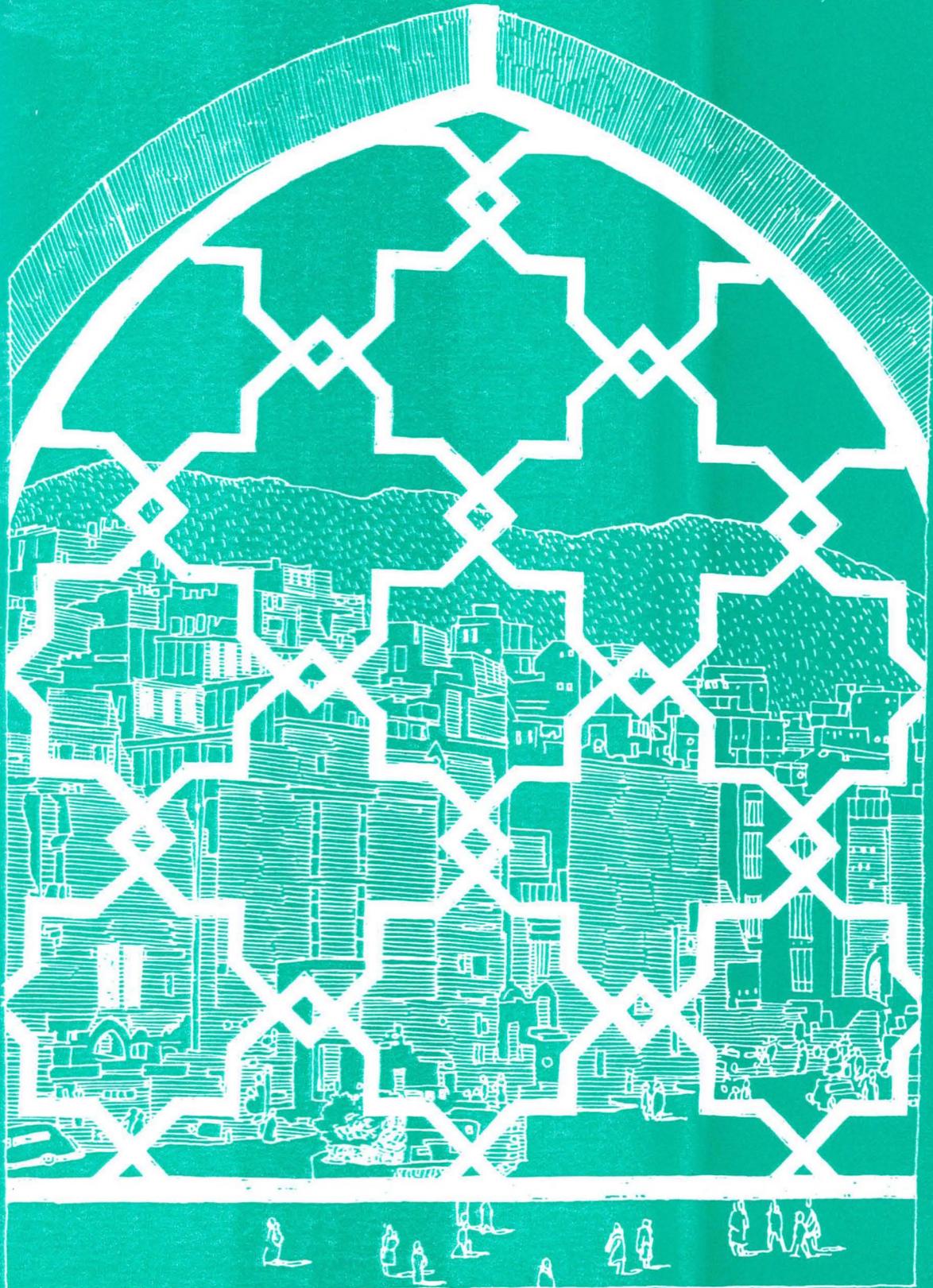


Al-Ayyam Al-Jamila

" These Pleasant Days "

SUMMER 1980

Vol. 24, No. 2





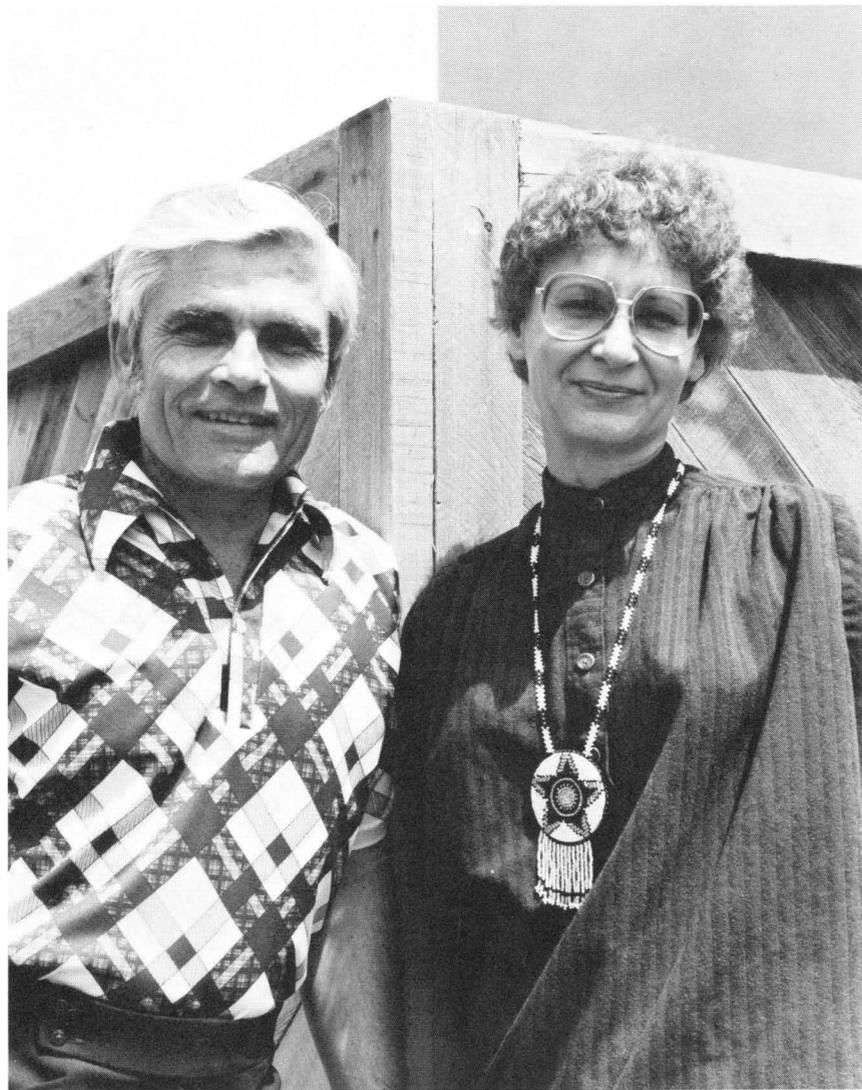
Ivan and Maria Past

Texas in Past's Future

DR. IVAN H. PAST, Aramco's first otorhinolaryngologist, topped off a long career with the company on April 14, 1980 when he and his wife, Maria, departed Saudi Arabia and headed for retirement in Texas.

Dr. Past's sesquipedalian job title translated into more familiar terms is ear, nose, and throat physician. He has been practicing that specialty at the Dhahran Health Care Center since 1959.

After vacationing in Europe for a few months, the Pasts plan to settle in Austin. Until they have a permanent address, they can be reached at 6000 Frankfurt, Main-Oberrad, Wienerstrasse 77, West Germany.



Floyd and Debbie McGinnis

Oklahoma Here We Come . . .

