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Western States College

The Synergist

VOICE OF THE STUDENT BODY

Vol. 2

APRIL and MAY, 1951

Nos. 4, 5

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	Suggested Daily Dosage			
	In extreme deficiencies, pregnancy, or old age		In nutritional deficiencies	As a dietary supplement
	4 Caplets	3 Caplets	2 Caplets	1 Caplet
Vitamin A.....	20,000 USP Units	15,000 USP Units	10,000 USP Units	5,000 USP Units
Vitamin C.....	150 mg.	112.5 mg.	75 mg.	37.5 mg.
Vitamin D.....	2000 USP Units	1500 USP Units	1000 USP Units	500 USP Units
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Vitamin B ₁	12 mg.	9 mg.	6 mg.	3 mg.
Vitamin B ₂	8 mg.	6 mg.	4 mg.	2 mg.
Vitamin B ₆	2 mg.	1.5 mg.	1 mg.	0.5 mg.
Vitamin B ₁₂	4 micrograms	3 micrograms	2 micrograms	1 microgram
Niacinamide.....	80 mg.	60 mg.	40 mg.	20 mg.
Calcium Pantothenate.....	3 mg.	6 mg.	4 mg.	2 mg.
Folic Acid.....	2 mg.	1.5 mg.	1 mg.	0.5 mg.
Liver Fraction 2.....	260 mg.	195 mg.	130 mg.	65 mg.
Iodine.....	0.4 mg.	0.3 mg.	0.2 mg.	0.1 mg.
Boron.....	0.4 mg.	0.3 mg.	0.2 mg.	0.1 mg.
Manganese.....	4 mg.	3 mg.	2 mg.	1 mg.
Cobalt.....	0.4 mg.	0.3 mg.	0.2 mg.	0.1 mg.
Potassium.....	20 mg.	15 mg.	10 mg.	5 mg.
Molybdenum.....	0.4 mg.	0.3 mg.	0.2 mg.	0.1 mg.
Iron.....	40 mg.	30 mg.	20 mg.	10 mg.
Copper.....	2 mg.	1.5 mg.	1 mg.	0.5 mg.
Zinc.....	2 mg.	1.5 mg.	1 mg.	0.5 mg.
Magnesium.....	12 mg.	9 mg.	6 mg.	3 mg.
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JUNIOR CLASS

By BILL SPURLOCK

The Junior class has been interning for almost five months now. Most of the doctors have had plenty of patients to keep them busy and good results are being obtained. Treatment by use of the hands only has been strongly stressed although other methods are available if absolutely necessary for the good of the patient. The doctors have the laboratory and X-ray departments at their disposal and they are learning the value of the help they can receive from these as an aid in diagnosis. One of the class-rooms downstairs has been converted into another room of treatment booths to meet the demand of the increasing number of patients coming into the clinic. The free child clinic which is held every other Saturday has been a great success. There were about 35 children present last time.

All clinic doctors must wear white pants and shoes as well as the usual clinic jacket while on duty. This is a new ruling which has been put into effect.

Hydrotherapy, Electrotherapy, and Physiotherapy are proving to be interesting classes. The class is also continuing with clinical diagnosis for another semester. These subjects began after Easter vacation.

Carl Johnson, Dale Olson, and Hardy Sickles took the basic science examinations in Des Moines, Iowa just recently. No report as to the results have been received as yet but they all seem to have pretty high hopes of "making the grade."

Congratulations to new Papa and Mama Keller on the birth of a boy. I was talking to John this morning and tried to find out the weight too, but he said, "Heck, I was too darn sleepy to bother about such things at five o'clock in the morning."

SOPH SIGHS

By JOE BOUCHER

The Easter holidays saw the usual exodus from the city. Raymond Waid took a trip up to Harsteine Island in the Puget Sound area. Donald Grandy went in the opposite direction and decided to see a few stars, terrestrial as well as celestial, and ended up in Hollywood. Peter Pisk managed to squeeze in a few days with the folks back home in Montana, returning as he was with seven others of the class who had decided to see for themselves the springtime beauty of Iowa at Easter.

