

Blacks must watch blood pressure

Almost every Black American has, at one time or another in his life, come face-to-face with this fact: he and his loved ones are more

prone to high blood pressure than White Americans. And while this is a form of discrimination unlike the many he has experienced in the long struggle for equality, it is one that Black Americans can do something about quickly and easily.

"We don't know what causes high blood pressure: And we don't know why Blacks are twice as likely to have it as Whites," says Dr. Anthony M. Marlon, president of the Clark County Division, Nevada Heart Association. "But we do know this: it can easily be detected by a simple medical examination, and it can often be controlled with a treatment program."

Black Americans, especially, need to be aware of these facts: A Black who develops high blood pressure will probably do so at an earlier age than a White, and it will be more severe.

On the average, a Black will die sooner than a White who develops high blood pressure at the same age. The cause of death will probably be heart attack, stroke, or one or more of the complications of high blood pressure, such as heart or kidney failure.

Researchers, Black and White, are inves-



Black Americans are more prone to high blood pressure than white Americans.

It can easily be detected by an inexpensive, painless test, and can be treated.

igating this phenomenon. While there is no conclusive proof, a diet which has been traditionally high in salt, saturated fats and cholesterol may contribute to their susceptibility to high blood pressure.

Since salt is known to aggravate high blood pressure, many patients are asked to follow a diet which is low in salt.

Foods high in satu-

rated fats and cholesterol, the Heart Association spokesman points out, are often associated with a build-up of fatty substances in the arteries which result in atherosclerosis.

This disease, also known as hardening of the arteries, compounds the complications of high blood pressure, says Dr. Anthony.

"And hypertension disease, coupled with atherosclerosis, is a major health problem of American Blacks."

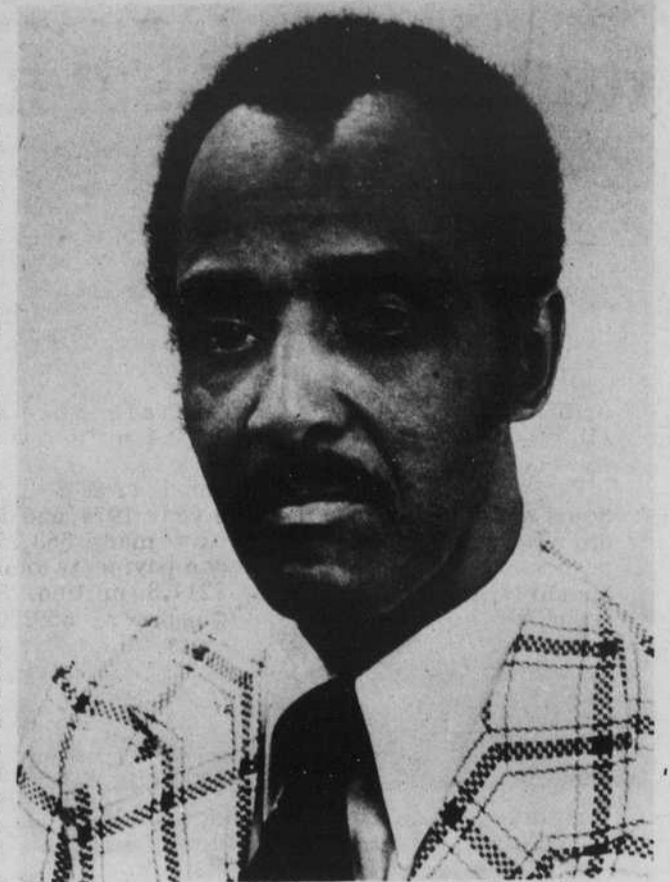
What all this medical knowledge boils down to is this: Blacks must be acutely aware of their susceptibility to high blood pressure. They can't tell on their own if they have it because, in most cases, there are no symptoms; but an inexpensive, painless medical examination can determine if they have high blood pressure. And a regular preventive program can usually avert the often fatal consequences of this disease.



Take your medicine.

If your physician prescribes medications, keep taking them. As a team, you and the doctor can almost always get your blood pressure under control.

American Heart Association



U.S. promotes Black

SAMUEL L. YOUNG Jr., prenticeship and Training (BAT), has headed the first Black state director with the quarters in Berkeley, U. S. Labor Department's Bureau of App-

Black activists, Labor and economics

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Ford Administration. The president is decent and apparently honest. Every so often he invites the Leadership Conference on Civil Rights or his Congressional Black Caucus to meet with him for an hour or so. He listens attentively, promises to consider everything that's been said, and then does nothing. Nothing, of course, is what we've gotten from this administration, at least nothing in terms of concrete action to get Americans back to work.

And we can expect nothing from President Ford as long as he remains committed to his current economic course.

We certainly can't depend on the beautiful people. Just a few days ago a newspaper carried an interview with Paul Newman, that well-known liberal. Newman was asked about having made a movie a few years back with a blatantly anti-union theme. His response, believe it or not, was "sure I'm anti-union; I'm anti-corporation too; I'm anti-big." In Washington this would be known as an even-handed policy. Which is fine. But I think those who hold such beliefs ought to end the charade of calling themselves liberals or radicals or whatever. They are not the allies of the Black community or of the great mass of American working people who have borne the most severe burden of economic collapse.

What about Congress? Here the news is good and bad. Congress has certainly prevented the Ford Administration from implementing some of its more anti-worker, anti-Black, and anti-poor policies. It has made a gesture at economic recovery, but only a gesture. We are going to discover soon enough that it will require far more than a tax cut to get people back to work; it may

require far reaching measures which challenge some of the basic ways in which our economy has functioned. And the question is whether Congress, even the liberal Congress we now have, is prepared to support these kind of radical measures. One indication came several weeks ago, when Congress faced the issue of whether to limit this year's budget deficit. This was a clear issue of priorities: fighting inflation as against fighting unemployment. And when push came to shove, many on the Democratic, liberal side abandoned labor to support a position that was quite compatible with the philosophy of the Ford Administration.

It is the Black community and the working class represented by organized labor who have been victimized by two successive Republican Administrations. Thus Black people and White working people have the strongest, most deeply felt stake in turning this economy around. And without a strong, enduring alliance between these two groups, we are simply not going to make the changes we desperately need.

Another point is that the program of organized labor and the Black community is essentially the same.

A few months ago many of the leading figures in the Black community held an emergency meeting on the economy. It was called the Black economic summit conference.

This conference produced a list of demands touching almost every aspect of the economy. Jobs, housing, health care--everything. It was comprehensive and far reaching.

A few months later another document dealing with the economy was put together. It was the AFL-CIO action program, another comprehensive and far reaching answer to economic scarcity.

The significant point is that the program adopted by the AFL-CIO was the same in almost every point to the program drafted by the nation's Black leadership. Blacks and labor deliberated on the problems separately, but wound up with the same conclusion.

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