

THURSDAY, MAR. 31, 1949

THE INDIANAPOLIS TIMES

PAGE 17

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 chlorides 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.

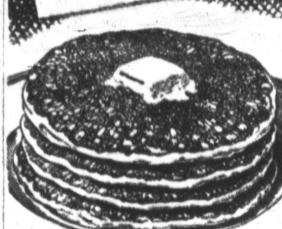
Blood Pressure Lowered In the 777 patients who followed the diet for an average of 92 days, he said, there was "definite decrease" in blood pressure in 71 per cent of the total group. The longer a patient remained on the rice diet, the more improvement he made.

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.

Plan Operetta

MORRISTOWN, Mar. 31—The Morristown High School music department will present the three-act operetta, "Tom Sawyer," at 8 p.m. next Tuesday in the school gym. The cast includes a chorus of 50 voices.

You Never Thought Griddle Cakes Could Be So Good



Even grandmother's best could never equal the creamy texture, the tender goodness of

GOLDEN MIX Griddle Cakes

Serve them with fried eggs, marmalade or syrup. A simply marvelous main dish for any meal.

Easy to Fix with GOLDEN MIX



Your Grocer Has It!

Sure to be tender... Sure to be good!



HARRIS Aristocrat Skinless Frankfurters
Harris "Aristocrat" Skinless Frankfurters are always tender, always delicious, because they are made from pure, select meat morsels, mildly seasoned and blended "Swiss style." Put Harris franks on your shopping list now!

SAM HARRIS PACKING CO. "Meals With Your Approval"

Local Daily: Dixie Four, 12:30 P.M., WIBC • "Meat" Mike Dunn, 11:45 A.M., WXLW

DELIGHTS APPETITES



SAVES DOLLARS



For main dishes that will please your family and reduce your food costs, get Neptune Sardines, top quality Maine Sardines. Extra flavorful, nutritious and useful because slightly larger, fuller fleshed. Money-saving because you don't have to pay for import duty. Get a dozen cans of Neptune Sardines today.

*FREE. For this and 57 other delicious and economical ways to serve sardines, send for free booklet.

SEABOARD PACKING COMPANY, LUBEC, MAINE

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 Lochart 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.

You Never Thought Griddle Cakes Could Be So Good



Even grandmother's best could never equal the creamy texture, the tender goodness of

GOLDEN MIX Griddle Cakes

Serve them with fried eggs, marmalade or syrup. A simply marvelous main dish for any meal.

Easy to Fix with GOLDEN MIX



Your Grocer Has It!

Sure to be tender... Sure to be good!



HARRIS Aristocrat Skinless Frankfurters
Harris "Aristocrat" Skinless Frankfurters are always tender, always delicious, because they are made from pure, select meat morsels, mildly seasoned and blended "Swiss style." Put Harris franks on your shopping list now!

SAM HARRIS PACKING CO. "Meals With Your Approval"

Local Daily: Dixie Four, 12:30 P.M., WIBC • "Meat" Mike Dunn, 11:45 A.M., WXLW

DELIGHTS APPETITES



SAVES DOLLARS



For main dishes that will please your family and reduce your food costs, get Neptune Sardines, top quality Maine Sardines. Extra flavorful, nutritious and useful because slightly larger, fuller fleshed. Money-saving because you don't have to pay for import duty. Get a dozen cans of Neptune Sardines today.

*FREE. For this and 57 other delicious and economical ways to serve sardines, send for free booklet.

SEABOARD PACKING COMPANY, LUBEC, MAINE

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 Lochart 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.

You Never Thought Griddle Cakes Could Be So Good



Even grandmother's best could never equal the creamy texture, the tender goodness of

GOLDEN MIX Griddle Cakes

Serve them with fried eggs, marmalade or syrup. A simply marvelous main dish for any meal.

Easy to Fix with GOLDEN MIX



Your Grocer Has It!

Sure to be tender... Sure to be good!



