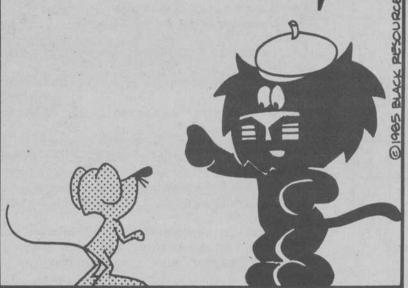
## Black Cat's CUPBOARD

FAD DIETS WHICH LIMIT
"CARBOHYDRATES" CAUSE AN
IMBALANCE IN THE DIET BY
FORCING THE BODY TO DEAL
WITH LARGE AMOUNTS OF
BOTH FAT AND PROTEIN
FOR ENERGY!

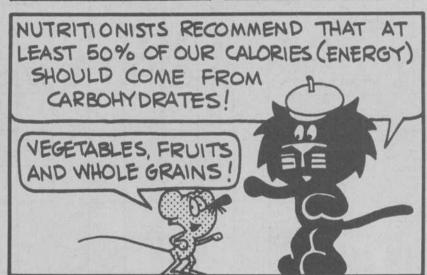


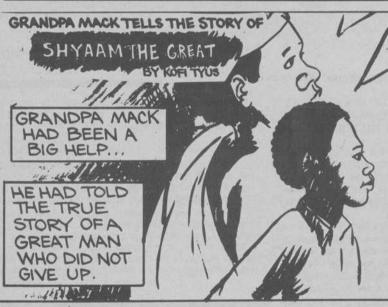
THIS MAY RESULT IN KIDNEY DAMAGE!

AND AN EXCESS MAY INCREASE CHANCES OF CORONARY DISEASES!

NUMBER











SO, BEDIAKO FIGURED
THAT IF HARD WORK
AND COURAGE COULD
TURN THINGS AROUND THEN.



HE WOULD STUDY HARD AND PREPARE HIMSELF SO THAT HE, TOO, CAN MAKE A DIFFERENCE. THE END

## YOUR READING LIST

Here are some books about Africa. See if your local library has them.

Africa Yesterday and Today, edited by Clark D. Moore and Ann Dunbar.

Africa Past: Chronicles of Africa from Antiquity to Modern Times, edited by Basil Davidson.

Myth of the Negro Past, by Melville J. Herskovits.

Short History of Africa, by Roland Oliver and J.D. Fage.