakat, Chairman of the Supreme Committee for the Referendum on the Constitution has announced that the registration process in the polling stations in all directorates and centers made good progress. "During the past fifteen days, the percentage of registrants reached about 50% of the number that voted in the last parliamentary elections in the Republic," he said. This is a good indication of the people's response to the referendum process. The responsibility of the Committee is to take the right measures to help citizens cast their ballots in conformity with the constitutional requirements that votes be cast in complete secrecy. "Individuals must feel free to decidewhat they deem right in the light of the current circumstances of the Republic of Yemen," Dr. Barakat concluded. It is worth mentioning that Yemen will soon vote on whether to adopt the new constitution in its present form or not.

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## LOCAL ECONOMIC BRIEFS

### USD 1.2 BILLION TO MODERNISE ADEN REFINERY, PIPELINE NETWORK AND LPG FILLING STATIONS.

Work is in progress at full speed to modernise and develop the Aden refinery, the old crude oil refining installation in the southwestern corner of the Arabian Peninsula. The project covers modernisation of the old refining units and the construction of new ones. This statement was released by Hussein Mohamed Al Haj, Director of Aden Refinery.

Al Haj said, "The total cost of this project is USD 2m." The Aden refinery is currently running at an annual production capacity estimated at 4 million tons of crude oil originating from the Safer area in Marib, 200kms east of the capital Sana'a. The Director of refinery clarified that despite the old age of the refinery (35 years) it is able to refine 10 million tons of crude per annum.

"We have introduced a new production line to produce "tar" at a daily capacity of 10,000 barrels which would be enough to meet Yemen's road construction needs, and the surplus would be exported to Arab and neighboring countries," Al Haj said.

Referring to future plans, Al Haj said, "We have high hopes particularly once the port of Aden is declared a "Free Zone". Such a situation will enable the Aden refinery to play a major role in the process of bunkering, refining incoming crude oil and exporting its products".

Al Haj added that Yemen's future is promising; in light of its potential to produce big quantities of crude oil by the year 2000, besides the production of natural gas and the establishment of the related industries.

A comprehensive study has been carried out to construct a pipeline network and LPG filling stations in a number of governorates to supply the need for gas. "This involves the construction of a pipeline from Shabwah to the Aden refinery at a cost of about one billion dollars," Al Haj said.

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- لطور/ وجبة غداء/ وجبة عشاء (تسعيرة كاملة)
- لطور/ غداء او عشاء (نصف تسعيرة)
- بوفيه موڤنپيڪ الخاص في المطعم الرئيسي في طابق الميزان
- استخدام حمام اسباحة مع ملابس التنس الارضية.
- البرنامج المائي:
- الاطفال دون سن الثانية حرة ويستكون في نفس الغرفة مجاناً شريطة ان لا يزيد عددهم عن اثنين
- المواصلات من وإلى المطار

### لشروط

- هذه التسعيرة الخاصة صالحة ل:
- ١) اكثر من خمسة اشخاص وثلاث ليالي
  - ٢) لا يوجد خدمات الغرف فيها
  - ٣) الاشياء الاخرى بغيرها نقداً
  - ٤) تخفيض في الوجبات الغذائية (٥٠٪) للاطفال ما فوق سن السادسة ومجاناً ما تحت الخامسة.
  - ٥) يتبع نظام الميزونات
  - ٦) - جميع الوجبات تقدم في المطعم فقط
  - ب- اي طلبية الى الغرفة تحتسب بتسعيرة قائمة الطعام الرسمية.
- للميزونات اتصلوا بالوكيل الخاص بكم ان: (٣٢٩٤٨/٣٢٩١٣/٣٢٩١١/٣٢٩١١/٣٢٧٠٠) خور مكسر - ص. ب. ٦١١١ - تليفون: ٣٢٧٠٠ - فاكس: ٣٢٩٤٧ - تلكس: ٣٢٩١٩ عدن - الجمهورية اليمنية

# OIL MINISTER DISCLOSES NEW OIL & GOLD DISCOVERIES

The Ministry of Oil and Mineral Resources is the prime source of foreign currency and the hope of a better future for this country. YEMEN TIMES seized this opportunity to interview the Minister of Oil and Mineral Resources, MR. Saleh Abu Baker Ben Husseinon.

**Q. "Yemen Times" readers are anxious to know more about the new oil discoveries in Block 4 in Shabwah Governorate, Maseela and other areas if any?**

A. First, I would like to extend my thanks to Yemen Times for its interest in oil discoveries and oil exploration in Yemen.

Oil is one of the important sources of wealth. The history of the first oil explorations in Yemen could be traced back to 1934, and more extensively to 1956, and continued until our present time. International oil companies of various nationalities are still interested in acquiring concessions in Yemen. The first discoveries of oil in Yemen were in the years 1983, 1985 and 1987. The oil discoveries in Mareb are well known, but I would like to confirm that a new oil discovery in commercial quantities has been made in the Raydan field, in Mareb itself. Studies continue to assess the economic and commercial viability for other fields. We expect to have in hand the required information and data on the new fields of Al Saeeda, Al Rajaa and Al Wahda, during the coming two months.

Regarding the recent discoveries in "Al-Maseela" area, precisely speaking, in "Sunah" - about 60 Kms south east of Seyoun. The first oil well was drilled by the Canadian Occidental and proved to be promising. The initial analysis but not the final one, indicates this well has the potential to produce about 4000bpd.

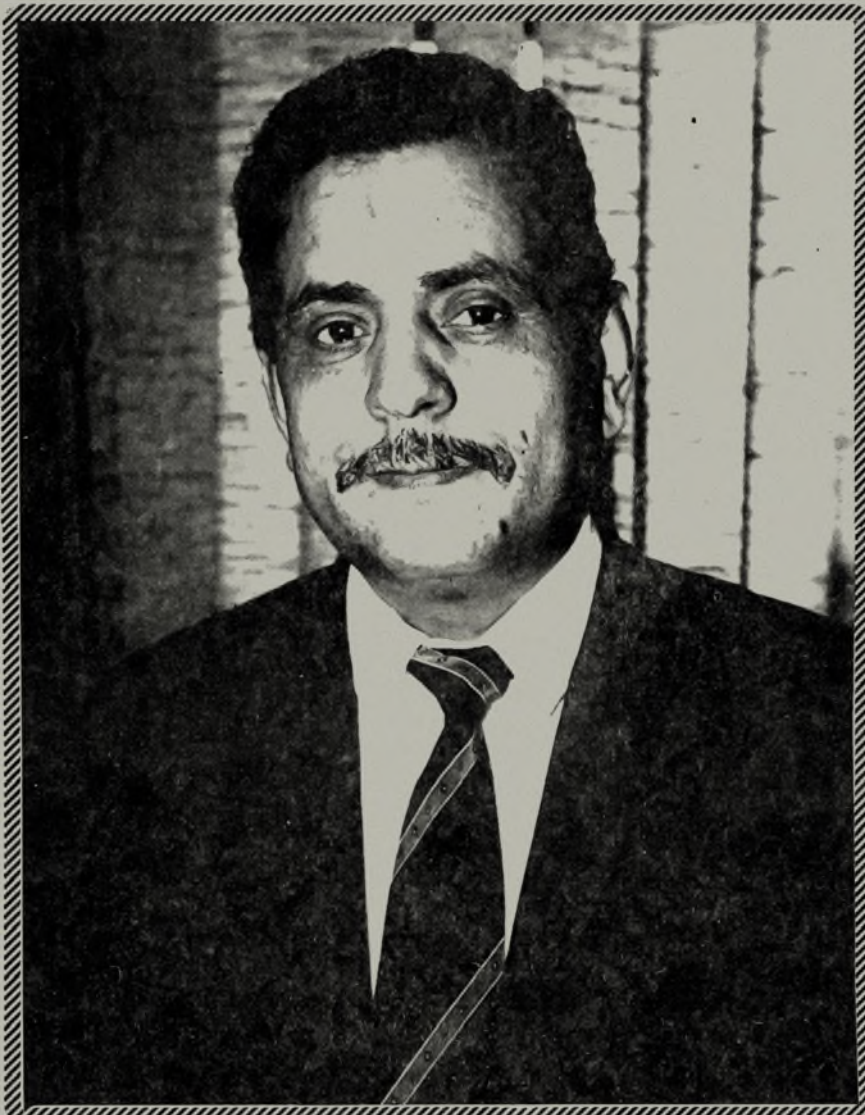
There are also other "geological structures" which the same company is testing on the basis of results of its drilling operations." Another well, in the same area, has been drilled and the initial results were good. Additional oil has been found in three other geological structures, but the final results will be released when drilling opera-

tions are completed.