Mrs. Shipp and family returned from a sojourn in New York thus putting an end to Jim's batching.

Sharon Kaye has revived the statistical department by arriving in the Leroy Nickila home on April 5. Chiropractically delivered, both mother and daughter doing very well.

Lloyd Rapp must have had a number of black cats crossing his path, in view of what has been happening recently. First—his youngest daughter received facial lacerations when she ran into a truck. The next day a careless smoker flicked a cigarette into his garage starting a fire that caused considerable damage. The day after that his wife, Jewel, became very ill (since recovered). Never mind, Lloyd, the silver lining must be just around the corner.

Dr. Bert Smith has his hands full this term. His X-ray class is so large, there is hardly room for him to enter the door. Our ranks have been increased by the addition of the new Freshman class.

Well, peal us a few bells! Last-minute news is to the effect that our own little Appa went and got "Lohengrined." The date, April 28. No wonder she insisted April the 27th was the deadline for this column—no publicity eh? Well, the class wishes her all the best.

Western States College
The SynErgist
 VOICE OF THE STUDENT BODY

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NEW FRESHIES

By APPA ANDERSON

W.S.C. welcomed a new class of freshmen with the beginning of the Spring term. Though the class is small they promise to be an active group and we are happy to have them with us.

Many of them are from out of state. All are married and many have children. In fact, we are proud to have Mrs. "Sally" Trosper in the class. She is the mother of our photographer, Dr. Neil Trosper.

The doctor's small daughter had strayed into his consulting room and was watching wide-eyed as he tested the heart and lungs of a patient with the stethoscope. Suddenly she spoke: "Get any new stations, Daddy?"

Student Injured Skiing

During the spring vacation Jack Roy had the misfortune of fracturing his leg during a skiing trip to Mt. Hood.

What had been planned as an enjoyable trip turned out to be an unpleasant experience for Jack.

Jack is quoted as saying, "I came 3400 miles from the sunny shores of Florida to fracture my leg on the rugged and snowy slopes of Mt. Hood. What irony."

Mrs. Roy is proving herself a very capable nurse and is doing a commendable job in aiding Jack on his long road to recovery.

The more fortunate who went on the skiing trip were Dale Olson, John Keller and Ed. Gerstner.

Everyone is asking when you will return to school, Jack. We hope it is soon.

On the witness stand, the old mountaineer was cool as a cucumber and as close as a clam. The prosecuting attorney was beside himself with anger and impatience.

"Sir," hissed the lawyer, "do you swear upon your solemn oath that this is not your signature?"

"Yep," replied the witness.

"Is it not your handwriting?"

"Nope," said the witness.

"Does it resemble your handwriting?"

"Nope"

"Do you swear that it doesn't resemble your handwriting?"

"Yep."

