

# Kaleidoscope

BY ROBERT J. SYE  
Jim Brown is doing it again. The dynamic actor-lover is working hard at love---on the screen. Having just wrapped-up a scintillating love-sequel with the voluptuous Raquel Welch in "100 Rifles," he finds himself in love and married to beautiful, black Janet MacLachlan in MGM's "Tic... Tic... Tic..." but things get better with JB (and not coke). He's set to burn the celluloids with scenes that will sizzle... In JB's new flick, "The Grasshopper," he and the sexy-sational Jacqueline Bisset will not only make love, but swim in the nude. What a colorful combination... It'll be the movie heard around the world... The other side of Jim Brown is quite interesting too... On a moments notice (and it was the Fourth of July weekend) he came to the rescue of the sponsors of "The Afro-American Festival in Sacramento; Don Mitchell and Otis Young cancelled and he subbed... His appearance was a welcoming sight for hundreds of black youngsters who constantly search for a personality they can emulate... Earlier we mentioned Janet MacLachlan, and it might be worth while reiterating here: She's destined to be "the black actress" in filmdom... She has completed "Changes" with Raymond St. Jacques, and "Tic... Tic... Tic..." with Jim Brown, and now she's set to do "Halls of Anger" with Calvin Lockhart... Can't forget the sexiness and talent and kindness that Ena Hartman (formerly Miss Universal City) rendered this pillar. Her agreeing to make the Afro-American Festival was marvelous... And too Glynn Turman gassed the female population... Wow! What's this about Ena Hartman and aging bachelor-actor Barry Sullivan?... Are they just blowing in the wind of integration or what?... Mary Wilson of the Supremes is the ultimate of femininity. Here every motion and breath is grace with a subtle sexiness, and she souls so-o-o-o beautifully. However, and more importantly, she has discovered the real Mary Wilson... And things will get better... Marc Copage of the "Julia" series was recently introduced by Hal Kanter as a "76-year old midget"... The rumor that Barbra Streisand, Sidney Poitier will do Bill Manhoff's interracial comedy "The Owl and the Pussycat" is just that---canard... George Segal (white) will do the lead, and that's a trip... Everybody's moving out of this country. Sidney Poitier loves in the Bahamas, so does Adam Clayton Powell, and now Sammy Davis, Jr., is set to move and build a house with two swimming pools... Talkin' 'bout a black retreat... Florence LaRue of the 5th Dimension and manager Mark Gordon will solar "Up, Up, and Away" July 13 when they wed---and dig this---100 feet in the air in a 19th century balloon from atop of Los Angeles' Beverly Hills

hotel... God had agreed to guest on the Leslie Uggams show, as a favor, Ever since he (Godfrey Cambridge) lost 165 pounds his career has skyrocketed. And, after he completes "Cotton Comes to Harlem," he goes into "The Night the Sun Came Up on Happy Hollow Lane," in August... Thank God.  
James Brown, Soul Singer No. 1, is set to do his biopic "I Am a Man" with a budget of \$1/2 million dollars. Dick Clark is producing---which could be either a successful flop or a visionary-ego trip... Ultra Sheen, a product manufactured, distributed, and sold by blacks has really done it big. They will produce the first black sponsored television special on National TV in America... Wilt Chamberlain wants badly to be an actor... Well, he's about to dunk in the Mirisches' "Halls of Anger"...  
Patricia Morrow, once the reported love-interest of Rafer Johnson, went to Fayette, Miss., to do a photo-report of Charles Evers' mayoralty installation... Pat's doing her thing for the black cause, and for a vanilla cake that's sweet... Chelsea Brown, once the only black girl on "Rowan and Martin" has linked a contract with International Famous Artists--in all fields except commercials... Lena Horne, the most vivacious black woman in film-dom, was approached by Bill Cosby to do a seg in his next show... The Warlords, an all-black motorcycle club, has been signed to do Laurence Merrick's "Angel's Flight," dealing with the rise of black militants... Pearl is a Pearl... Pearl Bailey, filming the "The Landlord," her first flick in 10 years, has been praised by director Hal Ashby. She did all of her scenes the first day in one-takes... "One-lake Bailey, that's me," boasted Pearl as she finished her set.  
Remember James Edwards, one of the first Super Spades? Well, he'll be crawling back to the top with his role in "Questions," starring Joseph Cotton... Della Reese's birthday was a surprise, and beautiful... Her sister, Sadie Rowser, got everything together and invited Sandy Baron and his lady, Dixie Walker and Morgana King, and many other who "just dropped by," and boom "a smash"... Ever wonder that happened to Stokely Carmichael? "So did I." The former chairman of the Student Nonviolent Co-ordinating Committee and later the prime mover in creating Washington's Black United Front is in Conakry... "Where's that?" Conakry is the capital of Guinea on the West African coast. He's there with his spouse, South African-born singer Miriam Makeba... And that's it.