In general, the primary results are good. The gravity of crude oil is 36 API similar to that of Sunah. At the same time, production in this well would not be less than the previous one, and the details would be announced in early April. It has been agreed to go ahead

struction of the pipeline.

According to our information, this field is of high production potential. Unfortunately, we and the Soviets could not, until now, solve the technical difficulties specially since the drilling system needs to be modernized. At the same time, we



with the drilling the third and fourth wells in the same area.

**Q. How do you assess oil quantities in the Raydan field?**

A. There are seven wells in the Raydan oil field. The results of the analysis have indicated that the quantity is commercial and we are now discussing the development of this field.

Going back to Block 4, oil has been discovered, in this area, in 1978 by the Soviet companies. Oil discoveries were located in three fields named, "Ayad West, Ayad East and Amal." Since then, experimental production was carried out, mainly in "Ayad West" which produced 10,000bpd. In mid 1990, this production was stopped out of fear that damage could occur in the well. In the light of such a situation, discussions are underway to solve the technological problems in the field and speed up the con-

struction of the pipeline. ought to solve the difficulties of "oil separation", problems pertaining to the production and drilling of additional oil wells as well as solving other difficulties such as to maintain the pressure created either by water or gas. All these problems are being studied with the Soviets in order to reach a solution. Simultaneously, the pipeline is about to be completed and tested.

**Q. It has been reported in the local press that you envisage the possibility of exporting about 35 to 50,000 bpd, from the same field by the end of next May. Can you comment?**

A. In general, Block 4 has the potential to export those quantities when the existing technological difficulties are solved. In view of such difficulties, we and the Soviets have agreed to either invite a third party or hand over this block to another company or a consortium.

**Q. Has this agreement been finalized?**

A. It has been agreed that the Soviets will fill all the data and statistics which would be given to all the bidding companies.

**Q. Have you selected any company**

A. Not yet. We and the Soviets are collecting all the necessary data to be sold to companies willing to take over the works in this block and the best offer would be selected.

**Q. If we discuss "Gold" discovery in Hadhramaut governorate, what is the news in that sector?**

A. We have discovered gold in commercial quantities in Hadhramaut, precisely in the Madan valley but progress has been slow because of a number of reasons. We have not agreed with the economic evaluation presented by the Soviets. Thus they ceased their exploration in this mine and their contract has been terminated. We have asked

international companies to bid for this project. The response came from Canadian, American, British, Japanese and Dutch companies and the Jordanian Arab Mining Company. Unfortunately, contacts with these companies were interrupted due to the Gulf crisis, but contacts will be resumed soon to select the best bid.

Once again, we invite all

international companies specialized in areas of mineral mining to visit Yemen to acquaint themselves with our mineral potentials. We also invite them to submit their bids in light of the available studies pertaining to mining projects in different parts of the country. Other mining studies indicate the existence of various minerals in commercial quantities. These include marble, gypsum, copper, nickel, zinc etc.

**Q. How do you see the future of this sector?**

A. Taking into consideration that the Gulf problem is over, we believe international companies will now be in a position to show more interest in mining in Yemen.

In areas of oil exploration, we have set up new blocks, in different parts of Yemen, which are not less important than those already contracted.

**Q. Could you specify those areas, please?**

A. These include many new areas such as Al Jawf, the Red Sea, Thamoud, Al Fart and Ramah. Some companies had worked in these areas and they are considered very promising. There are also other regions such as "Al Gheidha, Khaleej Al Qamar and even Socotra Island" where oil potential is considerable.. Also, we want to revive the concession granted to the Italian Company (AGIP). In fact, oil was discovered in this area, (east of Mukalla-named "Sherma") in 1982.

We believe that during the next two years, oil production would be increased. The new companies would have completed their exploration work and would be able to furnish us with indications of new oil fields.

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# INSIDE THE SANAA CENTRAL PRISON

The issue of human rights is probably the most critical one in our political conduct today. It has been, and continues to be, a prime concern of this paper. In this light, *YEMEN TIMES* visited the Sanaa Central Prison, reputed for its human rights violations. We intended to shed more light on the place, and to assess the recent improvements it witnessed. In this article, we provide our readers with our findings, as well as the comments we obtained from the prisoners and the prison officials.

## A. BACKGROUND:

The Sanaa Central Prison is actually a complex made up of four distinct parts - the Mental Assylum, the Women's Prison, the Minors' Prison, and the Criminals' Prison. On the day of our visit, Wednesday March 13th, 1991, there was a total of 1657 persons in the complex distributed as follows:

Number	Prison
39	Minors
46	Womens'
1286	Criminals
286	Assylum

## B. MEETING THE PRISON BOSS:

In a long conversation with Colonel Saeed Qassim Ali, the Commander of the Sanaa Central Prison, it became very clear from the beginning that the place leaves much to be desired-- overcrowding, shortage of resources, unclear laws and regulations, too many parties which have the right to send citizens to prison, and too many parties that interfere with the affairs of the prison, etc. We asked, "Do you have good records of the prisoners - why they are there, for how long, who is the adversary, etc.?" Yes, they have 'records', although incomplete in many ways. But there have been major improvements. These include the following:

- 1) The chains and similar other tools exist no more. In the past, prisoners used to be chained in different ways, and this used to result in physical hardships and suffering.
- 2) The number of authorities that used to be able to send citizens to prisons is dramatically

reduced. In the not-too-recent past, about any senior government official and military/police officer could send people to prison. Last year, this was limited to forty four parties. Today, the



prison accepts prisoners only if sent through three authorities. These are the courts, the public prosecutor's office, and the Ministry of Interior.

3) Treatment of prisoners is more humane today. Physical torture is a rarity, and human rights are 'observed' although in a rather loose way.

4) Prisoners are given the opportunity for productive engagements.

Several prisoners are students at various levels of education, including the university level. Others have the chance to produce certain goods and products.

5) Recurrent visits and checks have

become the norm. President Ali Abdullah Saleh, Vice President Ali Salem Al-Beedh, members of the Council of Deputies, and representatives of human rights organisations have been among the visitors of the prison over the last year.

## C. FROM PRISON TO REFORM CENTER:

There is today a major investment to transform the prison complex into a reform center. President Saleh had instructed the construction of workshops to teach carpentry, embroidery, tailoring, and other crafts. The project has thus far costed over YR.22 million, and it is almost completed. It is hoped that before the 22nd of May, 1991 - the first anniversary of the union, the reform center will be inaugurated. But the administrative and financial arrangements have yet to be put in place. The commander of the prison has stated that whatever the prisoners produce, they sell, and receive the total proceeds. This is hard to believe, although, even a 50% share for the producers (prisoners), is an acceptable arrangement.

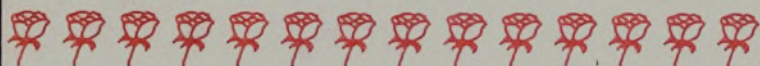
## D. THE FUTURE:

It is necessary that the executive, legislative, and judicial authorities show more interest in what is going on inside the prison. Voluntary and humanitarian organisations, whether local or international, should pay more visits to the prisons, and should support programs aimed at improving the conditions of the prisoners. Recurrent visits help limit the excesses of abuse and violations of prisoners' rights. The different prisons need to be separated. The minors should be taken to an orphanage or some other institution, not a prison. The mentally disturbed persons need medical and psychological services in hospitals and asylums, not in prisons. The women's prison need to be separated from the male prison, and their affairs need to be managed by female officials. All in all, there has been much improvement, and thanks are due for all who helped achieve such progress. But there is much more to be done. After all, those persons behind bars are part of our society, and we have to attend to their needs.



