Your Health



THE BRAN BUGABOO By Dr. John Harvey Kellogg Good Health Magazine

ago, Sylvester Graham, a highly made an excellent recovery.

cultured college professor and a Milk is a food which is ca general use was unwholesome be- form an obstruction. cause it represented only part of Will it be argued that on this acbolting process. He set out on a may form an obstruction?

campaign to convince the public of It is more than likely that the places, and was known as graham veloped. In recent years, this whole-

of their business, and so began a campaign of opposition. Very soon articles began to appear in the parameters and not ambulatory. pers about the injurious effects of The situation is precisely the quent in describing the lacerations that it is crippled. produced in the stomach and intessoon found themselves suffering from der the necessary assistance. distinct forms of constipation, which until their name was legion. it necessary to resort yearly or more often to various mineral sistance. springs, the salt and bitter waters of which by producing strong laxative

absurd. I was very often advised that intelligent people would never that intelligent people would never be induced to use bran, but as I had for years been prescribing it, I had for years been prescribed with a had for years been pr had for years been prescribing it, I was associated with obstruction, it had frequently found difficulty in was not the real cause but was in for food; and feeling assured that in time there would be an appreciation of the would be also appreciate the would be appreciated the would be also appreciated the would be appreciated the would be ap had frequently found dimcuity in was not the real cause, but was inobtaining clean bran in fit condition was not the real cause, but was inthe sports, the selfish game hogs, gustus persuaded the Roman Senate in time there would be an appreciation of its value, I was anxious to to be used in excessive quantities.

My anxious to to be used in excessive quantities.

When taken by itself, it may now the continue to violate reasonable tax much like Pennsylvania's. It allowed deductions for funeral extension of acres of Penn's Woods." sired to use bran to obtain a clean When taken by itself, it may posand wholesome product, free from sibly accumulate in cases in which weevil and other insects, so undertook to have bran especially pre-pared from clean wheat and kept pared from clean wheat and kept from clean wheat and refuse, and then gree that food remnants are not free from dirt and refuse, and then gree that food remnants are not farther in sterilizing readily passed through it. In such nia are more than 1,500,000 applications of the heir within a year and a went a step farther in sterilizing the bran, so as to make it in every way as wholesome as bread or other cereal products.

In spite of the opposition of the manufacturers of patent flour, bran has made steady progress in gain-ing the confidence of the public, especially through educational campaigns which the numerous manu-facturers of bran products have carried on through the advertising columns of the newspapers.

At the present time, many carloads of bran products are required daily to meet the growing demand. Probably more than ten million people in this country alone are making daily use of bran. The shelves of drug stores are no longer loaded down with bowel-regulating nostrums of various sorts. Thousands of drug stores have become cafeterias and are selling more foods than drugs.

While the popularity of bran has thus been increasing from year to How OLD IS A MIDDLE AGED 1932 tags.' year, the opponents of its use have the success for, notwithstanding their term applies to persons between 45 and 60 years. The characteristics will be largert and will forward the burner and the burner term applies to persons between 45 and 60 years. bran must certainly do, and in spite of the fact that it is being daily used by many millions of people, little or no evidence of harm done by it has been brought forward. It is evident that if the use of bran is so dangerous, with so many millions and without medical supervision, there should certainly develop numerous cases to support the claim

The food value of game birds and would also apply it to their 1932 registration application," the Commissioner added. made respecting its unwholesome- tary fare for their tables will amount

making much of a jingle case reported by a Virginia doctor, in which a man ate bran and had an Association. obstruction which was attributed to the bran, so that an operation was required. The case was brought will be presented divisor the case was brought will be presented divisor the case which the food value of the game which the food value of the safety division of the safety division of the safety division of the safety division of the bureau of motor vehicles says, in calling motorists' attention to the game which the food value of the game which the g forward with much emphasis as will be procured during the present tem. proof that the free use of bran is season at \$1,000,000. According to "The motor vehicle operator is not dangerous. One well-known doctor the commission, the hunting season an aviator," he said. goes so far as to maintain that "will furnish an increased food sup-should show him the road ahead and rather than to make use of bran, ply for tens of thousands of famthe bowels should be allowed to ilies."

should snow him the road ahead and not the tree tops. Lights adjusted last month may be improperly fomove once every other day, insisting move once every other day, insisting at Washington has credited the accident has occurred because of natural for some persons, a mon-country's wild life with supplying blinding headlights. strous assertion for which there is meat and fur each year to the value

which the writer became acquainted it.