NEARLY INTERCEPTS PASS—Buffalo, N. Y.— Washington middle linebacker, Sam Huff, 70, nearly intercepts a pass intended for Buffalo's Max Anderson, 22, August 8. The Washington Redskins were defeated by Buffalo 21-17. (UPI).



## Eliminating Big—but Little-Known—Killer

"The cheapest type of insurance against death from pulmonary disease — which will kill about 50,000 hospitalized Americans this year — is an inexpensive pair of elastic stockings," Dr. Thomas Sellett, director of clinical research for the Kendall Company, said recently.  
The average person knows little about this killer, the doctor explained, and it is often confused with simple heart failure.  
"Pulmonary disease kills in the lungs — but it starts in the legs," the doctor said. "Most of the victims are hospitalized persons. Their inactivity, plus the primary cause of the hospitalization, slows their blood circulation, and clots often begin to form on the walls of the veins in the fleshy part of the lower leg."  
"When these clots break loose and travel to the smaller veins in the lungs, circulation is often halted completely, killing the patient," Dr. Sellett explained.  
"Compression prevents clotting. A simple, well-researched method of prevention is to apply T.E.D. elastic stockings to any hospitalized patient, as is done routinely in many American hospitals. The compression of the T.E.D. stockings accelerates the flow of blood through the veins, preventing clots from forming. It is as simple as that."  
"Tragically, most of the 50,000 people who will die of the disease this year — and next — will not be wearing the stockings because this precaution had not been taken," according to the doctor.  
The manufacture of T.E.D. stockings — and their rapid acceptance by many doctors and hospitals — began with a research project in 1952 at Massachusetts Memorial Hospital and the Boston University School of Medicine, supported in part by a grant from the Hospital Products Division of the Kendall Company, makers of T.E.D. stockings.  
In that study, doctors tested a group of 5,425 patients, half of whom wore T.E.D. stockings, and half of whom — the "control" group — wore a non-elastic stocking. There were no deaths from pulmonary disease in the group wearing the T.E.D. stockings, while four persons in the control group died of the disease.  
In the control group also, 12 persons suffered a non-fatal pulmonary embolism, while only two of those wearing the elastic stockings had such embolisms.  
Growing Use in Hospitals  
Many doctors, thankful that such a simple and economic procedure can effectively combat a major cause of death in hospitals, are now prescribing these elastic stockings for all of their hospitalized adult patients. A swiftly-growing number of hospitals in America, now numbering about 15 per cent of all hospitals, now make the use of such stockings mandatory for all adult patients — including the hospital where the first research into the problem produced such effective results, according to Kendall officials.  
The newest T.E.D. stockings are made of seamless nylon, precision-knitted and engineered to provide graduated

# For Your Heart's Sake Warns Against Sugar Intake

Americans who consume some 100 pounds of sugar per year each despite hazards of overweight, coronary arteriosclerosis and dental cavities are getting a new warning. A British scientist is now directly linking sugar with heart disease.