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# THE NEW YEMENI CONSTITUTION:

## Continuation of PART III

YEMEN TIMES continues to publish its fourth segment of the text of the new Yemeni constitution. This is not an officially approved translation.

### Article (64):

Members of the Council of Deputies enjoy immunity against investigations, search, arrest, imprisonment or any other punitive measures except with the permission of the Council of Deputies, or if caught red-handed in a crime. If the Council of Deputies is in recess, then permission may be requested from the Presidential Council, in which case the Council of Deputies is to be notified upon resumption of its sessions.

### Article (65):

Members of the Council of Deputies address their resignations to the Council of Deputies, which is the sole body to accept them.

### Article (66):

No member of the Council of Deputies can lose his/her membership, unless the membership conditions stipulated in this constitution become inapplicable.

### Article (67):

Any member of the Council of Deputies, and the government, unions and other people's associations have the right (through their representatives in the Council) to propose bills of laws and amendments to existing laws. Any such proposal is first screened by a special committee to determine whether the proposal should be presented to the Council. Any proposal presented by parties other than the government, and which has been discussed and rejected by the Council, may not be presented again during the same round of sessions.

### Article (68):

The Council of Deputies has the right to direct the government on issues of general concern. If the government cannot comply with such directives, it has to justify accordingly to the council.

### Article (69):

At the request of at least 20% of the members, the Council of Deputies may raise, discuss, and investigate government policies and exchange views on them.

### Article (70):

At the request of at least ten members, the Council of Deputies may create a special committee to investigate any issue which may jeopardize the general interest. The investigations may cover the actions of any ministry, government agency or board, public/mixed corporation, or local council. Such investigations may include gathering of information, and holding hearings. Executive bodies are to comply, and to provide any information or documents needed for this purpose.

### Article (71):

The Council of Deputies approves the comprehensive social and economic development plans. A law is to be issued stipulating such approval, the process of preparation of the plan, and the presentation to the Council.

### Article (72):

Within a maximum of fifteen days of the formation of the new government, the prime minister must present to the Council of Deputies his government's program. The Council or any of its members may issue commentaries on such a program, which is then put to a vote of confidence. The inability of the government to obtain a majority of the votes means the withholding of confidence. If the Council of Deputies is in recess, it is called for an extraordinary meeting to approve the government program.

### Article (73):

The responsibility of the Council of Ministers (Cabinet) is collective and individual. Any member of the Council of Deputies may pose questions seeking clarifications from the prime minister, any of his

deputies, any minister or vice minister. The questioning and clarifications may not be converted into a hearing during the very same meeting.

### Article (74):

The Council of Deputies has the right to withdraw its vote of confidence from the government. Such a step should come only after notification to the prime minister, or whoever is acting on his place, of a pending investigation signed by at least one third of the members. The vote of no confidence may only be carried out not before the lapse of one week from the date of the notification.

### Article (75):

Any member of the Council of Deputies has the right to direct questions to the prime minister, his deputies, and the ministers to make them account for matters that come within their responsibilities. Responses to, and discussions of such questions take place after at least one week, except in cases which the Council deems as urgent, and to which the government agrees.

### Article (76):

The prime minister, his deputies, the ministers, and their deputies, are given the opportunity to clarify any points in the discussions of the Council of Deputies. They may also bring along any senior officials to the discussions. However, they may not participate in the decisions and votes of the Council unless they are members. The government or any of its members must comply with the request of the Council of Deputies to attend any of its meetings.

### Article (77):

The meetings of the Council of Deputies are legal only if attended by a majority of its members. Its decisions are taken on a simple majority basis, unless the issue being discussed requires a specific majority. Voting is done on an item by item basis. Any item on which the votes are equally split is considered defeated.

### Article (78):

The Presidential Council may not dissolve the Council of Deputies except under dire cases and only after holding a national referendum on the reasons for such a decision. The decision to dissolve the Council of Deputies must simultaneously call for new elections to elect a new Council of Deputies within sixty days of the referendum. If the Presidential Council's decision does not call for elections, and if such elections are not carried out within sixty days, the Presidential Council's decision is considered null and void, and the dissolved Council of Deputies will continue its responsibilities on the force of the constitution. If elections are held, the new Council of Deputies must hold its first session within ten days of the declaration of the results. The government must, in the meantime, resign, and a care-taker government will take its place until the meeting of the new Council of Deputies. The new Council of Deputies may not be dissolved for the same reason. In all cases, the Council of Deputies may not be dissolved in its first round of sessions.

### Article (79):

The Presidential Council may return a law approved by the Council of Deputies for re-consideration purposes. Such a step must take place within thirty days of the Council of Deputies' decision, and must be accompanied by

justifications. If a law is returned to the Council of Deputies, and if it is once again approved, it is issued and it becomes a law.

### Article (80):

All laws are published in the official gazette within two weeks of issuance, and take effect within thirty days of their publication. These periods may be shortened or lengthened if specified accordingly in the law.

### Article (81):

No laws may be applied in retroactive manner. However, in laws not pertaining to taxes or punitive measures, stipulations may determine differently, in which case a two-thirds majority is requested in the Council of Deputies.

### POINT TO PONDER

The 22nd of March coincides with the anniversary of the Arab League. What meaning does this date carry for a paralyzed organization facing extinction? At best, the Arab League has been inefficient and marginal.

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### WELCOME RAMADHAN

On the 17th of March, Yemenis, along with most of the Islamic peoples, started their fasting month, Ramadhan. During this month, Muslims refrain from eating, drinking, and (thank God) from smoking from sunrise to sunset. The people are supposed to be more pious, courteous, and caring. Be that as it may, don't expect too much from a hungry person. Working hours change too. Most people are relaxed and asleep during the day, and private businesses work at night. The government's working hours start at 11:00 am and continue until 15:00. If you want to get any paperwork done, be there around 13:00; or better still, wait until Ramadhan is over.

The Editor

# TUNISIA ON ITS NATIONAL DAY

## I: BACKGROUND:

The Republic of Tunisia (Al-Jumhuriyyah At-Tunisiyyah) is a small country with an area of 165,530 sq. kms. and a population of almost eight million. The country occupies a strategic location in the Mediterranean - a place where the West meets the Orient, and a place where Africa meets Europe. The people of Tunisia comes primarily from the Arab East (Al-Mashreq), although in different waves. The original settlers, the Berbers, probably migrated from South Arabia (presently Yemen). The Phoenicians came from the Levant (presently Lebanon and Syria), and Banu Hilal and Banu Saleem came from eastern and central Arabia. Most Tunisians today are direct descendents of any one or a mixture of the three waves of migration.



## II: THE HISTORY:

The earliest documented settlements in Tunisia date back to three thousand years. The Phoenicians established settlements along their trade route crisscrossing the Mediterranean between Tyre (Lebanon) in the east and Cadiz (Spain) in the west. Quite a few of these were in Tunisia, and the most famous was Carthage. For almost four centuries starting with the 6th century B.C., Carthage dominated the Mediterranean, specially the western half, and established the Lingua Carthagina. Roman conquest brought an end to Carthage and Tunisia became a Roman province. With the fall of Rome, Tunisia was pillaged by the Vandals. Until the coming of Islam, Tunisia suffered from turmoil and instability and it was torn between the

Vandals who tried to establish themselves, the Byzantine attempts at reconquest, and the ambition of native kingdoms to rule the country. Peace, stability, and prosperity came only with Islam, the first contact of which was in 642. Around 670, Uqbah Ibn Nafi arrived in Tunisia where he founded the Kairouan (Al Qayrawan) University. By the beginning of the 8th century, under Musa Ibn Nusayr, the last remnants of Vandal and Byzantine presence was terminated. Tunisia became the seat of several Islamic dynasties - the earlier ones being the Aghlabids (Banu al Aghlab) and the Fatimids. Then it became part of the Almoravid and Almohdad empires, and finally it became the seat of the Al Hafsid (Banu Hafs). By 1574, Tunisia had become an Ottoman province, which lasted in various degrees of control for three centuries. In

1881, the French finally colonized Tunisia, although the local rule of Beys continued. An independence movement led first by the Destour, and later by the neo Destour struggled against the French.