FLOYD G. MCGINNIS, assistant superintendent in the Central Area Industrial Training Division, wrapped up a 28-year career with Aramco and affiliated companies on June 1st when he and his wife, Debbie, departed Saudi Arabia for retirement in Oklahoma. Beginning his career in the oil industry in 1952 with Standard Oil Company of California in Los Angeles, McGinnis joined Aramco in October 1965. Prior to taking on the responsibilities of his most recent job, he was a vocational instructor and supervisor of Ras Tanura's Industrial Training Shops. An active member of 'Ain Nakhl, Surfside, and Rolling Hills Country Club, McGinnis plans to frequent the links once back in the U.S. Until they complete the remodeling of their house at 8725 E. 24th Place, Tulsa, Oklahoma 74129, the McGinnises can be contacted c/o Gene O. Burton, 3304 South Toledo Avenue, Tulsa, Oklahoma 74135.



Mary and 'Vick' Vickrey

Telephone Pioneer Vickrey Heads for Texas

DOYT E. "VICK" VICKREY ended 30 years of service with Aramco on June 3rd when he and his wife, Mary, headed for a Texas retirement.

Born and educated in Kansas, Illinois, Vick began his career in the telephone business with Western Electric in Chicago. He served four years in World War II in the Signal Corps, most in the North Africa, Italy, France, and Germany theaters of action. After being discharged in 1945, he rejoined Western Electric.

Vick first came to Saudi Arabia in September 1948 with Bechtel, and went on loan to the General Office Engineering Department in the Communications Division as a telephone engineer. His first responsibility was to install and commission the first automatic telephone

exchange in Dhahran. He accepted career employment with Aramco in August 1950 in the position of telephone engineer. He worked in that position until 1956, at which time Communication Engineering was transferred to Dhahran District. He was responsible for telephone operation and maintenance in the Dhahran District as well as all telephone engineering in SAO. For the next 21 years he worked in various positions, but mainly in the area of telephone engineering, operations and maintenance.

In January 1977, Vick transferred to the Project Management Department as Project Manager of Communications Projects. He is retiring from the position of Project Manager,

(Continued)



De St. Croix Ends 29-Year Career, Heads for Florida

LARRY DE ST. CROIX, who departed Saudi Arabia for retirement on May 15th from the Aramco Finance Organization, can still remember the day he arrived in Dhahran in October 1951. "It was very hot. It must have been 110 degrees or so but the thing I remember most is how much it reminded me of Yuma, Arizona", he said, referring to the U.S. Army Corps base he had left only a few years before.

Dhahran must have indeed seemed like home to De St. Croix for, of the twenty nine years that have passed since he made that observation, he has spent almost twenty five years in Saudi Arabia. One of the longest serving members of the Finance Organization, De St. Croix, along with wife Jean, became one of the community's most familiar figures at the golf course, sailing on

Half Moon Bay, making trips to the desert in the couple's ancient Land Rover, and, within the past few years, just out walking the "De St.'s" Labrador dog, Mike.

De St. Croix's main area of interest, however, has always been his work in the Aramco Finance Organization — recently as a specialist in Accounting Policy, Methods and Systems, and, for the preceding twenty seven years, in the Auditing Department, where he held almost every position including that of principal auditor for Finance.

"Basically, an auditor goes out and looks at the operations of the Company, trying to determine that all the assets of the Company are properly protected and utilized in the most

efficient way. He offers suggestions for more efficient operations and better control", said De St. Croix who is a Certified Public Accountant. His auditing career began with the international public accounting firm of Peat Marwick Mitchell which he joined in Minneapolis shortly after being discharged from the service after World War II.

In 1950, De St. Croix applied for a job with Aramco. In August 1951, he found himself first at the company language center at Sidon and two months later with the General Office in Dhahran, often traveling to the districts for individual audits. In, 1955, De St. Croix was named traveling auditor for the Aramco Overseas Company, a job that stationed him in The Hague — home base for company and contractor audits in London, Rome, Cairo, Beirut, Sydney, Tokyo, and New York.

It was on just such an audit in the company's New York office that he met Jean Fraser Strombeck, an expeditor with the Aramco Purchasing Department, who in June 1957 became Mrs. De St. Croix. In 1960, after two and a half years in The Hague, the couple transferred to their brand new row house on "the hill" in Dhahran where Jean's first memorable task was to bake a cake for the second birthday of twins Janet and Susan.

"The stove wasn't connected. I didn't have any cake pans. Vanilla, eggs, and flour were a problem. Cake mixes were unknown, but in those days it was great. Everybody lent you a hand", said Jean. Besides busying herself with the numerous duties of child-raising, Jean involved herself with such activities as art — working particularly in collage; traveling — she led numerous trips to exotic places for the Dhahran Outing Group; writing — for many years she authored the travel column and the shopper's column for the Sun and Flare, now The Arabian Sun; Girl Scouting — she once led a troop of seventy nine cadettes; and gardening — annually raising seventeen different kinds of vegetables in her big garden behind the house on 8th Street, where the De St Croixs moved in 1970.

Jean now intends to try her hand at gardening on coral rock, the material indigenous to the Florida Keys where the De St. Croixs have built their new home. When she isn't gardening or scuba diving or painting, she plans to join Larry in their shared activities of golf,

sailing, fishing, and traveling. That should still leave some time to spend with twins Susy, who graduated last May from Ithaca College in New York, and Janet, who will graduate next year from the University of Florida in Gainesville, and with the four De St. Croix boys — Commander Lance E. De St. Croix of the U.S. Navy, Christopher, John David, and Jean Paul, and Jean Paul's son Pierre Yvon. There will be ample time to spend with any Aramco friends who wish to call on the De St. Croix's: Box 2721, Marathon Shores, Florida 33052.

VICKREY — *Continued*

Telephone and Cable Systems of the PRU
Communications and Process Computer Projects
Directorate.

Vick has been active in the Half Moon Yacht Association, of which he was an original member, and was instrumental in forming the association. Vick served as vice commodore in the early years of HMYA. Golf, bowling, fishing, and carpentry have been among his hobbies over the years. Future plans call for new golf clubs and fishing gear for use in his retirement years.

In 1949, Vick met Mary Fleece Meadows, a secretary working for the Transportation Department. She arrived in Saudi Arabia on June 14, 1948 from South Gate, California. Over the years she has been active in tennis, bowling, golfing, fishing, and participated in the Brownies and Cub Scout groups. She was also an avid Little League fan. Her working career with Aramco covers a 21-year period. Her last position was in Planning and Programs Division of the Training Department.

Vick and Mary were married in Ceylon on November 7, 1951. Their children, Walter and Roberta, are now living and working in Houston. They were raised in Dhahran and attended the Dhahran school.

The Vickerys left Saudi Arabia on June 3rd for Scotland and Ireland, by way of Bahrain to visit old friends. Crisco, their poodle, will follow later when they have arrived in Austin where they plan on settling. Their first priority will be to buy the house of their dreams. Further plans include visits to old friends in the U.S. as well as playing golf and fishing. Their contact address for the immediate further is c/o T. C. Simon, 8610 Alverstone Way, Austin, Texas 78759.

The Golden Age of Islam

Men of Medicine

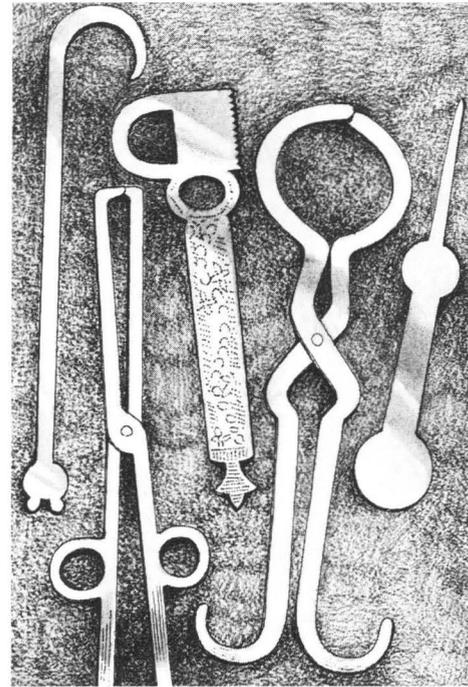
The Arabian legacy to civilization is vast and varied, but few eras had as much impact on the future as the ninth to eleventh centuries, known as the Golden Age of Islam.