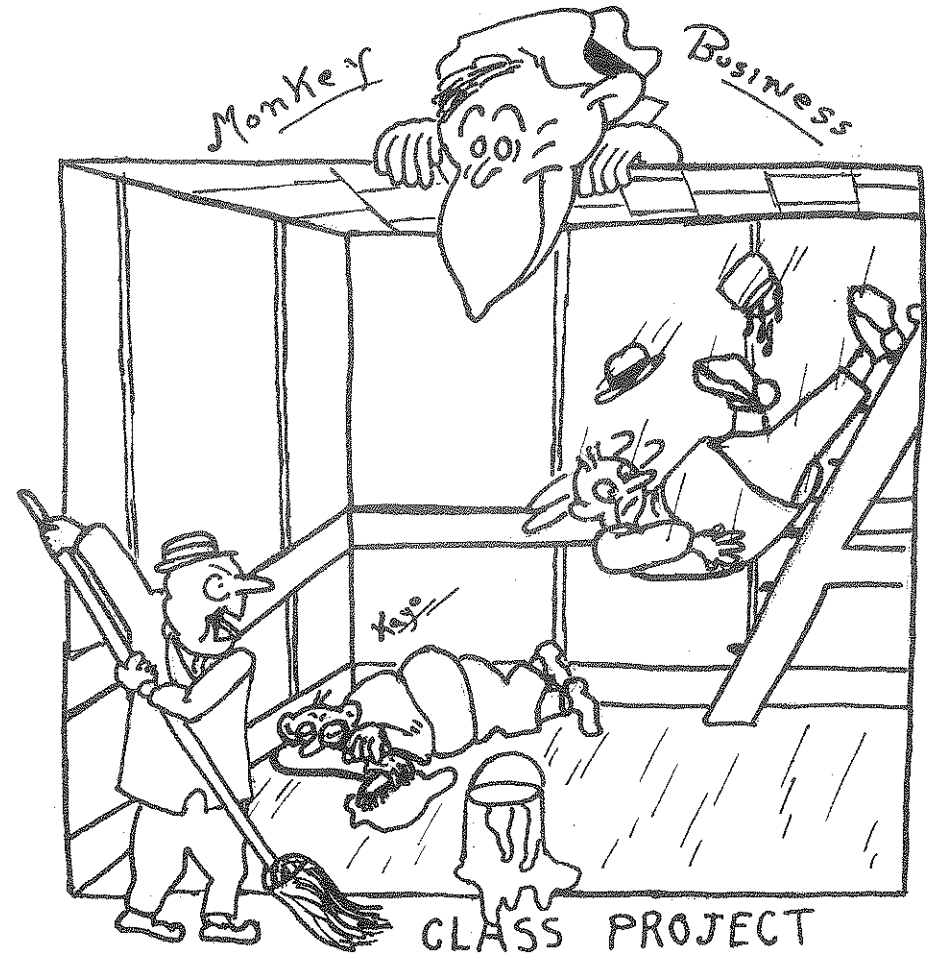
"You take your solemn oath that this writing does not resemble yours in a single particular?"

"Yep."

"How can you be certain?" demanded the lawyer.

"Cain't write," replied the witness.

A quartet is four people who think the other three can't sing.



A new insurance salesman comes to the sales manager and says, "I have a hot prospect!" "Fine," says the sales manager, "Did you bring back a specimen?" "No, I didn't know about that." The matter was explained to him, and the next day he came staggering in with two buckets filled to the top. "What in the world—" said the sales manager. "Another hot prospect," said the salesman, "group insurance."

A young man, newly married, was filling in his income tax form. In the space for allowance claimed in respect of wife he joyfully wrote the amount. Then he came to the section marked "Allowance claimed in respect of children." He paused, pondered, and then with a flash of inspiration wrote: "Watch this space."

Significance of Nonprotein Nitrogen in the Blood

By MAX E. CALL

The nitrogen-containing substances of the blood are of two types; these being the nitrogen which is a constituent of the blood-serum proteins and the other being the nonprotein nitrogenous substances. The nonprotein nitrogenous substances may be transformed foodstuffs which are eventually excreted by the kidneys, or the waste products of protein catabolism. In the laboratory determination of N.P.N. (nonprotein nitrogen) the latter type of nitrogen is the one to be considered.

In the laboratory determination of the total nonprotein nitrogen the procedure used is quite laborious, hence the urea nitrogen of the blood is determined, which has the same significance. Of the N.P.N. substances found in the blood the three most important are the urea nitrogen, uric acid, and creatinine. The amounts normally found are as follows: Total nonprotein nitrogen (N.P.N.), 25-30 mg./100 cc. of blood; urea nitrogen, 12-15 mg./100 cc. of blood; uric acid, 2-3 mg./100 cc. of blood; creatinine, 1-2 mg./100 cc. of blood. The presence of excessive amounts of the above substances is known as nitrogen retention. (It must be kept in mind that an increased protein intake may alter these to a small extent.)