By March 20, 1956, the French were ready to leave. Four months later, an independent Tunisia abolished the rule of the Beys, and the Republic of Tunisia was declared, with Al Habib Bourgiba at its top. In the earlier years of Bourgiba's rule, the country witnessed considerable improvements in the living standards of the people. However, with old age and bad health, Bourgiba could no longer control the country. Thus inefficiency and conspiracies became rampant, and the country faced potential disintegration and chaos. On the 7th of November 1987, Mr Zine Al Abidine Ben Ali took over as president in a bloodless change of leadership. Locally, regionally and internationally this step was received with great relief. The new leadership brought a dynamic policy to the country. Relations with the neighbours were restored and improved, the economy was restructured, an active foreign policy was pursued,

and a strong impetus for socio-economic development became the rule of the day.

## III. RELATIONS WITH YEMEN:

"Relations between Tunisia and Yemen are based on many strong foundations," says H.E. Mr. Abdul Hay Sghaier, Tunisia's ambassador in Sana'a. "We have a number of agreements and protocols in effect. Tunisia can offer Yemen expertise and assistance in many fields; notably in agriculture (mechanisation, fertilizers and better water use and harnessing like dam building), in tourism, in handicrafts, in chemical products and in manufacturing." the ambassador said. "If requested, we can arrange more Tunisian teachers for the public schools, and lecturers for the universities". Speaking about the Tunisian experience in technical education and community colleges, Mr Sghaier said that the Yemeni Minister of Higher Education and Research returned from a visit to Tunisia three months ago. They signed an understanding which we hope will add a new dimension to our cooperation. "We are willing and will be happy to cooperate with Yemen," the ambassador repeated. Regarding his work in Sana'a, Mr Sghaier said that he receives all support from the authorities. "I first came to Sana'a at the end of 1962," he said. "Sana'a was just a small town lacking in all amenities. Upon my return, I found the progress that has been achieved is remarkable."

## IV: RECONSTRUCTION PROCESS:

The country is set to embark on the Eighth Five-Year Development Plan. This comes as a final stage of the restructuring process which has realigned the factors of production in the economy. Agriculture and Industry were given priority in the production sector, while in the service sector, education was given priority. Tunisia stands



alone as a country that allocates nearly a third of its budget for education and training. Government corporations and institutions were sold out to the private sector in a major "Privatization" campaign aimed at limiting the involvement of government to the strategic sectors and activities. Foreign debt was reduced, and efficiency was bolstered. The investment climate was improved, and government efficiency is on the rise. Above all, the democratization process has allowed for a more visible accountability in the use of government resource. The reconstruction process is based on a multi-party broadly nationalist front which aims to rebuild the nation politically, socially and economically.

## V: THE FUTURE:

The leadership in Tunisia is future oriented. President Ben Ali works tirelessly to complete the re-structuring of the economy. "You know we have started a total over-haul of the sick economy which was over-

burdened by foreign debt and inefficiencies. Today, the World Bank and IMF point to us as a successful example in re-adjustment programs." We have to face the future together in unity. Within the Arab Magreb, we are steadily, cautiously moving to creating this big block, which is a cornerstone in a broader Arab structure. We are also looking at Europe after 1992. Our approach is to complement such a Europe, not to confront it. Tunisia's approach has always been based on cooperation and co-existence. The country is an example of a self confident nation which interacts positively and fully with others. President Zine Abidine Ben Ali has led the country with considerable foresight: a policy based on a vision of the future but deeply entrenched in the practicalities of the present. In response to a question on the hope for Tunisia and the region, the ambassador was up-beat. He said that Tunisia was the first Arab country to promulgate a constitution. In 1861, nearly a century and a half ago, the country issued its first constitution. We have hope of a better future given our practical, yet ambitious approach. "We are betting on our people. So we provide them with a good education and other services." As far as the region is concerned, the ambassador reaffirmed that unless we learn to live with each other in cooperation and understanding based on our Arab and Islamic heritage, the future will be difficult. Therefore, it is necessary to construct systems based on respect of human rights and democratic values in the whole region.



## ARABIAN HORSES MAKE MILLIONS IN EUROPEAN RACETRACKS



The horse triggers so many fine images and noble feelings in us. A majestic animal, strong, intelligent and friendly, its very name (chivalry, cavalier, cavalry) connotes honor, respect, good manners and generosity.) see why the French zoologist Le Comte de Buffon described it as the "proudest conquest of man". The relationship of the horse to human being is unique - they are partners and friends. The horse ploughed fields and brought in the harvest, hauled goods and conveyed passengers, followed game, tracked cattle, and carried warriors and adventurers to remote and unknown lands. it has provided recreation in the form of jousts, tournaments, carrousels, and in the sport of riding.

Zoologically, the horse is a

mammal of the family Equidae. It comprises a single species - Equus caballus - whose numerous varieties are called breeds. Of these, the most famous and the most sought after is the Arabian horse. The long history of the Arabian horse is full of legend. This horse prized for its stamina, intelligence, and character was developed in the Arabian peninsula by the 7th century AD. The most famous stud farms have generally been the Najd area in Saudi Arabia, the north eastern

fringes of Yemen, and more recently, in Jordan. The most famous horsemen have been the Arabs, and we can say that the horse was a critical part of the success stories of Arab military conquest in the 7th-10th centuries.

The Arabian horse was introduced into England, and from it the thoroughbred lineage was developed. Under James I and Charles I, for example, 43 Arabian mares (the Royal Mares) were imported to England

for breeding purposes.

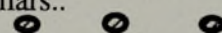
In France, the Arabian was interbred with local varieties, thus producing a slightly longer animal. Through Spanish explorers, half breeds of the Arabian were introduced into the New

World, where additional breeds were developed.

Military horsemanship, raised to grandeur by Arab and Muslim riders, and developed to a fine level by European knights, Central Asian tribes, and American cowboys and Indians gradually gave way to peaceful art of horsemanship. The two most visible forms of modern horsemanship are exemplified in riding (racing) and shows (fairs). Horse racing must have existed from the very be-

ginning of man's relations with horses. The ancient Greeks and Romans had horse and chariot races and games held at the Olympia. The Arabs and Central Asians regularly held races in the open thus raising a trail of blazing dust. Horse shows have developed into popular institutions in which competitions in horse riding, jumping etc., were held. The annual international shows include the Royal Dublin Society (Dublin, Ireland), the National Horse Show (New York, USA), the Richmond Royal Horse Show, the Horse of the Year show, and the Royal International Horse Show (all in Britain), the Grand Prix de Dressage and the Prix des Nations (France). Further races and shows are held in Italy (Verona and at the Piazza di Siena in Rome), the Netherlands, Belgium, Germany, Spain and the USSR. Above all, of course, there are the Olympic competitions.

Horse races and shows have, of course, become a big business. In many cases, the prizes run into millions of dollars, thus also run the prices of horses. Fine bred Arabian horses could fetch million dollars, and they win more millions of dollars.

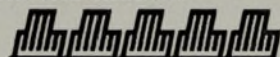


### YR 35 m TO BE INVESTED IN HODEIDAH

Hodeidah, one of Yemen's major cities, is to receive further public services. Work is in progress to execute the disposal of rain water project at a total cost of about YR 8 m. In addition, the asphaltting of several streets is being executed at a cost of another YR 8 m. A further YR. 4.8 m. is allocated for street lighting. Finally, the completion of the second phase of Hodeidah corniche is expected to cost YR 14 m. The total allocations for the improvements in Hodeidah are expected to reach YR.35 m., the whole amount being funded by the Government. Supervising the projects is the Ministry of Housing. It is worth mentioning that most of the new investments in Yemen are financed from the government treasury, as foreign assistance has dwindled to a near halt.

### Insurance Companies to Open Branches in Aden

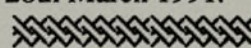
*As a follow-up to Yemen Times piece on the insurance business in Yemen, we recieved a letter from Mreb Yemen Insurance Company. We are gratified to inform our readers that the Ministry of Industry has taken the necessary steps to facilitate the establishment of branches in Aden by the insurance companies. According to Mreb Insurance Company, the Ministry of Industry has carried out its duties fully, and that the company hopes to inaugurate its Aden branch in one month. Yemen Times siezes this opportunity to thank all those officials who responded favorably to constructive comments from the media.*



### 28TH MARCH, MERGER DAY OF YEMEN AIR OPERATIONS.

Abdul Karim Al Nashiri, Director of Air Transport has confirmed that all the specialised committees of Yemenia and Alyemda are intensively working on the final concepts and defining the practical steps drawn up for the merger of both airlines. In accordance with the directive of the cabinet, it is expected to declare this merger on 28th March, 1991.