United and fortified by the teachings of Mohammed, the Arabs set out in the seventh century to build an empire that spanned 4,000 miles. At the height of the empire, Islamic rule stretched from Arabia to the west across Egypt, North Africa, and most of Spain; north across Syria and Armenia; northeastern across Mesopotamia, Persia, and Afghanistan; and east to parts of India.

Unlike the later Mongol invasions, the Arab conquerors did not leave a path of destruction behind them. They were quick to see the value of the seats of learning in their conquered territories, and not only left them intact, but encouraged them to flourish. When the Arabs overran Persia, they made the academy of Jundishapur, already an established intellectual center, the scholastic nucleus of the Islamic empire.

The Arabs actively sought ancient Greek manuscripts and officially supported their translation into Arabic, particularly under the Abbasid Caliphate in Baghdad. In 830, the caliph Al-Mamun (813-833) founded the famous "House of Wisdom" where the sciences were cultivated from many sources. By the end of the ninth century, the Arabs were the possessors of a treasury of scientific knowledge from Greek, Persian, and Indian sources.

Translators into Arabic favored the practical knowledge offered by the Greeks such as chemistry, philosophy, and medicine. Because of their close association with Greek religion and



Courtesy of Aramco World Magazine

mythology, Greek drama and poetry held little interest for them. In the beginning, Greek manuscripts were translated into Syrian and Persian and then into Arabic. Arabic soon proved to be a most flexible language and gradually became the dominant language in the world of learning.

Never in history have translators played such an important role as they did at the beginning of Islamic expansion; they saved for all future generations the intellectual legacy of the ancient Greeks. That knowledge was kept alive through the thousand years between the fall of the Roman Empire and the Renaissance.

By all accounts, the hero of the translators was the physician Hunayn ibn-Ishaq (809-873), the "sheikh of the translators", known to the West as Johannitius. Hunayn was a prolific translator of Greek medical manuscripts and is known for his translations of the works of Hippocrates and Galen. He is credited with saving the seven books on anatomy by Galen which, though lost in the original, survived in Arabic. Hunayn was a productive author as well

Letters from Here, There, and Everywhere

DEAR READERS:

Fort Wayne, Indiana

Thanks for Al-Ayyam Al-Jamila and the other publications which we regularly receive from Aramco. They all help us to keep alive our knowledge and interest in Arabia, the country that many of us look upon almost as a second homeland.

Incidentally, you may be interested to know that I have almost a complete set of Aramco World dating back to 1955. There are probably other annuitant's who have more complete sets, but mine is the source of much enjoyment to my family and friends.

From time to time, I receive requests from churches and other organizations for programs on Saudi Arabia and Aramco. It is always a pleasure to comply with such requests.

During the month of March, I accepted invitations to present seven programs to church, civic, and service clubs on some aspects of Islam as well as the Kingdom of Saudi Arabia.

We hope you will enjoy your many contacts with Aramco annuitant's who are scattered across the U.S.A. and some foreign countries. All publications are eagerly awaited as they help us to keep in touch with old friends as well as the many new developments in Saudi Arabia.

My wife, Agnes, and I are looking forward to this fall and Tarpon Springs!

Sincerely,

Paul Lightle

Santa Barbara, California

Greetings from Santa Barbara and congratulations on your new assignment. I'm sure you will find it interesting, challenging and sometimes very dull — also somewhat frustrating as you try to pigeon-hole all us ex-desert rats and try to make sense out of our rambling letters. Good luck to you and I hope Bernice and I can get to know you personally at the Florida reunion in October.

Bernice and I continue our extended honeymoon. A trip to Scottsdale in mid-February to celebrate our first anniversary at the Camelback Inn where first we met at the last Aramco reunion. It rained and rained and flooded parts of Phoenix and washed out many of the bridges over the Salt River, but we had a very enjoyable trip having had nice weather both going and coming to Arizona. While there, we had short visits with ex-Aramcons Ray and Evadna Burba, Bill and Hazel Graham in Phoenix and with Esther Souders Corbin in Sun City. A one day trip in mid-March to Ojai enabled us to have a few moments with the energetic Phil McConnel whom many will remember as the writer of that interesting and amusing series which he dubbed the "Sand Pile" that appeared for many years in Al-Ayyam Al-Jamila. He still has many interesting tales to relate and it would be great if he could be induced into putting them on paper for all to share.

Bernice also wants to share her thoughts

BULLETIN

Some of you are eligible for, but not enrolled in, the Medical Payment Plan for Retired Employees of Aramco. The reasons being that the Plan was not available at the time you retired or you did not enroll when eligible. If you were covered under the Medical Payment Plan when you retired and were eligible to retire under the Aramco Retirement Income Plan, you are eligible for continued coverage as an annuitant.

There will be an open enrollment period

from August 1, 1980 through October 31, 1980 for those eligible who wish to join the Medical Payment Plan. The Travelers Insurance Company will be mailing information to these annuitants which will describe the coverage available and explain how to enroll.

If you have any questions concerning this matter, please feel free to contact the ASC Benefits Division by calling on the toll free number, 800-231-7577. Ask for extension 4006.

Answers to gasoline-saving quiz:

- (c)** Cut off the engine if you anticipate standing still for more than one minute. While waiting in lines, you can waste a half-gallon an hour if you don't turn off your engine.
- (c)** Driving at 55 instead of 70 mph increases fuel-efficiency 20 percent — unless you drive a heavy-duty truck, in which case the more correct answer would be 40 percent (b).
- (b)** By moving immediately and driving slowly for the first mile or so, you warm up the engine without harming it. Idling the engine to warm it up simply wastes gas.
- (c)** A sticky choke can cut miles-per-gallon by three; a misfiring spark plug by two miles (or more if additional spark plugs are misfiring); and a dirty air filter by one mile. These and other problems are corrected by a tune-up. An untuned engine can waste more than 10 percent of your fuel.
- (c)** Radial tires create less friction, thereby improving gas mileage as much as 5 percent over conventional tires.
- False.** Unnecessary weight cuts your gas mileage 1 percent to 2 percent for each 100 pounds. The lighter your car, the more the extra weight will reduce efficiency. Don't use your car for storage.
- True.** A car delivers top fuel-efficiency on longer trips. For better fuel economy, plan your errands so that separate short trips can be combined into one longer trip.
- (a)** Open vents don't drain power from the engine, but air conditioning cuts fuel efficiency by as much as 20 percent. Wind resistance created by opening windows during highway driving can result in a fuel penalty as high or higher than using air conditioning.
- False.** Admittedly a trick question. The key to the answer is in wind resistance, not in how the weight is distributed. Loads packed on top of a car increase the vehicle's wind resistance and, thus, reduce its fuel efficiency.
- (b)** Potholes make for stop-and-go driving and can cut fuel-efficiency by 20 percent. Avoid driving badly worn roads as much as possible. Taking a slightly longer route over well-maintained roads can save gas.
- False.** Improved traffic flow means improved gas mileage because it reduces stop-and-go driving. A study in Inglewood, Calif., found that simply retiming traffic signals at 60 intersections would reduce vehicle delay by 71 percent, stops by 13 percent and fuel consumption by 19 percent. Overall, 350 million gallons of gas could be saved each year if only 20 percent of the nation's signal systems were upgraded. To save fuel, try to drive on routes which have well coordinated traffic lights.
- (b)** Increased car and van pooling could save 250,000 barrels of oil each day.
- (b)** For most people, a 10-occupant van pool is the most fuel-efficient way to get to and from work.
- (c)** Stop-and-go driving can gobble up 100 percent more gas than smooth driving. Try to anticipate what's happening ahead of you so you can slow or stop smoothly. Jackrabbit starts waste gas.
- False.** It's common knowledge that unnecessary trips to service stations waste fuel and that this type of hoarding contributes to fuel shortages. In addition, each gallon of gasoline weighs about six pounds, so topping off your tank also adds weight to the car which decreases fuel efficiency. Experts recommend refueling only when the tank is at least three-quarters empty.
- (b)** Taking full advantage of gravity increases mpg, but shutting off the engine can be extremely dangerous. Power brakes and power steering depend on the engine for assistance, and on many late-model cars, the steering wheel locks in place when the engine is turned off. When coasting, leave the engine running and try to stay within the speed limit without using your brakes.
- False.** Tires that are low on air pressure require the engine to work harder to turn the wheels, which consumes more fuel. Tires that are not properly inflated will also wear out sooner.
- True.** Oil viscosity relates directly to engine friction. The less the drag, the better your fuel economy. If you're using a single-grade oil, try a multi-grade for better gas mileage. □