when serving as a student assistant PREVENT FOREST FIRES with the late Dr. Lawson Tait, of Birmingham, England. Dr. Tait was caned to see a young man con-Bellefonte, Pa., November 20, 1931. was sunering from intestinal obstruction. During the fever he had protection, Pennsylvania department ture of whisky. A week or two the protection of game." after convalescence was established, a lump the size of an infant's head When the abdomen was opened, gently kneaded the mass until the tion may start. contents were reduced to a soft paste and passed on, thus causing the tumor to disappear. The ab-

lawyer, became convinced that the complete digestion, leaving no resifine flour bread which was then in due, yet in this case, it happened to and some become so severely burn-

the grain, the mineral part, the count milk should never be eaten bran and the germ being lost in the because of the possibility that it

the superiority of bread made from food itse's was not the cause of the the whole grain meal. He was so obstruction either in the case of the able a lecturer that he soon had a milk or the bran, but of some ungreat number of followers, and usual state of the bowel, a spastic bread made of wheat meal in a few condition, perhaps, which held back years became popular in many the food until a real obstruction de-

That it is natural for anybody's some bread has become so widely bowels to move once in two days is used its name is spelled with a just as reasonable a proposition as small g instead of a capital, and it would be to maintain that hopprobably few people know its origin. ping on one leg is natural for a man When patent flour made by the who has lost one of his legs. The rolling process came into fashion, one-legged man is crippled, and hopthe millers soon discovered that the ping is the only manner in which he growing popularity of whole meal can move from point to point. He bread was not at all in the interest hops only because he cannot walk.

writers of these articles waxed elo- delayed movement is due to the fact forts of all the rest to protect the gram of improving mental cases by

tines by bran, the danger of using specialist is to find out just how it in cases of ulceration, colitis, etc. the colon is crippled or hindered, which he may be known far and Those who listened to this teaching and then to find some way to ren-

The one-legged man finds hopping created a demand for mineral wa-

It is safe to say that while among the ten or fifteen millions of people ters of conservation generally are Valley. which by producing strong laxative who are making use of bran, one the hunters of Pennsylvania who Reist said. effects, were supposed to cleanse the case of obstruction due to the in-the system from accumulated bile case of obstruction due to the in-have constantly backed wise legislathe system from accumulated bile and other natural consequences of chronic constipation.

Very nearly thirty years ago, I suggested that sterilized bran be put in packages ready for use. The up in packages ready for use. The intestine has been obstruction due to the intestine has occurred in the course of twenty or thirty years, there have been during the same time thousands of cases in which the intestine has been obstruction due to the intestine and other natural consequences of in the course of twenty or thirty years, there have been during the same time thousands of cases in which the intestine has been obstruction due to the intestine and reasonable regulations for the protection of forest, fish, and game. The great strides they have accomplished are indicated by the fact that Pennsylvania has a nation-wide reputation as a foremost game of the Pharaohs."

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> there is a spastic condition of the bowel, that is, cases in which the bowel is contracted to such a de-

> Bran is bulkage, not roughage, for when wet it becomes pliable and ceases to be a source of mechanical irritation.

In cases of chronic duodenitis, middle of December. that is, so-called cases of indigestion or heaviness after eating, nausea, he contemplated the coming of that soreness in the gallbladder region, annual last minute rush. the so-called "goneness" when the stomach is empty.

as a vehicle to help it through the these applications, the receivers of intestine. Taken by itself, bran which are fully capable of returning gives the stomach, and especially them immediately. In most cases the duodenum, an excessive amount it is just as easy to get them off to the of work to aid in moving it along. now as it will be next month. Con-Psyllium seed is very useful as a tinued delay may bring New Year's vehicle for bran.

PERSON?

WILD GAME HELPS HUNGRY MILLIONS

to many millions of dollars, in ad- LIGHTS OUT OF FOCUS Certain medical journals have been dition to the worth of the recreation

The Bureau of Biological Survey cused this month.

of \$150,000,000. Several questions arise which are at least worthy of consideration:

Several State game departments approaching operator. It confuses are advising deer hunters to remember him as to its location on the high-Is bran the only food which when ber that, while no part of a game way. He can only guess if it is used in excessive quantity has become a cause of obstruction? The inquiry brings to mind a case with

TO PROTECT GAME LIFE

"The sporstman who protects the valescing from typhoid fever who forest from fire" said George H. been fed, as was the custom in of forests and waters, "does the those days, on milk with an admix- greatest thing that can be done for