The Ministry of Transport and the airlines have finalised the set up of the organisational structure and the rules of the unified company and there remains only the discussion of some arrangements regarding the extraordinary meetings of the General Assembly of Yemen Airways Company which should be held before the dead line of the merger set on 28th March 1991.



### Iryani: "No substitute for PLO"

Dr Abdul Karim Al Iryani, Foreign Minister, reaffirmed Yemen's fixed and unchanged stand towards the Palestinian issue, and its recognition of the Palestine Liberation Organisation as the only legitimate representative of the Palestinian people.

Speaking to the weekly 26th September, Dr Iryani said, "Yemen does not accept a substitute for the PLO. It is one of the rights of the Palestinian people to choose who represents them, and no one can specify who represents them. No party should have the right to define who represents any nation.

"The resolution of the Palestinian issue cannot be achieved except through an international peace conference. The outcome of the recent visit of James Baker to the area resulted in an unclear promise; there is no precise adherence to international legality which cannot not be parcelled. There are some states which are members in the military alliance and which are now "openly stating" that what is being voiced in the political circles is not sufficient. Referring to the resolution passed by the Security Council identifying Yemen as one of the affected states by the Gulf crisis, Dr Iryani said "Yemen has the right to demand compensation".

Dr Iryani affirmed anew Yemen's policy at Arab and international levels before, during and after the Gulf crisis. We support those who seek to heal the wounds, create bridges, reunite the one family and forget the past incidents.

Dr Iryani said, "The Damascus document has openly declared that it has been based on the Arab League Charter. The document underlines the understanding between the eight states and their agreement that military forces should take positions in the region to resist dangers. Of course, such a step falls within the framework of Arab cooperation and the Arab League. But the big question is: which forces would be established in the region and against whom? This matter is left upto the states concerned.

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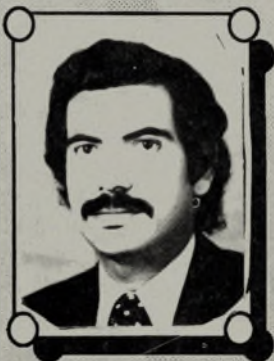
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## PERSONAL VIEW

### DEMOCRACY AND EDUCATIONAL CHANGE



Dr. Muhammed A. Qasim,  
College of Education,  
Sanaa University

Through unity, the Yemeni society achieved its ultimate dream. Many, if not all, Yemenis believe that the unification of the country was the real revolution in Yemen's recent history. Today, Yemen enjoys a democratic system supported by the constitution. There is no doubt that the democracy, freedom of expression, and multi-party political system are all the fruits of unity. The country's political leadership proved to be serious and sincere about unity, now it is upto the people to nurture and protect this achievement. Protecting the unity of the country is as important as protecting the revolution, and our very existence. We should stand against any actions and steps that have a negative impact on unity. The educational system is one of the most important actors in shaping our future, and therefore, it can have negative or positive implications for unity. Former North Yemen used to have an open educational system composed of public, private, and religious schools. The former South Yemen used to have a closed educational system composed of only the public schools. We do not exaggerate if we say that in both former Yemens, the public (government) school system was the backbone of education, and this situation should continue in the future.

Today, the educational system has not been able to catch up with the changed circumstances. What we have is simply a continuation of the old systems. There has not been any substantive changes in philosophy, objectives, or even curricula.

We need a system that will interact with the new facts, and help consolidate the new realities. No doubt, there are quite a few changes that are being planned.

There are rumors in the streets that, once the transition period is over, the government will limit the school system to just the public (government) schools. If this is true, it will be a serious mistake.

I am not simply concerned with the wisdom of the decision, but also with the fact that in a democratic system, the government should guarantee the people's right to free choices and alternatives. The constitution guarantees such a freedom of choice, and the government would go against the constitution if it were to limit people's choices, be that in the field of education, or any other field.

I keep on asking myself one question over and over, "Will we be able to live up to the democratic principles that we cherish?"

## REVIEW OF THE YEMENI PRESS

### AL THAWRA

#### LET US GIVE CLEANLINESS TOP PRIORITY

Thanks are due to every one who serves our cities and works hard to make them look in a way which reflects our history and civilisation. Thanks are particularly due to the Refuse Disposal Office for its efforts which are specially appreciated by the residents of Akamat Al Zabeeb, Harat Al Taawon, Nuqum.

"We were so happy with such a good gesture made through the collection and disposal of refuse by the workers on Tuesday 19/2/1991." Thanks to these unknown soldiers in the Refuse Disposal Office, this part of the capital city regained its civilised appearance. Let our historic capital be beautiful and clean with an appearance befitting its reputation and ancient history.

As a reminder to Muslims, the Prophet said: "Cleanliness is part of Faith". Therefore cleanliness and its observation is a must and it is an integral part of our Faith. On this basis we must spare no effort- not only towards our personal cleanliness and the cleanliness of our houses, but also towards our residential areas. The accumulation of dirt and refuse is the cause of many kinds of diseases which inflict a lot of hardships on our children. As pointed out, Muslims attached great importance to cleanliness, but in current times, we find that Muslim countries pay no attention to matters of value which is contrary to their history and ancient civilisation.

There are other (non-Muslim) countries where cleanliness is treated as top priority. They use various modern scientific means and social behavior for which they mobilize ample resources. Such countries have at times use us as examples. In China for example, there are posters which state: "Learn Clean-

liness from the Muslims". When will we reach that level and endeavour to instill and promote and implant such aesthetic consciousness in ourselves and create the motivation and self initiative to preserve everything that is good.

At the same time there are some important points to which we wish to draw the attention of the refuse disposal office:

- To provide refuse bins and bags and assign special places for them.

To prepare special posters giving guidance and instructions with regard to cleanliness and indicating places assigned for dumping refuse.

To organize quarterly or half yearly campaigns.

MANSUR  
MUHAMMED WASIL

### AL THOWRA EDITORIAL

International circles are witnessing an intensive diplomatic dialogue regarding the new world order. The series of meetings, contacts and talks taking place come within the framework of bridging the political gap in international relations and of filling the vacuum at the end of the cold war. The visit of the British Prime Minister to Moscow and his talks there; and before it, the meetings of the Foreign Ministers of the five permanent members of the Security Council, and the talks between President Bush and Mitterand represent connected links in the exchange of views for future arrangements to introduce the new world order.

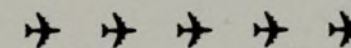
The Foreign Ministers of the Gulf Cooperation Council states held meetings in the presence of the Foreign Ministers of Egypt and Syria to discuss regional security measures after the war. The security of the area is the responsibility of all the states in the area and Arab security is an Arab re-

sponsibility. This requires a frank pan Arab dialogue based on facts and away from any foreign tutelage or intervention.

The Gulf crisis revealed the need for the resolution of the issues of the area based on a sense of responsibility, a constructive and comprehensiveness approach, and a single standard in the implementation of international resolutions. In the same sense, no solutions can be found without the Palestinian issue. No peace will be established as long as the people of Palestine remain subject to suppression and extermination and as long as there are aggressive, expansionist colonialist mentalities represented in the Tel Aviv leadership led by the Likud party and represented by Shamir, Sharon and the likes. The Middle East crisis and the war in the Gulf exposed the practical requirements for peace in the area, and revealed the persistent need for an Arab strategy. Such a strategy should be based on accurate calculations for the unity and coherence of the single Arab house, their progress, international relations, the utilisation of Arab resources in the service of the whole Arab nation.

Hence the call for the introduction of an Arab strategy coincides with a conscious comprehension of the situation; i.e., that the security arrangements of the area are, first and last, an Arab responsibility. On the other hand the main requirement for peace in the Middle East will not be realized as long as the major powers are dominating Security Council resolutions and as long as double standards are used in the adoption and implementation of international resolutions.