as translator and wrote at least 29 works of his own, the most influential being his *Ten Treatises on the Eye*, which was the first Arabic textbook on ophthalmology and was quoted and consulted for several centuries. The prevalence of eye diseases and blindness led the Arabs to make a thorough study of the human eye and to progress markedly in optics and the removal of cataracts.

A popular story relates that Hunayn was also a physician of probity. During the reign of al-Mutawakkil, the caliph ordered him to prepare an unobtrusive poison to use on his enemies. Hunayn refused and was sent to jail for his offense. A year later the caliph asked for the drug once more, this time threatening Hunayn with death if he refused. Hunayn held his ground saying, "I have skill in what is beneficial and have studied nothing else". Thereupon, the caliph revealed that he had only been testing Hunayn's integrity, appointed him court physician, and rewarded him generously.

The period of translation lasted about a century ending in 850 and was followed by one of original contribution. In medicine, the Arabs left undisturbed the basic theory of the Greeks, but enriched it with practical observation and clinical experience.

Pharmacology was one area where the Arabs made significant advances. The Arabian schools introduced into medicine hundreds of drugs and developed the art of pharmacy. Before the advent of Arab medicine, drug preparation was the doctor's responsibility. With their ever increasing list of remedies, however, the Arabs were forced to specialize. Soon pharmacology was recognized as a separate but closely related field, and the apothecary was considered a reputable vocation.

The Arabs believed that healing through diet was always preferable to the use of drugs, but when drugs were needed, that cure by natural products and methods was best. They developed the use of balsam for healing wounds, camphor for preventing or relieving convulsions, rosewater for headaches, and syrup for coughs. The Arabs introduced such medicines as amber, musk, cloves, senna, nutmeg, arsenic, borax, and myrrh, and enriched man's language with the words drug, alkali, alcohol, sugar, and syrup. In *Al-Qanun*, one of the most influential medical encyclopedias written in the Golden Age, the author listed 760 drugs sold by pharmacists

of his day.

One of the greatest Moslem physicians was the Persian al-Razi or Rhazes (865-925) who, though he didn't take up medicine until he was 40, became the most celebrated clinician of his time and head of the great hospital at Baghdad. Al-Razi was known as "The Experimenter" because he emphasized experimental medicine and bedside observation. His most monumental work was *Kitab al-Hawi* or the "Comprehensive Book", a 20 volume encyclopedia of medical knowledge at that time. Al-Razi led a fight against quacks and dishonest medical practices, and called for a frank relationship between physician and patient. He is best remembered as being the first to make a clinical distinction between smallpox and measles and for his definition of the nature of fever.

Another physician, who closely followed Al-Razi, was al-Majusi, better known as Haly Abbas (d. 944). He wrote "The Perfect Book of the Art of Medicine", the first Arabic medical book to be translated into Latin. He presented the basic concept of the blood capillary system and was the first to use the tourniquet to check blood flow.

Probably the most famous of the Arab physicians was ibn-Sina or Avicenna (980-1037). He was a scholar, philosopher, physician, and pioneer in concepts of psychology. Ibn-Sina traveled extensively to gain experience in medicine and would set up free clinics wherever he went so that he could learn by observing the sick. He used a systematic approach to medicine and developed an extensive system of classification.

Ibn-Sina's greatest achievement was his work *Al-Qanun*, "The Canon of Medicine". *Al-Qanun* was a million word manuscript that summarized the medical knowledge from all sources of that day and included some notes on ibn-Sina's own experiments and observations. It is debatable whether he was correct in describing love as a mental disorder.

The significance of *Al-Qanun* is that it was used as a major reference work for a longer period than any medical book ever written. It was used in the West until the 17th century and in the East until the 19th Century. The most important original contributions to *Al-Qanun* were ibn-Sina's observations on the contagious

Continued — 18

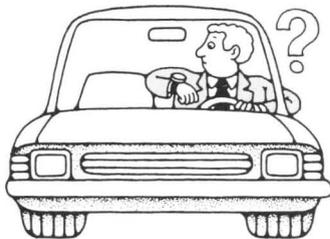
Test Your Gasoline Saving Knowledge

IN THE DAYS of cheap gasoline, driver education had a simple goal — teaching the student to safely pilot an automobile from one point to another. Since the need for gasoline conservation wasn't so apparent then, many of us developed driving habits that burn up our energy budgets faster than necessary.

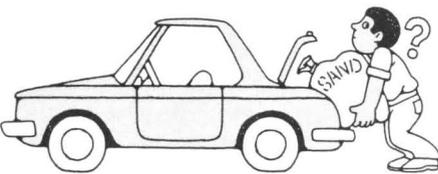
Of course, the most obvious way to gut gasoline expenses is to drive less, but another is to drive intelligently and travel the maximum distance on each gallon.

The following quiz is reprinted, with permission, courtesy of the "Standard Oiler". If you answer at least 13 of the 18 questions correctly, you have a good working knowledge of how to save gasoline — and money.

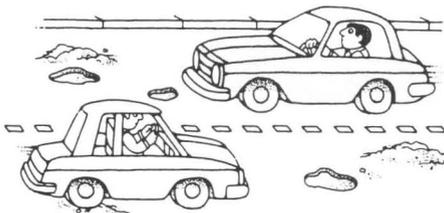
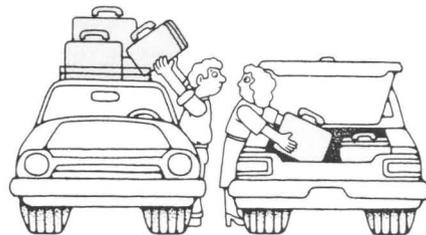
- To save fuel, you should shut off the engine if you are going to idle it
 - any time at all.
 - more than 20 minutes.
 - more than one minute.



- Driving at 55 mph instead of 70 mph increases gasoline mileage by about:
 - 7 percent.
 - 40 percent.
 - 20 percent.
- The most fuel-efficient way to start a car is to
 - let the engine warm up for a minute before driving.
 - start driving immediately, going slowly for the first mile or so.
 - start driving immediately in a normal fashion.
- Which cuts gas mileage the most?
 - Dirty air filter.
 - Misfiring spark plugs.
 - Sticky carburetor choke.
- Radial tires give better gas mileage than bias tires because they
 - are made of harder rubber.
 - are lighter and smaller.
 - reduce friction because of tire construction.
 - can be inflated to higher pressure.
- Carrying a bag of sand in the trunk of a rear wheel-drive car increases gas mileage by improving traction and forward momentum. True or False?