While the American Heart Association has discouraged "excessive use of sugar including candy, soft drinks and other sweets," the Briton, Professor John



Yudkin

Yudkin, M.D., Ph. D., M.R.C.P., goes further, "Coronary heart disease," he says, "seems to be more

closely related with the level of sugar consumption than with the level of any other dietary component.

"The common belief that the level of animal fat in the diet shows the highest correlation with heart disease is simply not valid."

Researchers have commonly settled on a diet high in saturated fat and cholesterol as the principal cause of atherosclerotic coronary artery disease.

The Committee on Nutrition of the American Heart Association has warned against these dietary elements as well as excessive weight. Its published policy on dietetic dangers also recommends use of vegetables, cereals and fruits as preferable to excessive use of sugar.

Dr. Yudkin, professor of nutrition and dietetics, Queen Elizabeth College, University of London, zeroes in on sugar as the number one culprit. Experiments with young men on a sugar-rich diet and patients who had suffered attacks of coronary thrombosis led to his conclusions.

The experiments with the young men convinced him that sugar is the biggest

dietary contributor to coronary heart disease, the doctor said.

The subjects on a sugar-rich diet showed a sharp rise of fatty acids in the blood plus an abnormally high level of insulin. He said the latter is a probable early stage in the development of coronary heart disease.

Those patients who had recently suffered attacks of coronary thrombosis, he found in his studies, had been using an average of twice as much sugar as control subjects. This was also found to be true of men suffering from peripheral vascular disease.

Dr. Yudkin noted that coronary heart disease is most common in wealthy countries, in which the level of sugar consumption tends to rise.

Sucrose, or table sugar in laymen's language, has been linked by scientists for years with diabetes and dental caries.

Dr. Yudkin visited the United States to lecture on his findings. He addressed a diet-heart disease seminar in Chicago and visited research operations elsewhere.

Widening knowledge of the

effect of sugar on weight as well as its other health hazards has stimulated fast growth of substitute products. Diet soft drinks and beverage sweeteners led the trend, but now sugar replacement products which fill all uses for sugar, in beverages, cooking and sprinkling on fruits, etc., are being nationally marketed.



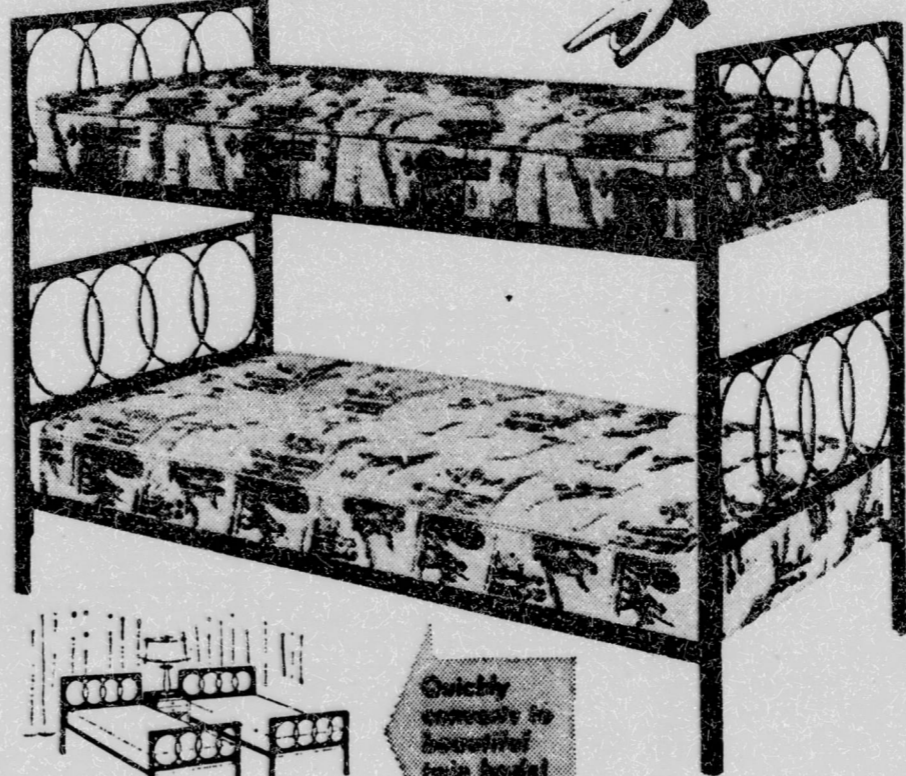
As temperatures rise and remain high at this time of year, the importance of maintaining proper conditions for the growth of your lawn increases. After prolonged dry periods, soils actually become water resistant. Try scraping your shoe across soil that has been wet by a fresh rain shower, for example, and you'll find that even a 1" rainfall soaks down only about 1/4 inch. And after the rain stops, 60% of the water in this upper soil will evaporate in one hour.