The first and basic prerequisite to any security arrangements in the area is the withdrawal of foreign forces from Iraqi territory and from the whole area and the observation of international conventions, laws and practices.





**THE HISTORY OF AMERICAN PERSECUTION OF OTHERS:  
THE CASE OF THE RED INDIANS**

News and reports of the volume of destruction and crime committed by the American-led allied forces against Iraq are beginning to come out. The ruthlessness and savage vengeance with which the American combatants dealt with Iraq is beyond imagination. As a follow-up to this dark part of human history, *YEMEN TIMES* was invited by a number of scholars and officials to attend a very hypothetical discussion. Would the world have been better off if the New World had not been discovered? Would the world be better off without the USA? Some sort of cost-benefit analysis is involved. In a series of articles, we will publish the essence of those discussions and the presentations made by various scholars. The first case discusses what the Americans have done to the American (Red) Indians:

**A. American Indian Population:**

Around the beginning of the 17th century when European pilgrims started arriving in the New World, the number of Indians living in what was later to become the USA was around one million. The following table provides a detailed break-down:

Location	Date of Estimate	Number
North Atlantic States	1600	55,600
South Atlantic States	1600	52,200
Mexican Gulf States	1650	114,400
Central States	1650	75,300
The Northern Plains States	1780	100,800
The Southern Plains States	1690	41,000
Columbia River Basin States	1780	89,300
Central Mountain States	1850	19,300
New Mexico and Arizona	1680	72,000
California	1769	260,000
Alaska	1740	72,600
<b>TOTAL U.S.A.</b>		<b>952,500</b>

Source: James Mooney, "The Aboriginal Population of American North of Mexico," Smithsonian Miscellaneous Collection, Vol. 80, No. 7 (1928).

Another independent source, the American anthropologist Alfred Louis Kroeber, corroborates the above estimates.



By the fourth quarter of the 19th century, the total number of American Indians was just over half a million persons. According to the normal growth pattern, there should have been 2.3 million Indians. Where did roughly 1.8 million Indians go? They vanished, partly due to diseases, but mainly because they were killed by the settlers. The Encyclopedia Britannica gives the following explanation:

"... some (Indian) tribes... had already been depopulated by European diseases and weapons." Macropaedia, No. 13, p. 311.

**B) The First Contacts:**

The early settlers - weary, hungry, exhausted, and few in numbers, were given much needed support and assistance by the Indians. One major event which symbolizes such assistance was the "Thanksgiving Dinner" feasts at Plymouth in 1621. During a three-day feast, the Indians shared food with the pilgrims. More importantly, they shared with them their knowledge and experience of the area. As a result, the attitude of the pilgrims and the official British policy reflected this indebtedness to the Indians. When the USA came into existence, it followed the same line. The first full US policy statement in this regard was embodied in the Northwest Ordinance of 1787 which declares:

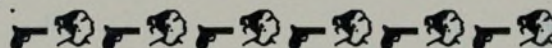
"The utmost good faith shall always be observed toward Indians, their lands and property shall never be taken from them. In their property, rights, and liberty, they shall never be invaded or disturbed."

**C) The Persecution of Indians:**

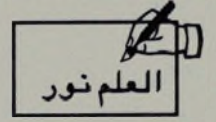
Persecution of Indians is presented in history books as sporadic, spontaneous actions by the settlers; whereas the facts indicate it was more like an official policy of the USA government. The first official American coercion against the Indians came with the Indian Removal Act of 1830. The American government forcefully evacuated the Cherokee, Seminole, and other Indians from the east coast to the area west of the Mississippi River. In the process, 100,000 Indians were deported and over 20,000 killed. At the end of the process, the USA government concluded treaties with the Indians recognizing their sovereignty over the territory west of the Mississippi. In less than two decades, the USA government reneged on those same treaties. The California gold rush of 1848 marked a dramatic American onslaught and persistent massacre of Indians. Over the next thirty years, the American army and cowboy groups massacred tens of thousands of Cheyenne, Apache, Iroquois, Cherokee, Sioux, Cree, Shoshoni, Comanche, and other Indians. The process of resettlement and confinement of Indians in reservations had begun. In one instance, an Indian village was resettled in a reservation, and was given poisoned blankets. Within days, the whole village perished. In another instance, the 7th Cavalry in January 1891 slaughtered over 400 Indian children, women and old men at Wounded Knee Creek. The systematic obliteration of the Indian population soon became an accepted evolution of life. Documents of the USA Congress persistently refer to this phenomenon of the "Vanishing American" on the assumption that the Indians would not survive. The trends support this belief. Of 260,000 Indians in California in 1769, only 100,000 remained by 1853. By 1864, the number had dropped to 30,000, and by 1906, there were fewer than 19,000 Indians in California.

**D) Conclusion:**

It was well into the mid-twentieth century before the persecution of Indians stopped. We can say that the physical obliteration of the Indians ended with the passage of the Indian Reorganization Act of 1934. Today, many Indians have been assimilated, but quite a few continue to live in pockets and enclaves resisting their total annihilation. An extensive study of the Indian tragedy indicates that over a million have been killed. Yet, in the American socio-culture today, Indians are projected as weird and alien, and the American psyche has no qualms about what happened to the Indians. After all "A good Indian is a dead Indian".



**LEARNING FOR THE FUTURE**



Learning is relevant and responsive to the needs of the individual as well as the community as a whole. Learning is a mechanism through which the roles of individuals and groups are defined whether in the home, in the workforce, in the community, or in national affairs. It is a tool that enables us to live better, reach a higher level of achievement, and even recognize the rules of survival in an ever-changing environment. It is for this reason that educational programs are tailored and based on the special needs of each society. In light of its importance, education should not be seen as a classroom affair. It is a comprehensive program which is organized in a cumulative process within different contexts - at home, in the school, in the work environment, and through society in general. Within our society, a lot must be done to encourage education, specially among the females. Starting from literacy programs, training girls and women should cover practical health and nutrition, productive talents, and even leadership skills. Girls and women must also be trained to be an active participant in the labor force. By training and educating girls and women, we achieve a double goal - first we ensure that tomorrow's children are raised in a more appropriate and adequate way, and second, we train half the labor force.

As such, we should do our best to guarantee that the educational system is in line with what we hope to achieve on the one hand, and to ensure that the rights of all children to knowledge and education, specially for girls, are observed. In this way, we will better prepare the nation for the tasks and responsibilities of tomorrow.

**Nagat Nouman Elduais  
Educator and Teacher  
Khowlah Bint Alazwar,  
Sanaa.**

# HOW TO BEAT A BAD MOOD!!!

Feeling low? Lift your spirits with these techniques.

Moods, say the experts, are emotions that tend to become fixed, influencing one's outlook for hours, days or even weeks. That's great if your mood is a pleasant one, but a problem if you are sad, anxious, angry or simply lethargic.

Perhaps the best way to deal with such moods is to talk them out; sometimes, though, there is no one to listen. Modern pharmacology offers an abundance of tranquilizers, anti-depressants and anti-anxiety drugs. What many people don't realize, however, is that scientists have discovered the effectiveness of several non-drug approaches to prise you loose from an unwanted mood. These can be just as useful as prescription drugs, and have the added benefit of being non-toxic and non-addictive. So next time you feel out of sorts, try one of these antidotes.

**Exercise:** Of all the mood-altering self-help techniques, aerobic exercise seems to be the most efficient cure for a bad mood.

Researchers have pinpointed biochemical and other changes that make exercise compare favorably with drugs as a mood-raiser. Physical exertion such as housework, however, does little. The key is aerobic exercise - running, cycling, swimming or other sustained activities that boost the heart rate, increase circulation and improve use of oxygen. Do them for at least 20 minutes, three to five times a week.

**Use color:** "Colors can be a nutrient for the mind just as vitamins are for the body," says color psychologist Patricia Szczerba, who suggests ways to lift your spirits:

To defuse irritability and anger, it may help to stay away from red. To counteract depression, avoid wearing or surrounding yourself with colors that make you feel down - black or dark blue, for instance. Go for warm, bright, active colors.