The first few days of the hunting season are frequently accompanied was observed in the young man's by forest fires. This year recent abdomen and obstruction developed rains and the absence of frosts have eliminated the danger of forest fires manipulation of the mass led the thus far. But all that is needed surgeon to the conclusion that the are several hot, windy days to make contents consisted of indigestible conditions right for forest fires to enjoying athletic diversion. milk curds which had somehow be- burn. The true sportsman never come lodged in the bowel. Instead takes any chance with fire in any of opening the bowel, the doctor way from which a forest conflagra-

Every year in Pennsylvania many game animals and birds are killed by forest fires because of their homing Something more than eighty years domen was closed and the patient instinct. Driven from their haunts by forest fires they return before Milk is a food which is capable of the fire is completely extinguished.

ed on the body that they later die. there may be no damage done to the unloaded gun that kills someone; the hospital's guests. starts a forest fire.

to save itself. Letting a forest fire cation must be arranged to meet get started or continue to burn is a the needs of both classes. sure sign, not of a sportsman, but of To the present program of basea sport, and a poor sport at that. A state game official recently defined a sportsman as one who plays fair fle boards, tennis and out-door volley

"Fortunately, we have in Pennsyl- athletics. vania an army of hunters, the matrue sportsmen. But, unfortunately, forests and game. Carelessly drop- physical education. The principal work of the colon ped matches or cigarettes and untended camp fires are the marks by

"When you read in the press of several hundred acres of woodland, where fire had been kept out for the ters and laxative pills of many sorts. supplied with an artificial limb, he last twenty years, suddenly burned Remedies for constipation multiplied can walk, if not so fast or so far as over with considerable loss to stand-A a man with two good legs, at least ing timber and game animals and lecting the State tax. large part of the population found with much less effort and inconven- birds, you can be sure if a hunter is ience than without the artificial as- blamed he was a sport and not a Seventh Century before Christ show sportsman.

TARDY AUTOISTS

CAUSE A TAG JAM cases, the use of mineral oil with tions for 1932 motor vehicle regis- ed by the heir within a year and a bran will prevent its packing to-gether and accumulating. trations waiting to be returned to the Bureau of Motor Vehicles. If "Our own Pennsylvania law allows history repeats itself, and in this case it usually does, an avalanche of these applications will start rolling one per cent a month is added." into the bureau along about the

So commented Benjamin G. Eynon, TEACHERS SHOULD BE in which patients suffer from pain Commissioner of Motor Vehicles, as

"And the sad part of it all is that much of it could be avoided," In cases of this sort, bran should the Commissioner said. "Right now, tucked away in drawers or pigeon pultaceous material which will serve holes of desks are thousands of day with the automobile tied up in the garage because it can't show

If the pup has chewed the application or one of the young hopefuls new application on request without charge. This, however, does not apply to lost 1931 rgistration cards.

Replacing them costs 50 cents. "I am strongly in favor of that 'Do your Christmas shopping early' slogan, praticularly so if the public

ARE MENACE ON ROAD

Keep headlights properly focused, the chief of the safety division of

Many a fatal

"The 'one-eyed' automobile is a source of danger. It deceives the the automobile.

MENTALLY ILL PATIENTS ATTAIN HEALTH BY PLAY.

A department of physical educa-"play tion to help mental patients their way to health" is the latest innovation at the Danville State

hospital for Mental Diseases. Alfred Kan, graduate of Columbia University, well versed in the theory and practical application of physical diversion as an aid to mental health, is head of the new department. Well directed physical activities

will bring to the hospital's popula-tion an opportunity to improve physical and mental health as well as

Another activity of the department will be to give to the students in the Nurses Training School opportunities for diversion, exercise and competitive sports. This diversion for the nurse, through whom fell's work has been recognized and sion for the nurse, through whom real's work has been recognized and contact is made with patients, will acclaimed the wide world over. In further promote the well being of knighting him the King of England Bellefonte Crider's Ex. 66-11

the new department is the comple- many lands. tion of a survey to determine the activities now under way, such as "Every hunter," said Mr. Wirt, the hospital baseball team, falling cate we not only make closer ac-"should be careful with matches, under the direction of physical extobacco and camp fires, so that ercises, and outline a program rounding out the present activities the home and food of the game or and adopting a schedule of exercises to the game itself. It is usually which will meet the requirements of

and it is the careless use of fire that The patients fall generally into two classes, acute admissions and "A true sportsman will give his those remaining for long periods quarry at least a reasonable chance of constant care. The physical edu-

when he pursues the recreation of ball will be added such diversion as and Newfoundland. hunting and fishing or when dealing bowling, track and field exercises, with his fellow man and their prop- hand ball, football, tennis, hiking. ping pong, relay races and other

