

# Movie Guide

Parenteen Committee

Birmingham P.T.A. Council

MOVIE	F	Green Sheet	National Legion of Decency
Son of Fibber	G	A	A-1
Two for the Sea Saw	F	A	A-1
Diamond Head	A	A, M, Y	A-1
The Best of Enemies	A	A, M, Y	A-1
El Cid	A	A, M, Y	A-1

### CODE:

### GREEN SHEET

These audience symbols are intended as broad guides to selection, and do not indicate either recommendation or non-recommendation of the films to which they are applied.

**A** Adults  
**MY** Mature Young People  
**Y** Young People (12 years to 16 years)  
**C** Children (unaccompanied by adults)  
**F** Family

**NATIONAL LEGION OF DECENCY**  
**A1** Morally Unobjectionable for General Patronage  
**A2** Morally Unobjectionable for Adults and Adolescents  
**A3** Morally Unobjectionable for Adults  
**B** Morally Objectionable in Part for All  
**C** Condemned

**SC** A separate classification is given to certain films which, while not morally offensive in themselves, require some analysis and explanation as a protection to the uninformed against wrong interpretations and false conclusions.

## DOWN TO EARTH

# Improve Garden Section by Section

At this time of year the emphasis in your gardens should be design. After all we can have just as beautiful gardens as we see illustrated in any magazine.

The first step is to decide on the pattern you like and then the second is to fill that pattern with the plants to provide the height and texture desired.

You can do it—don't be impatient. Proceed step by step, even if it takes five years. The important thing is that you have a goal.

Each year take one package of your garden and beautify it, then next year pick the next area. Where is the ugly spot on your property to design this year?

This is the season for intensive spraying.

All of you have seen comments about Rachel Carson and her best-selling book "Silent Spring."

Our good local friend, Frank H. Menden, sent me a copy of the London Illustrated News where they have taken up the torch to awaken the public as to the dangers of using chemicals unless they are handled with precision.

"Do we have to put up with our plants being destroyed by pests? The answer is no, we don't. There are very effective controls which have roots of the persistence which makes the synthetics so dangerous.

These are the vegetative derivatives, rotenone and pyrethrin. The latter is extracted from chrysanthemums and is deadly to cold-blooded animals. It does not get into the life cycle because it simply disintegrates after doing its job."

THE CHEMICAL manufacturers

FROM THE BOOKCASE

## Cholesterol Charlie Has Weighty Woe

THE FAT BOY GOES POLYUNSATURATED, by Elmer Wheeler, illustrated by Robert Carlson, and published by Collier, 1963, 193 pages, \$3.95.

Reviewed by WILLIAM WHITE, Professor of Journalism, Wayne State University

This breezy book, full of delightful drawings, is about as non-technical as anyone can be on cholesterol, which most people can neither spell nor define. Though some will know that it has to do with hardening of the arteries, this is the first time that it has been so simply explained.

Its tone can be seen from the poem preceding "Editor's foreword": "In this world of sin, / Is an ex-fat boy. / With his pipes caved in." / It is quoted from "Poor Elmer's Almanac." The ex-fat boy and Elmer are, of course, Elmer Wheeler, also known as Mr. Sizzle and Cholesterol Charlie. Mr. Sizzle refers to some of the 20 books by Wheeler, such as "How to Make Your Sales Sizzle in 17 Days" and "Sizzlemanship: Nine Tested Sentences (Don't Sell the Steak—Sell the Sizzle)." And pipes refer to arteries.

WHILE THE STYLE is light and gay there is much in the short book that is of practical value to those who are trying to keep down the intake of saturated fats which cause cholesterol.

Just as in his best-selling "Fat Boy's Book" with his "Fat Boy's Color Card," so in this new work we are given a detachable "Cholesterol Charlie's Fast Counter" of what he calls On-Limits Food (baked beans and lobster) and Off-Limits Food (chocolate and lamb chops). This counter is for fast action in restaurants, at buffets, and in cafeterias.

