

# Editorials & Comments

## Blacks Should Give Generously

### To 1975 Heart Fund Campaign

Every Afro American should make the financial sacrifice and give a generous contribution to the 1975 heart fund drive. Why??? Mainly because high blood pressure (Hypertension) is black Americas number one health problem. Twice as many blacks fall victim to heart disease as do whites and others, as for it's causes...Within or outside the black family, the most powerful source of emotional disturbance is other people.

Therein may lie one important cause of excessive hypertension among black poeple. Chronic infection of the kidneys may also produce hypertension...But disease of a kidney artery is one of the most common curable causes of hypertension.

The disease may occur at any age and it may attack both major kidney arteries, although it usually affects one more than the other. Unfortunately, only a small percentage of hypertensive persons have "curable" hypertension. On the other hand...there are many lab techniques and specialized procedures...which can uncover the curable forms. Some of the necessary tests for hypertension are expensive, and the disease is most prevalent among those who can't afford the costs involved. Fortunately for those who do learn in time that they are hypertensive, there are many effective drugs available for treatment. Sometimes the need for drugs may be completely avoided by the use of such a basic step as simply losing excess weight. On the other hand...weight reduction efforts rank pretty high on the list of causes for frustration and anxiety. If salt is almost completely avoided in the diet, blood pressure is very likely to fall. Several studies suggest that exercise may be of value in keeping blood pressure at a normal level and in bringing

about some degree of pressure reduction.

One other important to a long life point is this fact: Cigarette smoking has long been associated with diseases of the heart and blood vessels.

The risk of dying from hypertension (coronary heart disease) is highest among smokers, because smoking causes increased tension of the heart muscle and it interferes with the oxygen supply to the heart by interfering with functions of the lungs. If you don't remember anything else in this article...Remember this...If it's not treated, high blood pressure can lead to heart attacks, strokes and kidney problems.

However, treatment is impossible if you don't know you have the disease. Get a check up before your heart wrecks up. Hypertension is called the "silent" killer because it strikes without warning. Diagnosis and treatment of the disease is easy because it's simply a matter of getting a check up. You owe it to yourself and those you love to take the first step now. You could be saving your life.

Your financial support of the heart association will help support and speed their intensive research (now underway) into the causes of and for the doubly high incidence of high blood pressure among Afro-Americans. When you make a generous contribution to the heart fund, it could well be a step towards eliminating heart trouble forever. By the way, you'll reduce your chances of dying like a stray dog if you start right now to eat less of that ole fat hog, a lot less pork and a little less beef could also give your overworked heart some much needed relief. This is just one black man's opinion.. What's yours? I'm Roy Wood.

## Give Hope To The Hopeless

..The fact that black Americans find themselves today in a major economic depression should be sufficient cause for serious reflection upon how we came to be where we are. Then, too, we ought to give some deeply serious fresh thought as to where we ought to be going from here.

..During the great Depression of the 1930's black leadership was urged repeatedly to organize for group power and to forsake, to the fullest extent possible, the dole or relief. Still, in practically every black community in America there was chanted as religiously as any sacred hymn the words:

Jesus Christ will lead me;  
F.D.R. will feed me,  
What cause have we then for fear?  
F.D.R., or President Franklin Delano Roosevelt, symbolized "the man" who lived in the big white house and who was the keeper of "wealth untold" all we had to do was to be loving to Jesus and be more than pie in the sky by and by. We

would even get a little sample right now.

..The sad fact is that, for a host of largely understandable but still unfortunate reasons, black Americans have been far too hand out conscious. Even today, with the best of intentions, many of our leaders suggest that what we need is a guaranteed annual wage, which is simply another form of the guaranteed dole.

..Blacks today must forsake every semblance of seeking relief or the dole and should focus collective efforts upon becoming productive members of the nation's economy.

..It takes no more organized effort to urge jobs of a public service nature with pay than it does to ask for relief. A number of recent polls have shown that the overwhelming majority of the nation's unemployed persons today would rather have a public service job than receive an unemployment check.



Ways We Can Help Ourselves

## REPORT FROM Washington

### 1975 Questionnaire Results

This year, over 20,000 residents of the Ninth Congressional District responded to my questionnaire. They were asked to give their opinions on nineteen sensitive and crucial issues. There was very little hesitation on the part of constituents to speak out.

After reading the results of the questionnaires, I want to make a couple of observations.

It reflects a constituency fed up to the gills with the size and cost of government, fearful of its further intruding into the private lives of individuals, and becoming quite disenchanted with programs of income redistribution by taxing and spending.

I found that a sizable majority (78 percent) of the people responding demand a lid on federal spending of all types. They want at least at 10 percent "cap" on agency budget requests, and cuts both in Defense and non-Defense spending. By almost three-to-one, they call for cuts of \$10 billion or more on the social spending side, and a bare majority calling for similar cuts even in the Defense budget. In contrast with the people, the majority of the House of Representatives just ovted approval of an 18 percent budget increase, and defeated an amendment which would have held the spending level to 12 percent increase. The solid block of Republicans and some conservative Democrats did not have quite enough votes to hold back these spending excesses, which will add \$70 billion to the national debt.

The questionnaire drew 58 percent support for the recent tax cut bill. Significantly, as I watched the "returns" come in, a near-majority of

those arriving during the debate, and in the first few days thereafter, opposed the tax cut. The size of that majority, 58 percent supporting the tax cut is interestingly small in light of the assumption made by most that nobody, but nobody would vote money out of his or her own wallet.