To help alleviate anxiety and tension, choose neutral colors that have a soothing

effect. Soft shades of blue, for example, are often used in hospitals to calm patients.

effect. Soft shades of blue, for example, are often used in hospitals to calm patients.

**Try music:** When Anne comes home from work, she's usually tense and irritable. Listening to her daughter's frantic rock music one evening, she realized it matched her mood and made her feel better - and more able to relax to Mozart later.

Anne had stumbled on what music therapists call the isomoodic principle, a way to change mood through music. First you match music to your existing mood; then you gradually change the music to reflect the mood you want to attain.

For example, if you're feeling sad, being by listening to sad music. "Although this may seem to reinforce your sadness, it is the first step in any attempt to change," says psychotherapist Carol Merle-Fishman. She recommends playing three or four brief selections, gradually head-

ing towards your desired mood.

**Eat properly:** Scientists have reported a link between food and mood. "Carbohydrates eaten alone are a sort of 'comfort food' with a tranquillizing effect," says psychologist Bonnie Spring. A scientist further explains, "This is

because carbohydrates stimulate the brain's production of serotonin, a neurotransmitter responsible for making us feel calm and relaxed." One and a half ounces of carbohydrates are plenty for calming effect, and low-calorie ones - popcorn, cream crackers - are just effective as doughnuts and crisps.

High caffeine consumption has also been implicated in mood changes. Psychiatrist John Greden found a strong connection between high caffeine intake and increased depression, irritability and anxiety.

**Lighten up:** Many people are susceptible to a type of winter doldrums called seasonal affective disorder (SAD). SAD is caused by light deprivation. A standard fluorescent light, it seems, is only about one-tenth as bright as the light under a tree on a sunny day. When winter depressives add two or three hours of bright, artificial light to their day, their mood lifts.

"People suffering from SAD," says research psychiatrist Norman Rosenthal, "may benefit from spending more time outdoors during the winter months."

**Dreams:** Sleep can lift a bad mood by relieving exhaustion, but sleeping also allows us to benefit from dreaming. Many researchers now believe that dreams serve an important mood-regulatory function by helping us assimilate stressful events.

During sleep, dreams seem to take over the work of constructive problem-solving," says psychologist Rosalind Cartwright. "If the problem isn't too weighty, we may dispose of it in one night. If so, we'll awaken in an improved mood."

**Think positive:** People are often depressed when their thought patterns are negative and distorted. It is important to recognize and learn to change dejected ways of thinking. Avoid putting yourself down. "All

too often," maintains psychologist Judy Eidelson, "negative moods are caused by harsh, unrealistic ways of thinking."

A study of university students who had recently experienced anxiety or depression found that those who had tried to find something funny about their predicament felt better in the long run than those who had cried. "Weeping seems to backfire," says psychologist Susan Labott. "People think, look how I'm crying. I must really be upset."

"The message seems to be: think positive thoughts, and you're actually more likely to feel happy," says Deborah Steinberg of the Institute for Rational Emotive Therapy in New York. She adds, "Try to take an interest in someone else. Not only will you delight that person; you may lift yourself out of your own self-defeating mood."

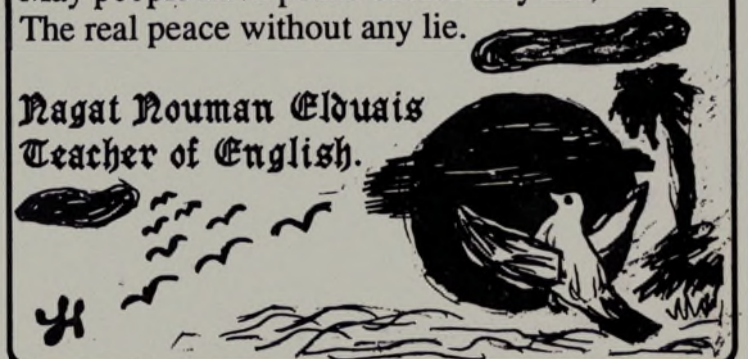
Copied from Reader's Digest, March 1989, pp. 63-65.



## Peace for All

For peace, love is the base,  
Which humanity forgot in this race.  
Everyone is talking of war these days,  
Not mentioning peace in their ways.  
Not mentioning peace in their ways,  
Forgetting what peace can do for their lives,  
People rush to kill themselves with knives.  
Bombing has become man's hobby,  
Destroying nature and all its beauty.  
Peace can do a lot when it expands,  
Which at present nobody understands.  
Remember World War One and World War Two,  
And think what the people are now up to.  
It is time we had peace with all our neighbors,  
Peace for all our brothers and sisters.  
Why don't we put our hands together,  
And eradicate fear and war forever.  
May people have peace before they die,  
The real peace without any lie.

Nagat Nouman Elduais  
Teacher of English.





# SPORTS



## THE OTHER SIDE OF JAMAL AL KHAWRABI

He was fifteen years old then (5 years ago) when Jamal Al Khawrabi was introduced to his club in Sana'a. Two years later he was named to the National Team which would participate in Taif, Saudi Arabia for the Arab Youth Football Championship. Then questions arose regarding his worth in the national team. People seem to have a difficult time trusting his ability. "You are an amazing athlete" I told him. He has grown a little weary of amazing other people. Jamal smiled and changed his sitting position. In 1988, three years after joining his club, the football federation picked him again to play in the national football team which would compete in the United Arab Emirates in the Youth Football Competition (below 19 years of age). In the said competition Jamal surprised the federation by showing his offensive and defensive techniques. They took note of his special talent in the field and since then things have changed for Jamal.

When the International Football Federation invited Yemen to participate in the qualifying and elimination round for the 1989 World Cup, young Jamal was the first athlete that came to their mind. He is the only junior in the national team and it really makes his heart big. At 5' 9.5 and 140 pounds, he's built for his favorite game with quick feet and a clever way of joining in the defense. No one can doubt Jamal's football pedigree or his ability anymore. His father Ali Ahmed Al Khawrabi is very proud of him. Jamal started playing at the age of 10.,

while he was in the school. He still remembers the childhood days when he always hurt his knees and came home with bruises all over his body. One of ten children



of Ali Ahmed Al Khawrabi, his elder brother is also a star player in his own right. They are both training in one club. he joined the Al Wahda Club in Sana'a to get proper training and supervision. The team trains for three hours daily from Saturday through Wednesday.

"Inside the field I just do my job." he says. Jamal has the footwork and ability that are required for a star player. The bigger job for Jamal has been learning the style and technique of his favorite football player, Maradona. It features some of the deeper patterns from his idol's performance, but is primarily designed to take similar bites out of the field with quick passes and footwork. To attain this new hope he makes some changes from his daily workouts starting with more rigid exercises for his feet. He attends to

details - how long he sleeps, what he eats and how he plays. He looks for constants. He plays with the club where most of the teammates are members of the national

team. "I expect to have a good and stiff training". he says. He goes through stiff warm ups and works up a good sweat. In addition to team practices, he does his own workouts in his house in Madina Sakaniya in Hadda. He watches different video tapes of his favorite football teams. There were days when Jamal spent five hours working out. The idea is to be ready if the team needs him to stay in the field for the whole period. Of course he worries about getting hurt when he plays. What it comes down to is "you have to pick your fights with your fears". "When we lose, everyone looks at me. How come ~Jamal?. I hate it. I feel I have let the team down."

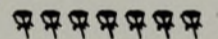
At 21, Jamal is a seasoned player who knows how to control the game both as a goal scorer and as a defender. Football has always been his priority. He wants to be the

best, and there is no doubt about it. But, he added, "to be the best, you have to be motivated, dedicated and well tuned.". There is no question Jamal is motivated, dedicated and well tuned. He plays a lot harder than anybody else in every game. He is on the practice ground as early as 2:30 in the afternoon. The local football federation has produced a well loved athlete. Certainly he is the darling of the crowd. He wins the hearts of the media and the spectators..

A typical Yemeni, he never smokes or drinks, likes to listen to the latest disco hits and enjoys swimming. Most of the football aficionados agree that Jamal is even better this year than last year. He doesn't mind getting the attention. He led his club into differ-

ent championship finals last year and guided them into workout schedules. His strength is great for their confidence and not merely confidence in their playing ability.

