

Your Health
THE FIRST CONCERN.



COLITIS, A COMMON AND INCREASING AMERICAN DISEASE

By Dr. John Harvey Kellogg
The mucous membrane of the colon is a filter. When the mucous membrane is in a healthy state the poisonous matters in the colon are absorbed so slowly and to so slight an extent that the liver and kidneys are able to destroy and eliminate them and thus keep the blood free from contamination; but when colitis exists, the mucous membrane is damaged and its filtering power is thus destroyed, so that the poisonous matters produced by the putrefactive and other pernicious bacteria in the colon are freely absorbed, giving rise to headaches, nausea, loss of appetite, so-called "biliousness," dullness, nervousness, anemia and a great variety of symptoms which are often attributed to other causes than the real one. There is reason for believing that high blood pressure, cirrhosis of the liver, neuritis, certain forms of rheumatism and the painful sensations of various sorts commonly termed "neuralgia," are due to systemic poisoning resulting from the damage to the colon filter caused by colitis. That this chronic poisoning may cause the symptoms referred to has been clearly demonstrated in thousands of cases by the disappearance or improvement of the symptoms when the colitis has been cured.

Although formerly regarded by many, and perhaps still by some, as an incurable disease, it is now known that colitis may yield to the application of the efficient methods which modern scientific research has supplied. Discoveries made in the Pasteur Institute, of Paris, first called attention to the highly dangerous character of the bacteria commonly found in the colon and to the insidious mischiefs to which these micro-organisms may give rise. Doctor Tissier, of the Pasteur Institute and, later, numerous other bacteriologists, have shown that in the colon there is a great battle constantly being fought between two classes of bacteria, the so-called acidophile, or protective germs, which produce harmless acids, and the putrefactive, or poison-forming germs, which Professor Herter called "wild bacteria," for the reason that the acidophile or acid-forming germs are normal inhabitants of the intestine, their function being to protect the body by preventing the growth of pernicious bacteria and by producing acids to stimulate the colon to action, and so prevent the accumulation of food residues and body wastes.

In colitis, these friendly, protective "acidophiles" have largely disappeared and their place has been taken by the pernicious, putrefactive, poison-forming and disease-producing bacteria which are always present in cases of chronic constipation and when the stools are foul-smelling or contain mucus. There is only one way in which colitis can be cured, and that is by restoring the normal acidophiles bacteria and getting rid of the disease-producing bacteria to which the disease is due. This is accomplished by changing the flora. By the flora is meant the germs growing in the colon and other parts of the intestinal canal.

The need of change of flora has been recognized for thirty years or more, but it is only during the last ten or twelve years that practical methods have been perfected by which the flora can be readily and certainly changed.

To change the flora, that is, to get rid of the pernicious germs which cause colitis, it is necessary to keep the colon as clean as possible, that is, free from putrefactive residues. The diet must be carefully regulated, and special food, the result of years of scientific study, must be supplied to encourage the growth of the acid-forming bacteria. The colon must be thoroughly cleansed at least once, and better twice, a day by a warm enema. The temperature should be 110-112 degrees. The quantity should be three or four pints and not more.

It is absolutely impossible to cure colitis without keeping the colon free from putrefying residues, which always harbor the germs which produce and perpetuate the disease. Laxative drugs, salts, mineral waters and all sorts of aperients only aggravate the disease by irritating the mucous membrane and thus make it more vulnerable to the attacks of bacteria and greatly lessen the filtering properties so that poisons are more freely absorbed. "Soothing" remedies applied locally, have no curative value because they do not destroy the pernicious bacteria. The various antiseptic drugs which have been recommended, either when applied locally or administered internally, are worse than useless because while they do not eradicate the germs which cause the colitis, they do hinder the growth of the protective or acid-forming bacteria which are endowed by nature with the ability to drive out the colon the pernicious and numerous other bowel disorders, provided conditions are made favorable.

The problem of curing is theoretically very simple. First, it is only necessary to keep the colon clean—starve out the pernicious bacteria by depriving them of putrefactive foods, and to encourage the growth of the protective acid-form-

ing germs by furnishing them with the right sort of nutriment which is accomplished by proper-feeding. The carrying out of this program is not an easy or simple matter, but it can be successfully accomplished by intelligent and persevering effort, and thousands of persons have found relief from lifelong miseries by this means.

Cases of colitis in which ulceration exists, with discharges of pus and blood, require the attention of an experienced specialist. In such cases surgical treatment is often necessary in addition to changing the flora in order to expedite a cure. When the efficient measures now available for the treatment of colitis can be applied in a thorough-going manner a cure may be confidently expected as the result of a persevering effort in practical every case.