HARRIS Aristocrat Skinless Frankfurters
Harris "Aristocrat" Skinless Frankfurters are always tender, always delicious, because they are made from pure, select meat morsels, mildly seasoned and blended "Swiss style." Put Harris franks on your shopping list now!

SAM HARRIS PACKING CO. "Meals With Your Approval"

Local Daily: Dixie Four, 12:30 P.M., WIBC • "Meat" Mike Dunn, 11:45 A.M., WXLW

DELIGHTS APPETITES



SAVES DOLLARS



For main dishes that will please your family and reduce your food costs, get Neptune Sardines, top quality Maine Sardines. Extra flavorful, nutritious and useful because slightly larger, fuller fleshed. Money-saving because you don't have to pay for import duty. Get a dozen cans of Neptune Sardines today.

*FREE. For this and 57 other delicious and economical ways to serve sardines, send for free booklet.

SEABOARD PACKING COMPANY, LUBEC, MAINE

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 Lochart 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.

You Never Thought Griddle Cakes Could Be So Good



Even grandmother's best could never equal the creamy texture, the tender goodness of

GOLDEN MIX Griddle Cakes

Serve them with fried eggs, marmalade or syrup. A simply marvelous main dish for any meal.

Easy to Fix with GOLDEN MIX



Your Grocer Has It!

Sure to be tender... Sure to be good!



HARRIS Aristocrat Skinless Frankfurters
Harris "Aristocrat" Skinless Frankfurters are always tender, always delicious, because they are made from pure, select meat morsels, mildly seasoned and blended "Swiss style." Put Harris franks on your shopping list now!

SAM HARRIS PACKING CO. "Meals With Your Approval"

Local Daily: Dixie Four, 12:30 P.M., WIBC • "Meat" Mike Dunn, 11:45 A.M., WXLW

DELIGHTS APPETITES



SAVES DOLLARS



For main dishes that will please your family and reduce your food costs, get Neptune Sardines, top quality Maine Sardines. Extra flavorful, nutritious and useful because slightly larger, fuller fleshed. Money-saving because you don't have to pay for import duty. Get a dozen cans of Neptune Sardines today.

*FREE. For this and 57 other delicious and economical ways to serve sardines, send for free booklet.

SEABOARD PACKING COMPANY, LUBEC, MAINE

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 Lochart 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.

You Never Thought Griddle Cakes Could Be So Good



Even grandmother's best could never equal the creamy texture, the tender goodness of

GOLDEN MIX Griddle Cakes

Serve them with fried eggs, marmalade or syrup. A simply marvelous main dish for any meal.

Easy to Fix with GOLDEN MIX



Your Grocer Has It!

Sure to be tender... Sure to be good!



HARRIS Aristocrat Skinless Frankfurters
Harris "Aristocrat" Skinless Frankfurters are always tender, always delicious, because they are made from pure, select meat morsels, mildly seasoned and blended "Swiss style." Put Harris franks on your shopping list now!

SAM HARRIS PACKING CO. "Meals With Your Approval"

Local Daily: Dixie Four, 12:30 P.M., WIBC • "Meat" Mike Dunn, 11:45 A.M., WXLW

DELIGHTS APPETITES



SAVES DOLLARS



For main dishes that will please your family and reduce your food costs, get Neptune Sardines, top quality Maine Sardines. Extra flavorful, nutritious and useful because slightly larger, fuller fleshed. Money-saving because you don't have to pay for import duty. Get a dozen cans of Neptune Sardines today.

*FREE. For this and 57 other delicious and economical ways to serve sardines, send for free booklet.

SEABOARD PACKING COMPANY, LUBEC, MAINE

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 Lochart 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.

You Never Thought Griddle Cakes Could Be So Good



Even grandmother's best could never equal the creamy texture, the tender goodness of

GOLDEN MIX Griddle Cakes

Serve them with fried eggs, marmalade or syrup. A simply marvelous main dish for any meal.

Easy to Fix with GOLDEN MIX



Your Grocer Has It!

Sure to be tender... Sure to be good!