FOR USE AT home we are given a 10-page appendix listing of amount of saturated fats in ordinary table foods. We are also told how to "edit" our food, how to keep from being a diet-dropper, and how to cheat on our diet honestly.

In the earlier book Wheeler told how he trimmed 40 pounds in 80 days, but he still speaks of his big window and his wife uses unflattering terms like Fatso.

And in this amazing new book on the "American disease" he shows how his low-fat diet in 180 days reduced his cholesterol count from a dangerous 320 to 250, and also got his high blood pressure from 160 over 110 to 120 over 80.

The author says it was no medical miracle; he did it "by depriving his human hoses of foods that clogged them up. In the battle he also re-

duced his bay window and relieved his anxieties about an overworked heart.

"YOU GOT FAT back again, high fat, only this time in your blood," the Fat Boy's doctor told him. "It's what often precedes and may possibly provoke a heart attack."

Thus Wheeler's latest how-to-do-it guidebook. References are to his "Poor Elmer's Almanac," "Fatso's Diet," and "Sizzlemanship."

One chapter deals with the formation of "Cholesterol Charles Anonymous," which perhaps carries the playfulness a little too far. "Fat Boy Goes Poly-Unsaturated" will not only provide anyone, even without a palcos or arterial problem, two or three hours of amusement away from TV. It is also a time to keep next to the bookshelves in the kitchen.

Henry Ford engaged old-fashioned dancing and encouraged his friends and associates to join him in weekly sessions. Soon more than 34 universities, colleges and institutions were offering dance instruction under Ford patronage.

have marshalled their forces, hitting writers and advertising firms to counteract the writings growing out of the book "Silent Spring."

This book will surely point out to the public the danger involved in using these powerful materials without a thorough study of their application as given by the manufacturers.

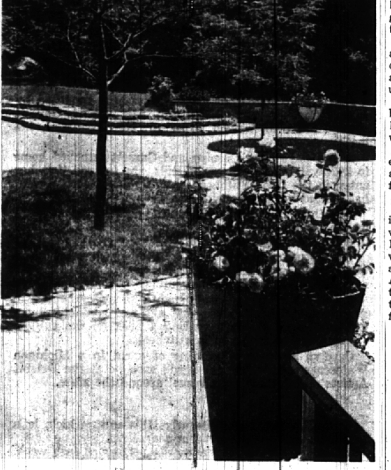
"BIOLOGICAL CONTROLS" means the use of some insects which prey on other insects—just like my use this last winter in the greenhouse of lady bugs from Arizona to eat up aphids.

There is artificial breeding of anti-insect bacteria in enormous quantities so that they can be packaged at a low cost for commercial use.

Another possibility is to develop plants which will attract insects. Plant species can also be bred to withstand insect attack.

My advice would be to take it easy, practice good plant culture and read carefully all packaging for insect and disease control.

THE SOUND of the lawn mower is being heard. Last year there were 75,000 accidents with mowers. Ninety per cent of them occurred with rotary mowers. These figures are furnished by the U.S. Dept. of Agriculture. Seventy per cent of the accidents involved fingers or toes while 30 per cent involved flying objects caused by the mower.



The illustration brings us a few lessons to study. Notice the wide steps you have approaching the patio. It provides a generous feeling to the design. Next, notice the island of green within the paved area. This is very important for eye interest, an accent to avoid the impression of a sea of cement. The ornamental pot has roses in it. Have you tried this idea for a sunny location? Be sure to put one-half peat moss in the soil mixture in this pot because of the drying out of the soil from heat blasting on the container.

## Library Organization Has Its First Meeting

Librarians from Oakland County public schools held their first regular meeting at 4:30 p.m. Wednesday in the County Board of Education offices in Pontiac.

Robert Snow, secretary of the Michigan Association of School Librarians, said the group began work on plans to initiate a survey of the assets and needs of school libraries in the County. In an after dinner session, Miss Mildred Nickel, director of Lansing Public School Libraries, outlined plans for school libraries and how to achieve them. Miss Nickel was formerly school library consultant for the state of Illinois.

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