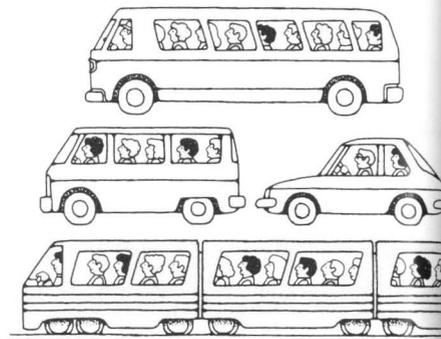


- Cars get better gas mileage on long trips than on short ones. True or False?
- What is the most fuel-efficient way to cool a car on the open highway?
 - Open interior vents and vent windows.
 - Open side windows.
 - Turn on air conditioning.
- It is more fuel-efficient to carry loads on a roof-top luggage rack, which distributes weight equally throughout the car frame, than to carry them in the trunk. True or False?
- At 30 mph, driving on a major city street that is badly broken or poorly patched can increase a car's fuel consumption by as much as
 - 5 percent.
 - 20 percent.
 - 67 percent.

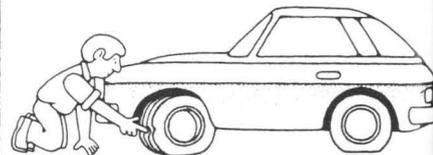


- A synchronized series of traffic lights improves urban traffic flow but wastes gasoline by speeding up traffic. True or False?
- If the average rush-hour vehicle occupancy rose from today's 1.3 persons to 2 persons per car, daily fuel savings would be
 - 50,000 barrels of oil.
 - 250,000 barrels of oil.
 - one million barrels of oil.

- What is the most fuel-efficient way for most people to travel to work during rush hours?
 - Midsize car with four occupants.
 - 10-occupant van pool vehicle.
 - Bus.
 - Rail transit.



- Stop-and-go driving in congested traffic can increase fuel consumption by as much as
 - 25 percent.
 - 50 percent.
 - 100 percent.
- Keeping your gas tank as full as possible is a good idea. True or False?
- When driving down hills, you should
 - accelerate to maintain momentum.
 - ease up on the accelerator and coast with the engine running.
 - shut off the engine and coast, using the brakes to keep below the speed limit.
- It's a good idea to keep your tires soft because your car rides more smoothly. True or False?



- The kind of oil you use can affect fuel economy. True or False?

(Answers on next page)

Mr. and Mrs. Smith Go to China

In May, we received a note from Stan and Marilyn Smith who said they had just returned from a 19 day trip to China. We asked them to share their impressions with us and they agreed. Stan and Marilyn had made extensive notes which they sent to us. The following are some highlights of a fascinating trip.

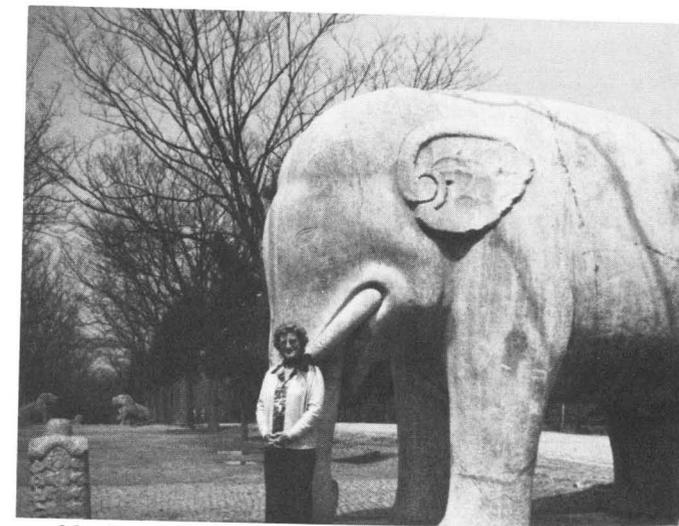
San Francisco, Manila, Hong Kong, Canton, Hangchow, Shanghai, Nanking, Peking, Manila, Honolulu, San Francisco — a total of 19 days, March 28, 1980 to April 15, 1980.

Hong Kong — A British colony, there are a total of 5½ million people in Hong Kong — 92% are Chinese. There are 225,000 refugees waiting for the government to resettle them, and one million more on the waiting list. These millions of people live in the boat village made up of all boats. They never get off. One row of boats consists of all restaurants. Some boats are schools for the children, some are government clinics, etc. They do much fishing from the boats and many people do a lot of swimming, although they are close enough together that they can walk from one boat to another.

Eight years of schooling is free but not compulsory. Hong Kong University has 7,000 students mostly doctors and a few dentists. There is only one dentist for every 6,000 people.



Stan, half way up to the Dr. Sun Yat-sen Memorial in Hangchow.



Marilyn at the entrance to the Dr. Sun Yat-sen Memorial. The animals are guards.

Hong Kong's major industries are textiles and tourism.

About cemeteries — for the wealthy, it costs \$20,000 for the first ten years to keep a body there, and \$20,000 for the second ten years. In the government cemetery, the bodies stay for only seven years and then it is compulsory to dig up the bones, put them in a jar, and move them to another cemetery forever.

Canton — Our stay in Canton was cut short by the government because there was an industrial fair planned in a day or two and they needed the hotel beds. There are no privately owned cars in China and transportation is mostly by bicycle. There are buses and taxis which do a lot of horn blowing. If a school child does not have a bicycle, he gets \$2.00 a month to get to school. They told us that in Nanking there were two million bicycles and in Shanghai there were three million. They seldom have one stolen because everyone knows if you have been given permission to buy one and they all have numbers.

About two million people live in Canton and it is the area which has the most rice paddies. The rate of exchange in China was three yuan to \$2.00. A yuan is worth approximately 65¢. The climate is similar to that of Cuba.

Hangchow — This is the smallest province and the richest. There are two rice crops and one wheat crop a year in Hangchow. They also raise sweet potatoes, tea, bamboo, and silk. There is a moat around the city and a canal which is 2000 km long, made 1400 years ago and took 40 years to build. It took 1,000 sheep to pull the emperor's boat up the canal. There are 1,010,000 people living in Hangchow. April is the tourist season and at that time all seven hotels are filled. They have about 62 inches of rainfall each year — 25 days of rain per month.

We visited a tea plantation where Lingying tea was grown (their best variety). The best tea is picked only in April and is processed by hand. The tea bush is five to six years old before they start picking. After the bush is 30 years old, it is cut down and allowed to start growing again. This is done three times (90 years) and then the tree is destroyed. The top quality tea is called "Great One", and is available for purchase from the Friendship Store. Friendship Stores are large department stores which carry all products for sale. All prices are set by the government, so there is no negotiating. The prices never change except by order of the government.

The People's Commune, in the rural area, is the lowest form of government. The land is collectively owned. The land is put together and they share the work and share the produce. It is called Mutual Aid. There are Brigade Leaders who are elected by the people every two years. Their income depends on the



Pearl River Bridge in Canton.

crops so there is more money made if there is a good crop which makes them work very hard. Each brigade has teams and they elect a leader. The brigade has about 700 members and the brigade pays the income tax (about 4%) to the state, which sets a fixed quota — everything over that is for the workers. In the People's Workhouse, we watched a girl processing tea. She had a huge heated bowl in which she kept moving around the tea leaves — for about 45 minutes.

We visited a bonsai garden and nursery. The theory about bonsai trees is "the older, the smaller, the better". Some of them were hundreds of years old.

We attended the Chinese opera called "The Exchange of the Cat". It was three hours long with a ten minute intermission and you must stay until it is over. It was interesting (our interpreter kept telling us what was happening) and the acting involved a lot of facial expression.