To keep the lawn green and growing requires the proper applications of fertilizer and water, to be sure, but they must be carried down into the vital root zone or about 6" deep. The removal of thatch and aeration of soil by mechanical means helps some, but these methods should be augmented by the use of a wetting agent.



# THIS IS A LOT OF BUNK

...FOR THE MONEY!



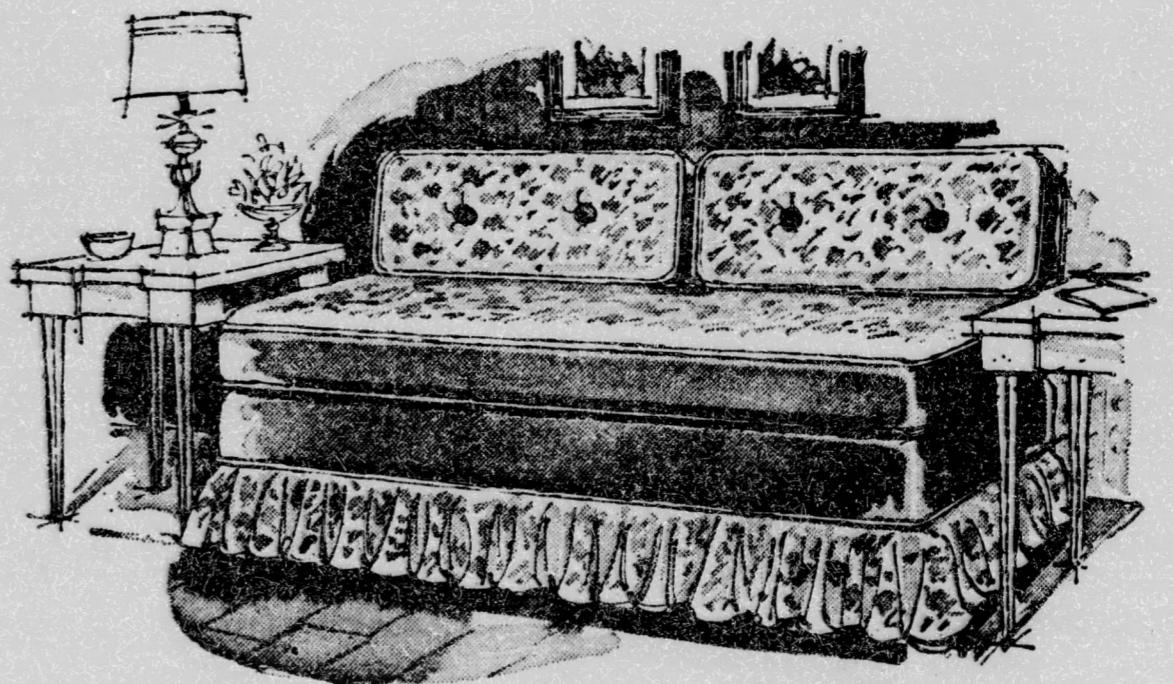
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## Community Capers By Al Smith



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