

visit to London. Hand bells
 art in their own right. Most
 de in sets of 25 to 61, each
 ed to a different note, each be
 lly shaped and shining, with
 d leather handgrip. They are
 it popular in the United States
 ere hand-bell ringing is allied to
 church, and ringers play tunes
 England, just as with the big
 rch bells, they ring mostly
 ges, the small bells arguing end
 y with one another.
 hange ringing, however, is
 nchly supported by two small
 ups of America's younger gen-
 on: at Kent School, Conn., and
 rot, Mass.—where you can
 bells ringing their changes ev-
 Sunday morning. Both peals
 installed by Hughes' foundry,
 the boys of Kent School were
 ht by one of his bellhangers.
 w bell ringers, whether they go
 to the service afterward or not,
 d disagree with the provost of
 dford who told his ringers, "As
 bells peal out you cannot help
 transported, if you have imagi-
 n, above the personal level of
 s into a level of beauty which
 rnal. You are ringing for the
 of God."

igest Index

shes a comprehensive annual
 on request, at no charge. The
 n for the 1955, 1956 or 1957
 ear's index. If not, and you
 nd a postcard to Re-
 ville, New York.

RD 1/59 PK

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Don't worry yourself into Nervous Constipation

*A chronic condition often starts
 with irregularity due to lack of bulk*

As you may know, the problem of
 constipation is particularly common
 among sensitive and intelligent
 people. For these are the folks who
 are especially vulnerable to the ten-
 sions of modern-day living.

And quite often, people like this
 tend to lose appetite in times of
 stress, or when they're under pres-
 sure. They just don't eat enough, or
 enough of the right foods, and this
 leads to irregularity due to lack of
 bulk in the diet.

Of course, laxative drugs which
 contain no bulk are almost useless in
 a case like this, because they don't
 get at the cause of the trouble. But
 fortunately, there is a way to over-
 come this problem. A safe, gentle
 way. It's the Kellogg's All-Bran way.

You see, Kellogg's All-Bran is a
 whole bran cereal. And bran is na-
 ture's best bulk-forming food. So
 just a half-cup of nutritious Kellogg's



All-Bran with milk provides all of
 the good bulk food needed for gen-
 tle, consistent regularity.

And you'll like the taste of Kel-
 logg's All-Bran, too. Remember those
 wonderful old-fashioned bran muffins
 that everyone likes so much for
 breakfast? The flavor of Kellogg's
 All-Bran is much the same.

So if you'd like to get back on
 schedule—without the use of harsh
 laxative drugs—try Kellogg's All-
 Bran, by 3 to 1 America's favorite
 whole bran cereal.