We toured a traditional Chinese medicine factory. There are two in Hangchow called # 1 and # 2. Their medicines are made from herbs, minerals, and animals. The # 2 factory specialized in producing traditional drugs. The traditional medicine is preferred by the Chinese because it is effective, there are no side effects, and it is cheap to buy. There were 700 workers and they produced 70 kinds of drugs, some of which were exported. At the medicine factory we learned they make a plaster from 22 herbs which sticks on to the skin for injury or for headache. They make a jelly out of gelatin, sugar, wine and water which is steamed, and, if eaten in the morning, is for nourishing the blood and to stop bleeding. Their tonics include Royal Jelly called "Two Treasures" which comes in three flavors and ginseng for general weakness. These tonics come from the queen bee. She is fed a secretion from the salivary glands of worker bees. The worker bees eat honey. She is very prolific — laying 2,000 eggs from spring to autumn. This extract supposedly restores post-operative ability. Some tonics preserve youth. The life span in China is 71 years for men and 73 years for women. They believe that if this extract is taken constantly, it can prevent senility, loss of hair, etc. We were all given a sample to drink from a small glass tube. Another herb, called "Winter Worm, Summer Herb", looks like a caterpillar. It falls from a tree into the ground. The following summer a weed grows and is processed. This invigorates the lungs,

checks the growth of cancer cells, and is also made in capsules. Another drug restores memory and affords better sleep. A new drug in Hangchow (only 3 months) is called rejuvenation tablets. It was originally made for the emperor of the Ming Dynasty. He had three wives and many concubines and died at 65 years. This is a new effort in Hangchow. The rejuvenation tablets build resistance against flu. The factory is now negotiating with the United States for



John, our interpreter, and a local guide giving a briefing before the tour of the tea plantation in Hangchow.

import here. Eighty tablets sell for about \$5.00. The factory can mail them to your home, calling it a gift to get them through customs. The recommended dosages for rejuvenation tablets are: for 20 to 30 years old — 2 tablets, 4 times a day; for 40 to 50 years old — 3 tablets, 3 times a day; and for over 50 years old — 5 tablets, 3 times a day. This is effective after three bottles. Some tourists in our group purchased the tablets.

At Lingying Temple we saw some very important carvings, preserved by the government, which were 1,000 years old. During festive holidays, they burn much incense at the temples. Tourism opened in the fall of 1978 and drew mostly Americans and Japanese. We saw two French women and several Germans at our hotel. There were thousands of Chinese at this temple to look at the carvings and at the Buddhists.

China is very overpopulated. They do not marry until about 25 years old. One child is considered alright, but if a second is planned the couple must wait until the first one is four years old.

We visited the Hangchow Silk and Brocade Factory. They make tableclothes, wall hangings, cushion covers, and clothing material. The factory was started in 1922 and employs 2100 workers, 55% of which are women. The average monthly pay is 67 yuan (about \$44) and the highest pay is 135 yuan (about \$90). They also get bonuses for extra efforts. There is free medical care, nursery for the children, and a two weeks vacation. If a husband and wife live together, they get no vacation together. If they live separately, they get 15 days to visit one another. The women retire at 50 years and the men at 60 years. They are given 75% of their pay for retirement.

At the People's Commune (in Hangchow), the major income is from bamboo. There are 160 kinds grown. It grows fastest at night — about four to five inches. They make furniture from it, eat the shoots, make medicine from the extracted juices, build houses, make scaffolding, etc. The Panda bears eat bamboo and never have heart attacks, so the government is studying this.

Shanghai — This is the most industrialized city and very dusty. 10.8 million people live in Shanghai, and it is extremely crowded. There are two TV channels and 12 relay stations. The programs from 6 p.m. to 10 p.m. are scientific and technological. On the waterfront we saw people doing early morning exercises, sometimes with martial music through a loud speaker. There was a huge shopping district with thousands of shops all owned by the government. Prices are stable and never change. There are 600 restaurants with different cuisines, some very spicy.



Plowing at the tea plantation in Hangchow.

They do not heat the buildings.

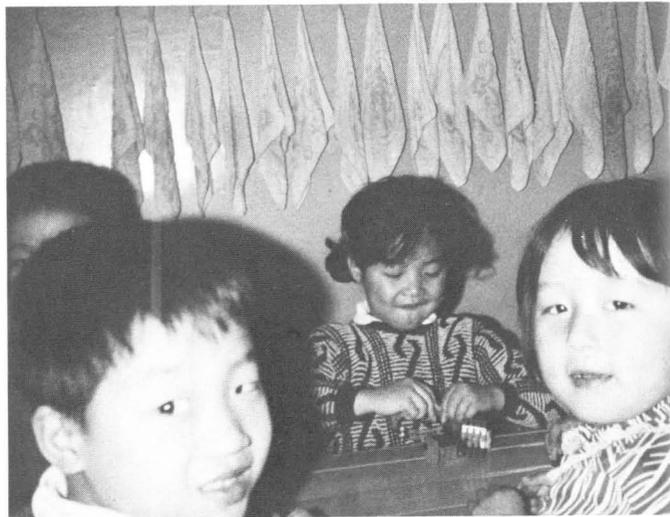
We visited the Children's Palace. There are ten Children's Palaces in Shanghai. All children go to school six days a week. On Sunday they are permitted to attend the Palace and attend training groups of singing, dancing, music, crafts, games, technical groups, art embroidery, radio/TV, ping pong, printing, etc. There is a huge printing on the wall which reads, "Friendship of the United States Forever", and each student must learn to print these words. The ages are from 8 to 11 years. They put on a short play for us, did some dancing, and some magic acts. They are all eager to please. When a child shows an aptitude in a particular area, they are encouraged to pursue it.

We attended a People's Commune in Shanghai. Each time our group went into a different area, we were put in a large comfortable room, served hot tea, and given a briefing on what to expect and what we would be able to see.

This commune was founded in 1959, has 9 factories, 2 livestock farms, and is over 2,400 acres. The total population of the commune was 28,900 people. This commune was mainly for vegetable growing and pig breeding. They are responsible for producing for 600,000 people. There was a 40% increase of income over 1978 which enabled a 35% increase of income to the families. 65% of the workers have new living quarters as a result of the increase. There are 14 primary schools and 3 high schools in this commune. They realize that they are a backward nation and are striving to increase production. Payment for production is based on the output. The theory is — work more and get more.



Music class at the Children's Palace in Shanghai.



Kindergarteners at the Children's Palace. Note each child's washcloth.

We attended an acupuncture clinic and saw a man with back muscular pains with needles in his shoulder, a man suffering from sleeplessness with needles in his legs, and a woman with severe headaches with needles in her hand. There were huge charts showing the nerve endings and areas to insert the needles. No one was experiencing any pain. The needles had something attached to the end that looked and smelled like punk which was lit with a match and allowed to burn out. It did not seem to bother the patients.

In the commune, the retired persons give speeches to the workers on their experiences and are responsible for the young children. We visited the home of a 65 year old woman, a retired silk factory worker, who lived with her sister, her brother-in-law, and three children in three rooms. The rent there was five yuan a month and six yuan for utilities. She gets 65 yuan for retirement and pays her sister 25 yuan per month. Hanging on her wall were certificates for being a boxing instructor and for work done for social committees in the neighborhood. She was also in charge of sanitation in the building. She worked in the silk factory for 25 years. She is also a member of the singing group of old people in the Commune. She was very friendly and eager to please.

All meals were served family style at a large round table with nine or ten places and a white tablecloth. We used chopsticks, although you could ask for a fork if you preferred. The types of foods served were: rice, fish, and soup with

every meal; and pigs knuckles, choy, shrimp (unpeeled), chicken in various ways, duck (which was chopped up but did not have the bones removed), heart of palm, bamboo, asparagus, cauliflower (deep fried), squid, sweet and sour pork, and occasionally ice cream.

We went by train from Shanghai to Nanking which took five hours. Tea was served three times. The train stopped many times at smaller stations.

Nanking — We visited the Dr. Sun-Yat-sen Memorial, the revolutionary leader who fought for the unification of China, and who later became president of the government in Canton. He toured the United States in 1925 to seek financial aid to oppose the ruling Manchu Dynasty. He died in 1925 and was buried in Nanking. We also saw a beamless building made entirely of brick that was 600 years old.

