

# Heart Disease Relief Aided By Rice Diet

## Treatment Useful in Kidney Ailments and Dropsy Doctor Says

By PAUL F. ELLIS  
United Press Science Writer  
NEW YORK, Mar. 31—A new report on the successful use of a diet of rice to treat heart and kidney disease was made today at the annual meeting of the American College of Physicians.

The rice diet, according to Dr. Walter Kempner, associate professor of medicine, Duke University, is based on the theory that salt, protein and fat are detrimental in large quantities and their restriction is warranted in the treatment of disease of the blood vessels, resulting from high blood pressure and hardening of the arteries.

Dr. Kempner said that the rice is "very low" in salt and protein and cholesterol, a fatty substance which experimentally has been found to produce hardening of the arteries.

Study 1000 Patients  
Dr. Kempner said that a study of almost 1000 patients showed that the rice diet "acts beneficially to reduce the blood cholesterol in a great majority of patients and in many to a significant degree."

"Other changes occur in the composition of the blood—chiefly among which is the drop in chloride and the rise in bicarbonate, with the sodium and potassium remaining constant," he said.

He said the rice diet also has brought benefits in chronic nephritis, or Bright's disease, and in edema, or dropsy.

Dr. Kempner recalled several case histories in which the diet produced results, and also reported "great success" in the management of a significant number of cases of so-called benign essential hypertension, or cases in which no disease is found in the kidneys and elsewhere which might be factors in producing the elevation of blood pressure.

Blood Pressure Lowered  
In 777 patients who followed the diet for an average of 92 days, he said, there was "definite decrease" in blood pressure in 71 per cent of the total group. The longer a patient remained on the rice diet, the more improvement he made.

The rice diet, according to Dr. Kempner, can be increased to supply adequate energy by adding sugar. No essential deficiencies develop, he said, and the patient does not starve.

# Farm Bureau Sends 5 To UNESCO Meeting

Five Indiana Farm Bureau members were scheduled to attend the second National Conference of the United Nations Educational, Scientific and Cultural Organization opening today in Cleveland.

Those attending the three-day conference include Mrs. Ethel Cushman, state director of the social-educational department; Vance Locahart of the bureau Co-operative Association; Warren O'Hara, head of the educational department; Mrs. Fred Colby, woman's editor of the Hoosier Farmer magazine; and Russell Cushman, Hancock County farmer.

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**Fresh Butter** Country Club Lb. Roll 63c  
**Margarine** Eatmore—Plain Colored, 1/2-Lb. Sticks 2 Lbs., 65c 2 lbs. 43c  
**Fresh Eggs** Kroger Grade "A"—Large Doz. 53c

**DELIGHTS APPETITES**

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**SAVES DOLLARS**

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**Oranges** Florida Valencia, Sweet, extra juicy 8 lb. bag 55c  
**Tomatoes** Red ripe, solid. Fine flavored cello tube 23c  
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