NATION'S RICHES IN 1929 WERE \$361,000,000,000

If you had \$2,997 in 1927 you had your per capita share of the nation's wealth, a survey showed:
The total of the nation's wealth was estimated at \$361,000,000,000, an increase of more than \$15,000,000,000 since 1914, but in terms of purchasing power of the dollar before the world war, this was an increase of only \$3.28, the survey revealed.

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SEARCHING FOR LOST RADIUM.

Suppose you had \$5000 or \$6000 worth of radium—this would be only a small pinch—and suppose that you happened to lose it. How would you go about trying to recover it? If one should lose a like quantity of gold, platinum or silver or a precious stone of the same proportions he would ordinarily have a mighty hard time finding it because of its small size—the search would be akin to the proverbial hunt for a needle in a haystack. With radium, however, recovery is not quite so hopeless; though the quantity be small, one can call to his assistance certain peculiar chemical and physical properties of the substance, properties that differentiate it from practically everything else known.

Some time ago a doctor threw away a quantity of bandages and dressings. Shortly afterward he discovered that a small tube of radium with which he had been working, worth \$6000, had disappeared. Recalling that he had had it while working with the bandages and dressings he was convinced that it had been lost among the latter. Inquiry disclosed that the janitor by that time had dumped the entire lot into the furnace in the cellar.

An expert was called in in the hope that he might be able to locate the precious stuff. He sprinkled zinc sulphide in the furnace and about the cellar and then had all the lights turned out. Now zinc

sulphide is a chemical compound which possesses a peculiar property by virtue of which it becomes luminous in the presence of radium. The expert of course knew this and he counted on the phosphorescent glow of particles near the radium to disclose the hiding place of the latter. Sure enough a small glowing patch was noted among the ashes in the furnace. Following this beacon the expert reached in and brought forth the precious radium, much to the delight of the anxious doctor.

LIKE THE JAIL EDITOR

Have you heard of the "Whipping Boy," who, according to rumor, has a regular job in a fashionable Fifth Avenue shop? He appears before the manager when a customer comes with a complaint to which there is no satisfactory answer, to be roundly abused for his stupid error, to offer a lame excuse, and then to be fired.

He gets on his hat and coat, crosses the street for a soda or a cup of coffee, and returns for another dose, and as many more as are necessary to satisfy the complainants and maintain the reputation of the shop. Could some such scapegoat find a place on the staff of a parish?—The Churchman.

—Feeding chicks 24 to 36 hours after hatching is no longer considered a harmful practice.

ALL RESIDENTS JOIN IN WORSHIP IN ROME

Black-vestmented priests lay prostrate at the altars of Rome's 400 churches to commemorate the death of Christ. Throughout the world Catholic priests, Bishops, Archbishops and Cardinals followed their example.

Between noon and 3 P. M., the hours of Christ's agony on the cross, every store and business in Rome was closed. There was virtually no traffic. Sidewalks were empty, for the people were either in churches or praying at home.

Earlier there were processions to several churches. A large "Procession of Penitence" wound to the church of Santa Croce in Jerusalem, where they venerated a section of what is believed to be the cross on which Christ died.

Hundreds of worshippers thronged the Scala Santa, or Holy Stairs, a flight of 28 marble steps said to have been those Christ ascended in the house of Pontius Pilate after being crowned with thorns. Tradition says they were taken to Rome by St. Helena, mother of Constantine, first Christian Emperor. The faithful are permitted to ascend them only on their knees.

Services were not accompanied by organ or altar bells. Church bells and organs were still, in sign of mourning. All theaters, movie houses and dance halls were closed.

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Oil Meal 34%	2.00
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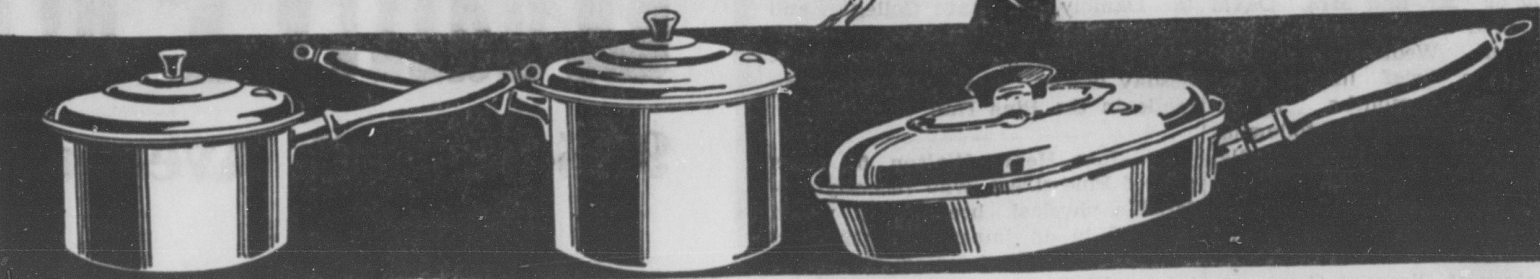
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