His coach is always behind every game to give moral support. "He has his own coaching style", says Jamal. During their rigid training in preparation for the Asian Games, there were a lot of "NO" orders from their national coach. No social life (they were quartered at the youth hostel in Al Thawra stadium), no smoking, no disobeying the rules and regulations in sleeping hours and training time. The team understands that what they are doing is preparing all of them for the coming competition, Jamal is all praises for his coach in the national team.



### FOUNDATION STONE FOR THE ADEN CENTRAL MARKET LAID

Mr. Salem Saleh Muhammed, Member of the Presidential Council and Assistant Secretary General of the Central Committee of the Yemeni Socialist Party, laid down the foundation stone for a central market in the city of Sheikh Othman in Aden. The project, which covers an area of 1360 square meters, will cost YR.8.6 million. It is being financed by the Yemeni government, and the project will be executed by the Yemeni General Corporation for Construction and Buildings.

### YEMEN REPRESENTED IN LEIPZIG FAIR

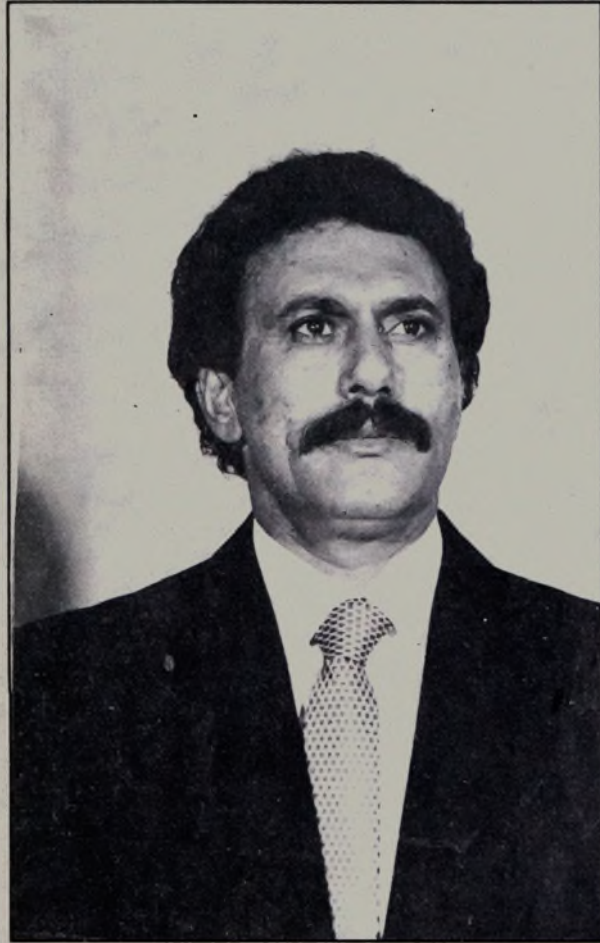
YEMEN TIMES learnt that Yemen participated in the on-going Leipzig International Fair in Germany. In an interview with Mr. J.S. Parmar, General Manager of the Sanaa Sheraton, he said that agricultural and tourist interests from Yemen were represented at the fair. Himself having participated in the event, Mr. Parmar said that the major hotels in Yemen effectively participated with the aim of marketing tourism in Yemen. Their efforts, despite adverse circumstances, will hopefully pay off in the near future.

## SALEH: UN SECURITY COUNCIL PRACTISES DOUBLE STANDARDS

Yemeni President Ali Abdulla Saleh accused the UN Security Council of double standards, saying Iraq's sovereignty was being violated.

acts of aggression and plots they had experienced during the past six decades, Saleh said.

Under such circumstances, Arab policies should be purged from the illness of the tactical attitudes and the chronic complex of fear. All Arab and Islamic relations, either bilateral or collective should be governed by the values and principles of Islam. It should also be realized by every region that the personal interests, political or economic, are not above the interests of the nation as is imposed by the "single fate". Without realizing this, conspiracies will continue spreading the poisons all over the area. This fact has been exposed through a chain of conspiracies directed against the Arab nation and which should be confessed by all, President Saleh said.



President Saleh, in a nationwide broadcast marking the start of the Moslem fasting month of Ramadhan, said, "While we adhered fully to Kuwait's right to sovereignty, independence and territorial integrity we find nowadays a flagrant violation of Iraq's sovereignty."

The ordeal through which Arabs and Moslems passed over the last few months was more serious than all

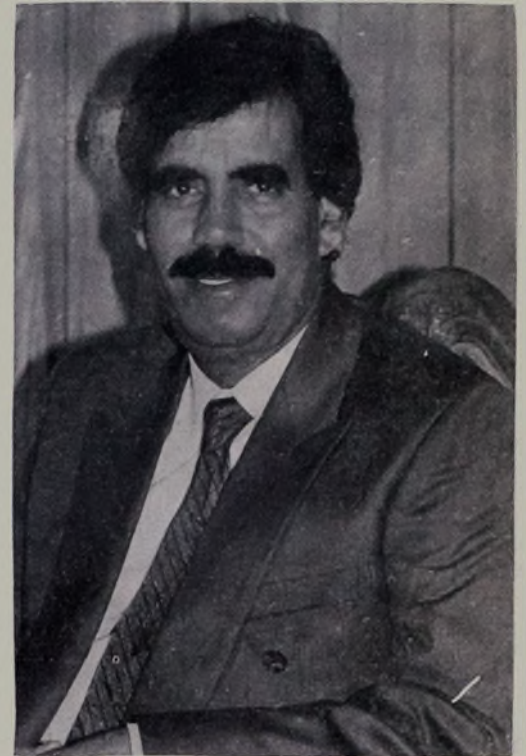
during the Gulf crisis, President Saleh said, "It was a right and sane position. Other parties who took a different position have reacted against our responsible stand by taking effective financial measures aimed at damaging the interests of the Yemeni people and Yemen's economy. Despite such a situation, we remained adherent to our position rejecting all pressures and what had been going on. We regret the tragical outcome affecting our people and the region as proven at the present time.

President Saleh appealed to the permanent members of the UN Security Council to shoulder their historic responsibilities towards the Palestinian issue as to impose a just and comprehensive solution covering the establishment of the Palestinian State under the leadership of the PLO. The UN represented by its Security Council should prove itself by supporting the just issues of the Palestinians and away from Zionist influence.

President Saleh also addressed the domestic political situation and said, "All efforts made by the Peoples General Congress, Yemen Socialist Party and all other political parties would be directed to confront the symbols of backwardness, of the Imamic heritage, colonial and separatist targets and social diseases hostile to unity, freedom and democracy in the homeland."

Referring to Yemen's stand

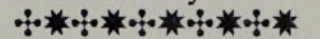
## AL-BEEDH CALLS FOR DEVELOPMENT EFFORTS & PLANS



During his inspection visit to Hajjah and Hodeidah, Vice President Ali Salem Al-Beedh expressed his satisfaction to the new Yemeni image and the implementation of the laws and rules. "Our acquaintance visit to the area provided us with a unique opportunity to closely meet our relatives and citizens all over the country which was a dream in the past. But today this has become a reality," he said.

Al Beedh then emphasised the importance of the de-

velopment of the national economy, upgrading production and rejecting negativism which hinders the process of developing our national economy.



Salem Saleh Mohammed says: Democracy is the backbone of the Unity State and its Constitution.

Salem Saleh Mohamed, member of the Presidential Council, Assistant Secretary General of the Central Committee of Yemeni Socialist Party affirmed that democratic means and dialogue are the basis of the Unity State and its Constitution. Such principles secure the prestige, security and stability for the Yemeni citizens.



Addressing the leadership of Yemeni Socialist Party (YSP) and the People's General Congress (PGC) in Lahj governorate, Salem Saleh Mohamed urged the leaders of both parties in to play an effective role towards the production and maintenance of Yemeni Unity achieved by the Yemeni popular masses and other national forces in the area which are always alert to defend this historic achievement.

Mohamed called for exertion of further efforts for the success of the referendum on the Constitution considered the basic guarantee for a bright and prosperous future. He expressed his satisfaction with the level of coordination between YSP and PGC branches in the governorates in various activities and stressed the necessity for the involvement of all other national forces in such activities for the interest of the Yemeni people and the homeland.