The move is a pioneer endeavor in jority of whom may be classed as the treatment of mental disease and local hospital officials look forward bran and of whole meal bread. The same with the delinquent colon. Its a few individuals often undo the ef-

> ESTATE TAXES ORIGINATED IN PHARAOH'S DAYS

Inheritance taxes in ancient Egypt were higher than those which Pennsylvania now imposes on estates, according to Linn Reist, Department of Revenue official in charge of col-

The Egyptian records of the that there was a transfer inherit-"Among the most ardent support- ance tax for the Empire of the Nile dren whose call he heard many The rate was 10 per cent,"

"The Pennsylvania rate for wife

"In the year 6 A D. Emperor Auand the "fire fools," who somehow to pass a five per cent inheritance still continue to violate reasonable tax much like Pennsylvania's. It trusts of life estates on the basis of capitalized income," he said.

"On the death of a vassal in Europe in the Middle Ages, the prop-Scattered throughout Pennsylva- erty reverted to the king for re-

REQUIRED TO TAKE OATH

Pennsylvania college or public school teachers paid from public funds would be required to take oaths of allegiance to State and Federal constitutions, according to a resolution adopted at the annual convention of the Daughters of the American Revolution, Pennsylvania

The oaths would include obedience to the Volstead and Snyder acts, the national and State enforcement laws, it was pointed out.

The resolution recommended to Governor Pinchot and State Legislators that laws providing for such oaths be enacted to include all teachers paid wholly or in part from public funds. It was introduced by Mrs. John Repp, Philadelphia, chairman of the resolutions committee. Mrs. William H. Alexander, Monongahela, Pa., was elected State regent to succeed Mrs. Joseph M. Caley.

A CHRISTMAS PRESENT FROM THE LAND OF SNOW AND ICE

Years ago Dr. Wilfred Grenfell S captured the imagination of the world when he turned aside from the life of a conventionally successful physician in a great metropolitan center and steered his way among the ice-floes of the Labrador to a field of service offering nothing but danger and privation.

J M. KEICHLINE.—Attorney at Law and Justice of the Peace. All professional business will receive prompt attention. Offices on second floor Many persons now in middle life who never saw, never heard this gallant and intrepid adventurer for Christ will gladly acknowledge a debt of gratitude to him for an inspiration to service that saved them from that particularly deadening Bellefonte, Pa. Christian religion to life.

The superior value of Doctor Grenthe 1800 patients through athletic simply gave public and formal recactivities. The first duty of the director of which he was held by people of

which he was held by people of hany lands.

In the aritcle contributed by Sir Wilfred to this issue of the advorate we not only make closer actions.

D. CASEBEER, Optometrist.—Registered and licensed by the State. Eyes examined, glasses fitted. Satisfaction guaranteed. Frames replaced and lenses matched, Casebeer Bldg., High St., Bellefonte, Pa. 71-22-tr Wilfred to this issue of the advoquaintance with one of the most appealing phases of his work but we feel the heart beat of his sympathy with the brave people of the Northland, of whom he declares with characteristic simplicity and modesty that they have given back to him more than he has given them. Our readers will be glad to know

that a beautiful Grenfell art calendar for 1932 has been produced by Raphael Tuck and Sons. The quotations in the calendar are from the writings of Sir Wilfred and the very unusual pictures are repro-duced from photographs of Labrador

The calendar is being sold for the benefit of the Labrador work. It may be procured at the price of two dollars through The Methodist Book Concern or any of the depositories. Here is the suggestion of a beau-

tiful Christmas present such as no one has ever received before. It will be prized for what it isa real work of art-and it will be welcomed wherever it goes for the tonic of its faith and optimism.

"Life is always everywhere a real, tough, courageous fight, with daily opportunities, to which are added all the fun of achievement, and all the glories of the conqueror"—these words from one of the pages of the calendar seem to be spoken to us by the gallant pioneer, whose striking picture on the cover shows him standing in the prow of his ship looking through and beyond the icefields to the men, women and chilyears ago and still answers with that complete devotion possible only to one whose powers are wholly at

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