



# Perspective

By JAMIE BUCKINGHAM

## Jamie And Bran



Pete the Barber, who had his shop on 14th Avenue behind the Osceola Drugstore, used to say: "There are three things I never discuss with my customers: women, politics and religion." It was a good philosophy, but I can remember Pete had some pretty strong things to say to anyone who walked into the shop about Roosevelt running for his third term. And I imagine he enjoyed talking about Roman Catholics and the WAVES who had taken over the old hotel on the beach also.

Now I would suggest to Pete — and other barbers — a fourth subject not to bring up. Health foods. In fact, I hesitate to bring it up myself since nobody, I mean nobody, is neutral on the subject. It's like the Equal Rights Amendment — everybody has an opinion.

The problem with health foods is not only do we have opinions, we also have formulas. And cures. And treatments. And more. People who eat health foods are like folks who join the volunteer fire

department, who lift weights, or practice yoga. That's their life — their number one priority. Show me a man who drinks carrot juice and I'll show you a man who, when he hits his thumb with a hammer, hollers "BRAN!" instead of some other vulgar word. And when you run across a man who drinks the infamous "green drink" you have stumbled into the very holy of holies as far as health food is concerned.

I'm not real sure why I'm bringing it up here, except to say that we've finally gotten involved. Jackie and I spent our three-day summer vacation this year in a cancer clinic in Montego Bay — eating health foods. Gone is the white sugar, bleached flour and all the boxes and cans with those unpronounceable words describing the preservatives added to keep the product on the shelf a little longer. Our refrigerator is filled with green things, brown bread (which will spoil if we leave it in the

drawer as bread of old), and bottles filled with things squeezed in our juicer. Breakfast consists of odd grains, nuts and seeds mixed with honey and sprinkled with raw bran to help it move through the plumbing of my ancient body.

On top of this there are various vitamins and enzymes which we take on a regular basis — plus an even longer list of things we'll never take again.

We're having a bit of a problem with our teenage children who grew up on candy bars and teeth-rotting soda pop. And I admit that I have a few problems myself. But an amazing thing is happening. I feel better. And when I get out early in the morning to jog up and down the dirt road in front of our house, I don't get as tired and winded as I used to get.

I beg you, don't write giving me YOUR formulas. We have more than enough to figure out ourselves right now. But if you want to discuss women, politics or religion — I'll be glad to hear from you.