We went up to Yangtze River by boat for two hours. There was entertainment on board all the time including singing, musical instruments, and magic acts. The river is big enough for seagoing vessels to come up to the city.

Peking — The first day in Peking we went up to the Great Wall of China. It stands about 25 feet high and every 200-300 feet there is a tower about 40 feet high used as a lookout. The top is paved with bricks set in lime forming a roadway wide enough for six horses abreast. The wall was built entirely by hand and took hundreds of years to complete. Each province built its own wall and finally one of the rulings emperors decided the walls should be connected to form one great wall. We also visited the Forbidden City which was built to keep out warring enemies during the Ming Dynasty for 276 years and the Ch'ing Dynasty for 267 years. There are 9,000 rooms with a huge wall surrounding it with a moat outside. Inside the wall they used huge iron jugs filled with water to be used in case of fire. It is the biggest building in Peking and took from 1406 to 1420 to build. There are approximately 15 layers of flooring and cement stone under the palaces to keep enemies from digging up or tunneling under and to preserve the precious jewels.

We saw the Temple of Heaven built in 1420, destroyed by lightning, and rebuilt in 1530. The emperor would come here to pray for a good harvest. It is made of all wood 38 meters high.

We went into the Ming Tombs of which there are thirteen. Only one has been excavated (in 1956). Upon opening the tomb, archeologists found tablets describing the "Precious Room" where the body was. The tablet printing indicated the body was 60 feet down and 160 feet ahead of where the tablet was. This is how the archeologists located the body. He was buried with all of his jewels including diamonds, gold, jade, silver, and with everything he would need after death. He thought that whatever he needed in life, he also would need after death. He had it all pre-arranged and placed in his tomb. The entrance was covered with a huge stone slab door which weighed 80 tons, and was opened by Chinese archeologists starting in 1956 until 1959. There were three coffins; one for the emperor, one for the empress, and one for his concubine. The empress had no child, so the emperor acquired a concubine who had a baby boy, who eventually became the emperor. Twenty six other boxes held all their jewels. 2,000 workers were used to dig the tomb, and, after working for a time, were moved to another province and 2,000 more workers were brought in to do more digging. Some were beheaded after digging so they would not steal any of the jewels and would not tell about the jewels in the tombs.

In Peking we were fortunate to go through the Chairman Mao Memorial Building. This building is open only from 8:30 a.m. to 11:30 a.m. three days a week. The Chinese line up four abreast as far as the eye can see and wait for entrance to the Memorial. There were no cameras allowed, no hats on, no talking while in the building, and no smoking. The line of four



Female soldier at the Great Wall.



The Great Wall of China.

abreast walked slowly into the building where we saw a huge stone statue of Mao. The line then separated into twos and we progressed around the statue where we saw his body lying in state with a flag draped across his chest. His body was on top of a small platform all glass enclosed. The solemnity of the occasion stayed with us for several hours after we left the building.

The final night in Peking we were treated to a banquet and served a toast called "moutai". This toast is intended to toast your health, or your good fortune, or your good life and is supposed to be swallowed all at once, to be followed with a sweeter wine to cool your mouth.

The Chinese do not take tips as such, but we could give them gifts. We took postcards of San Francisco's China Town, the Golden Gate Bridge, and took U.S. postage stamps. Some people in the tour had ball point pens to give away. Mostly we gave them to children. We were something of an oddity in most places. People would gather around us if we stopped walking for any length of time. Many, many times a young Chinese would talk to us in English.

We found the Chinese to be friendly, interested in us, and very industrious — a very different country to visit.

Even in retirement we find enough to keep us busy.

Sincerely,

Stan and Marilyn Smith

MEN OF MEDICINE — (Continued)

nature of tuberculosis and on the spread of disease by soil and water.

Al-Zahrawi or Abulcasis, a Spanish Arab and court physician of the Umayyad Caliphate in Cordoba, is considered the greatest surgeon medieval Islam produced. Al-Zahrawi inspired a revival of surgery when it had been abandoned by the East and West. He relied substantially on Galen for his information about anatomy, but introduced original observations and technique in surgical procedures.

Al-Zahrawi introduced the practice of cauterizing wounds and invented many new instruments for surgery. In his surgical text, he included sketches of tools he had devised, many of which are still used today in a slightly refined form.

There were others as well — men who built upon and improved what they had inherited. The Arabs made great advances with their hospitals, which became models of compassion. They provided singers and storytellers, reciters of the Koran, music for the sleepless, libraries, and dispensaries. They had an early nursing system and they were the first to develop hospitals divided into wards according to different diseases.

The Arabs were the first to understand infection and contagion. Ibn-al-Khatib (d. 1374), a Spanish Arab of Granada, wrote a rudimentary treatise on the theory of infection. As the Black Death swept across Europe and the people stood by helplessly, he observed that the disease spread from the first one stricken to those with whom he had been in contact.

Arab physicians were held in high esteem, and the officials created a climate in which the arts and sciences of the Greeks could grow. The Islamic empire thrived until the chaotic and devastating invasion of the Mongols in the 13 century. By then, the treasury of knowledge had been passed back to the West, enriched by the Arab's custody, to await the Renaissance.



Our congratulations go to annuitant Richard A. Hattrup who was married to Barbara H. Hovey on Saturday, February 9, 1980 in Orcas Island, Washington. We wish the newlyweds much happiness and good fortune.

Friends and Fun Await You in Florida

TWELFTH ANNUITANT'S REUNION

WHERE — Innisbrook Resort, U.S. Highway 19, P.O. Box 1088, Tarpon Springs, Florida 33589, served by Tampa International Airport.

WHEN — Friday, October 17th through noon, Sunday, October 19, 1980.

CHAIRMAN — Lori Burmester, 2290 Claiborne Drive, Clearwater, Florida 33516.

DEADLINE — For reservations and registration is September 15, 1980.

We are ready for another super reunion in October. From all the interest to date, we would suggest that you get your reservation forms in as early as possible. Please make your hotel and transportation reservations directly with Innisbrook on the forms included in this issue. Your completed registration form, also in this issue, should be mailed to Lori Burmester at the above address. Here are the final details on the reunion:

REGISTRATION: Please return the registration form as soon as possible. This will include registration for meals and golf. Upon receipt of your check, a package with your tickets, badges, program, etc., will be assembled and ready for you at the Reunion registration table. Full refunds will be made if cancellations are received by October 3, 1980. If you do not arrange for seating arrangements for the banquet on your registration form, please remember to do so upon your arrival.

ACTIVITIES: Innisbrook offers a number of activities including tennis, golf, swimming, fishing, and facilities for bridge or canasta. Friday will be a barbecue with casual dress the rule. Saturday night will be dinner and dancing with Bob Creash and his trio. Sunday morning, brunch will be served and we will again have the honor of hearing Thorn Snyder give the Aramco Update.



Two bus tours have been arranged for those interested. The Busch Gardens tour will take you to see the new Dark Continent. You will see beer being brewed and bottled, enjoy a bird show,

see wild animals, and eat lunch at the Swiss Chalet. The Tarpon Springs Historic Tour will take you to visit a beautiful cathedral, see the sponge docks, roam the main street with its shell shops, and to eat a Greek lunch at one of the many restaurants or Pappas new one. The Busch Gardens tour is \$16.00 per person and the Tarpon Springs tour is \$14.00 per person. Only forty one people can be accommodated on each trip. There is a tour reservation form included in this issue for your convenience. If you are interested in either tour, please include the form and fee with your registration form when you return it.