The five-to-one vote against amending the Constitution to prohibit all abortions should be noted not only by those who wish to impose absolute moral values through the force of government. I detect a strong sentiment among those "No" respondents against government barging in where even philosophers and theologians are unsure of their footing.

I am a little surprised by the size of the minority which reacted against Social Security benefits. A 64 percent majority does favor the current law providing cost-of-living increases in Social Security, so that includes a probable majority of those not retired. But a 30 percent level of opposition must be taken into account. Surely, this reflects the growing tax burden on the working people. This "vote" points to growing trouble not just for Social Security, but for all programs of payments to individuals. In the future maybe we should ask about school lunch, food stamps, housing subsidies, and other support programs for individuals. We are rapidly approaching the day when there will be more people riding in the wagon than there are taxpayers left to pull it - and then the wagon will stall.

In asking about National Health Insurance, I purposely tied it to the raising of money to pay for it, since there is no escaping the cost.

## TO BE EQUAL



VERNON E. JORDAN JR.

### End Of The Line In Vietnam

The end of the American presence in Vietnam was a humiliating scene of helicopters flying Americans and refugees out of the country while the masses of South Vietnamese expressed their feelings of "good riddance" by sacking our embassy.

Had we not been captives of an overreaching desire to be the world's policeman the war might have ended a dozen years ago, when the neutralist forces in the South were winning popular support. We have to face the sad fact that the war that ravaged that small nation continued only because of American support, arms shipments and combat troops.

As devastating as the war was to the Vietnamese, it caused irreparable damage to ourselves as well. Just look at some of the results of that misguided adventure:

56,000 Americans died and over 300,000 were wounded, a disproportionate number of them, black.

Estimates of the direct and indirect costs of the war range up to \$400 billion, or more than enough on an annual basis to have wiped out American poverty starting back in 1961, and still have most of it left over.

Our country's international prestige was heavily damaged by its persistence in squandering its arms and resources in a civil war of no vital strategic importance to us.

A prime victim of the war was the Second Reconstruction - the reforms aimed at extending social and economic progress to black people. Once Washington realized it could not afford both guns and butter it chose guns, escalating the Vietnam adventure and calling a halt to domestic programs.

Many economists trace the current Depression to the economic imbalances caused by the expensive, unproductive war in Vietnam.

The war divided the country, diverted our energies and weakened national self-confidence. Already we see the beginnings of a national debate over "who lost Vietnam?" as if it was ours to hold or to lose. Even those who call for national reconciliation and for putting the whole dismal thing behind us don't seem to realize the need to admit past mistakes and understand why they were made, so that they'll never be made again.

The President was asking Congress for a billion dollars in military aid for Saigon just a couple of weeks before the city fell, indicating that the lessons of the past have not penetrated. We could have shipped a hundred billion to Saigon, and the same result would have occurred. South Vietnam did not fall because American support was not forthcoming. It fell because its leadership was corrupt to the core, its army both corrupt and incompetent, and its people unwilling to make further sacrifices for a cause that meant little to them.

We are now about to embark on a far-ranging reappraisal of foreign policy, and this is something that should not just be the province of State Department officials, but should be something the country and the Congress can participate in.

The lesson of a war entered into in secret and expanded in stages of deception should teach us never to get into such a predicament again. A new foreign policy need not be a total retreat from world leadership.

## as i see it

### Imagery Of Black TV Shows

By Gerald Johnson

Would you believe it? Two black television shows have made it to the top and blacks are balking. Black ministers are complaining that Flip Wilson is stereotyping them. His Rev. Leroy character is thought by many to be damaging to the imagery of black people.

A Ms. Justine Rector recently blasted all of my favorite TV shows by contending that they were damaging to the imagery of blacks. The shows were Good Times, Sanford and Son, The Jefferson's and That's My Mama.

Ms. Rector who is the director of the exchange program at the University of Pennsylvania further contends that the shows are Hollywood's misconceptions of black life styles.

Other blacks have made similar complaints about these shows. Such criticisms as the shows are unrea-



listic, fail to express black feelings, and portrays black people wrongly to white audiences, are becoming common.

Well, from my personal point of view, I thought television was for entertainment and not for reflections. When I come home and cut on the tube tube I am not interested in documentaries but rather I am interested in a few laughs.

How many situation comedies

with whites in leading roles actually portray white lifestyles? The Archie Bunker's have been exaggerated to help people laugh at themselves. All comedies are done in precisely this way to make people laugh. It is quite unfortunate that some people take a laugh as a personal insult.

I think the major problem in cases like this is that the criticsizers are overly conscious of how white audiences will perceive us as a people. Any person who would draw conclusions about an entire race of people from one or two television shows is an idiot.

Television does not influence, society does. Only a criminal would be capable of watching TV and using that to perpetuate a crime. Only a bigot would be capable of watching TV and using that to perpetuate bigotry. Only a fool would be capable of watching TV and using that to perpetuate foolishness.

Hence, before Good Times, even before blacks were on TV, whites had preconceptions of black people. The fault is not television shows but that of societies. There are white people who avoid coming in contact with black people purposely to keep from having stereo typed conceptions destroyed. We as black people will have to continue to ignore this segment in hopes that they will go away. Meanwhile, we as black people will have to stop trying to snuggle up to the white people. We are spending too much time worrying about how whites perceive us. If we spent this much time trying to perceive ourselves then these criticisms of my favorite shows wouldn't have been made.

In conclusion I don't think Esther Rolles, Redd Foxx, John Amos, Jimmy Walker, Clifton Davis, and Theresa Merritt would participate in anything that would prove to be damaging to the image

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