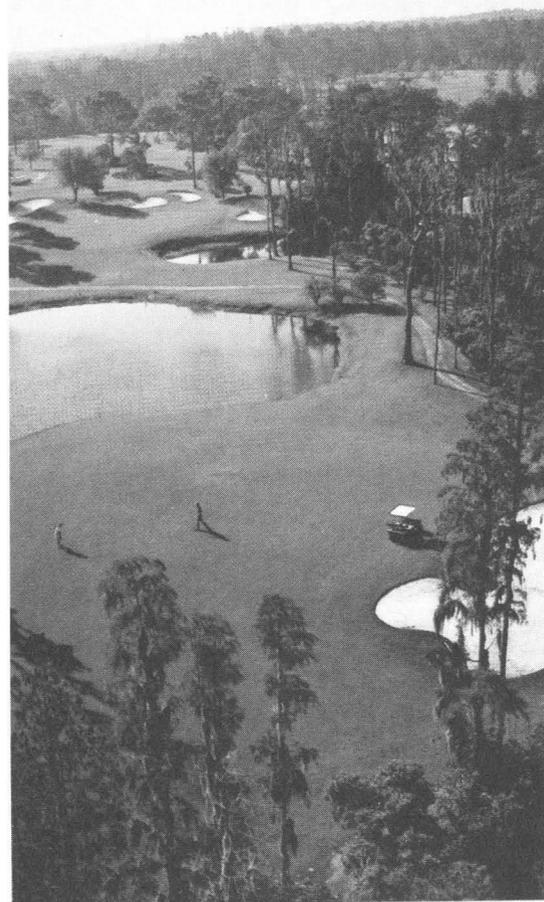
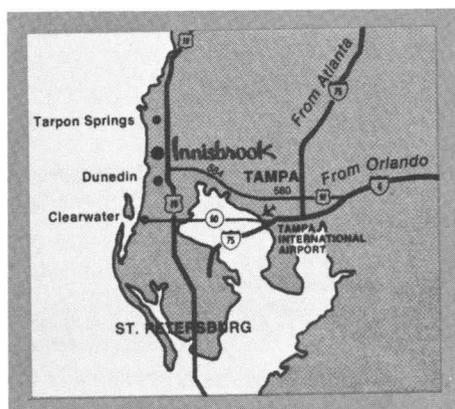
CHILDREN ATTENDING THE REUNION: We hope that everyone understands that the Reunion is geared specifically to annuitants, employees, former employees, and their adult friends, and not to children under 19 years of age. This applies to such functions as the Friday night BBQ, the Saturday banquet, and the Sunday brunch. There are plenty of activities at Innisbrook to keep the younger people busy.

If you need extra copies of this issue for someone who may not be on the mailing list and would like to attend, contact Eileen Jonsson at Aramco Services Company and she will be glad to send them the information.

Hope to see you all on the 17th at INNISBROOK!

Sincerely,

Lori Burmester



The History of Knitting is Traced Back to Ancient Egypt

Nothing could seem more traditional in Europe than knitting, but in fact it is not an indigenous skill, but one arrived relatively recently from the Middle East. It is thought that knitting was first evolved in Egypt about 1000 B.C., but at this date it may not have been made on needles, but on a frame, in which the stitches are looped over pegs, on roughly the same principle as children knit with four nails round the hole in a cotton reel. There are also early examples of macrame, as well as elaborations of the very ancient skill of fish-net making.

The first examples of knitting as we know it are from Fustat in Egypt and date to roughly the 4th century B.C., although some are claimed about 100 years earlier from Dura Europos on the Euphrates, not far from Damascus. Both areas have had textile industries all through history. At Fustat, small purses, stockings with the big toe separate for wearing with sandals, and strips — perhaps belts or parts of cushions or covers — were found, and even a homemade cuddly looking doll. The thread and needles used tended to be fine, and although of course the colors have faded geometric designs —

not unlike those still made in Peru and Norway — which would fit in with the general Coptic Egyptian taste in textiles. Knit and purl stitches were used, mostly as a stocking stitch, for the elaborate open-work patterns favored now were a much later Western development.

Knitting presumably continued to develop and spread in the following centuries, but very little is known about it, because most countries

do not have climates conducive to the survival of textiles. About the 9th century it reached Spain in the wake of the Muslim conquests and from there, no doubt, spread through Europe.

There are a few pieces of knitting from the medieval Islamic world, more specifically Egypt and Yemen. They include belts, little bags and strips of the calligraphic edging known as “tiraz”. These last would have been technically very difficult and were done on very fine needles with a variety of threads including cotton. The effect must have been very elegant.

Reasonably enough, because of the climate, knitting spread in the North. An early illustration is the 14th century Buxtehude altar piece. Mary is shown knitting what looks like a bright pink vest on four needles. If it is a vest, it would be particularly interesting since up to this time East and West seem to have concentrated on a definite range of knitted objects, caps, bags, stockings, and covers, but not in a more general sense clothes. The four needles are also interesting, but in fact a number of knitting aids and gadgets from the Middle Ages have survived, including needles made from all sorts of materials ranging from ordinary wood and bone to ivory and tortoise shell.

It was about this date, or a little later that knitting reached England — although the word knit, meaning knot or tie up, was much older. Queen Elizabeth I, who was passionately interested in anything to do with clothes and liked to wear the finest possible hand-knitted silk stockings, very much encouraged it and made all

kinds of laws to foster and protect knitters, for this era also saw the invention of a knitting machine.

Although the history is not well known, it seems likely that knitting reached the New World through the Spaniards — and so at one remove from the Arabs — in the course of the conquest of South America.

The 16th and 17th centuries were the great period of fine knitting all over Europe, but especially in the East. Austria and Poland knitted what were in effect tapestries which might even include scenes with human and animal figures among numerous decorative elements. These obviously, were technically very complicated, using a huge number of colors and carefully composed designs. Typically they were made by city guilds to advertise their craft.

Russians also had a strong knitting tradition and they made, among other things, very nice dolls with the features worked in relief — often, in fact, a miniature patchwork.

Other kinds of very fine knitting which were popular at this period and lingered on into the Victorian era included knitted lace, and purses decorated with beads, spangles and even pearls. Gold and silver thread might also be used for a richer effect, and as well as stockings and bags, caps and gloves were often knitted, and even sleeves.

It is not surprising that people working in the cold and wet should see the advantages of knitting, but although there is reason to believe they existed much earlier in Scandinavia, it was not until the 19th century that sweaters came into at all general use. They are particularly associated with Scotland and Ireland.

In the Crimean War, official notice was taken of knitting for the first time, hence the Balaclava helmet and the cardigan, named after the Earl of Cardigan, a distinguished military man. In the First World War again knitting was put to sober use. Instead of bead purses and other "fancy work" every woman in England was exhorted to make "comforts" for the troops. And so badly were socks and mufflers needed by the men in the trenches that it became the fashion for the rich to knit at the theater or opera in London, while the countrywomen could turn a heel as they followed their cows or sheep.

— *Caroline Stone*

LETTERS (Continued)

Houston, Texas

I would really appreciate a Girl Scout Calendar if there are any left. Have enjoyed your magazines and most of all the lives of so many of my friends from Arabia.

Sincerely,
Anne Witter

Seattle, Washington

We are happy that we moved to Seattle. Both of us have the ocean in our blood and didn't realize how much we missed it.

All Aramco publications are read from beginning to end, and we would be very sad if any of the publications missed us.

Sincerely,
Jorgen Petersen

Naples, Florida

This was one of those unpredictable years when our winter hibernation in Florida was upset by a two month trip to the Golden West. We are back, but leaving next week for our northern lair in Brookfield, Connecticut.

Sincerely,
Buck Ewing

COLLECTOR'S NOTE

The Textile Museum in Washington, D.C. is interested in organizing an exhibit of Arab costume, rugs, and weaving. If you have any pieces that you would be willing to loan to the museum or if you have any information on the history of Arab weaving, please contact:

Ms. Patricia L. Fisk Mr. John M. Topham
The Textile Museum or 5 Green Ridge Road
2320 "S" Street, N.W. Pittsford, New York 14534
Washington, D.C. 20008 716/381-4381

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Eileen Jonsson — Editor

For Annuitants of Aramco, A.O.C., A.S.C., and Tapline