As is well known, the kidneys act as a filter for the blood and when they are functioning properly the amount of N.P.N. substances in the blood remains at approximately a constant level. However, there are several factors which can alter the N.P.N. of the blood. They are: (1) failure of the body to eliminate urea; (2) increased protein catabolism; and (3) dehydration.

The degree of nitrogen retention is used as an index of the functional efficiency of the kidneys. The laboratory test is of great value in establishing a diagnosis of nephritis. It is also a key to the determining of the prognosis of such a condition. The amount of urea nitro-

gen in abnormal quantities indicates the degree of renal insufficiency. Slight impairment will show 20-27 mg./100 cc. of blood; moderate impairment will be 28-44 mg./100 cc. of blood; marked impairment will be 45-64 mg./100 cc. of blood; and maximal impairment will show 65 or more mg./100 cc. of blood. By the use of this test pre-uremic conditions can be definitely diagnosed and enable the doctor to guard against further development of the condition.

According to Myers, Fine and Lough, there is a definite order in which the kidney retains uric acid, urea nitrogen and creatinine. Uric acid is the most difficult to excrete, hence it is the first to appear in the blood in the development of renal insufficiency. Next in order is urea nitrogen, and when creatinine is found in the blood renal damage is extensive and the prognosis is grave.

In chronic passive congestion of the kidney the N.P.N. undergoes little change. In cardiorenal conditions the N.P.N. determination in conjunction with the phenolsulfonphthalein tests (P.S.P. kidney function test) may be used to determine if the renal disease is primary with secondary cardiovascular involvement or if the renal involvement is secondary because of cardiac decompensation.

Low readings of the nonprotein nitrogen are rarely encountered, but because the amino acid breakdown takes place primarily in the liver, extreme liver pathology may produce a low amount. This can not be taken as a hard and fast rule however.

As was previously stated, dehydration of the body can effect an increase of the N.P.N. substances of the blood. In diseases that are accompanied by hyperemesis, hyperhydrosis, or diarrhea a high uric acid level will be found. This is not, as one would expect, the sole results of a decrease in the blood fluids and, therefore, an increased concentration of uric acid; but it is brought about by a diminished renal blood circulation. This being the case, the kidneys are not afforded the opportunity of removing the N.P.N. substances from the blood.

GOINZON

The facilities of the clinic are being enlarged to accommodate the ever increasing number of patients who are coming to the recently established Public Clinic. Remodeling and work is being done by the students under the direction of Ralph Failor and Don Mattson. On April 20, 1951 many of the students pitched in and worked like "demons" painting, carpentry and many other chores. There was work for the girls also, they prepared the coffee and served the doughnuts to the working crew.

O.A.C.P., Multnomah District, has donated to the school dining room a battleship linoleum floor covering.

John and Virginia Keller were blessed with a little bundle from heaven April 18. Mother and David Wayne are doing fine. We have no report on the father's condition but we believe he will bear up under the ordeal.

Connie Greenman, the pert little steno in the office, has pledged her troth to Fred Ross who has been recently called to the service of his country. They plan on being married as soon as he is released from the service. We "hop" she will be very happy.

Spring must be here. Reason: Dr. Bud-den has all of his flower seeds planted.

We are looking forward to reading an article by Dr. Michael Lynch in the forthcoming issue of the National Naturopathi Journal.

The Student Body of Western States College wishes to extend condolences to Dr. R. E. Weiser, clinic director, on the death of his brother late in April.

Waldport Physician Dies

Dr. Mann of Waldport, Oregon passed away on April 7. Dr. Mann was a graduate of Pacific Chiropractic College. The loss of Dr. Mann will be greatly felt by the profession.

Any pathology along the urinary tract which will inhibit the voiding of the urine will manifest itself in the blood by a high N.P.N. The mechanism of this is obvious and will not be discussed. Because of this phenomenon hypertrophy of the prostatic tissue, urethral strictures, or any pathological process which will encroach upon the lumen of the urinary tract from the kidneys to the external urethral opening will produce an increase in N.P.N.

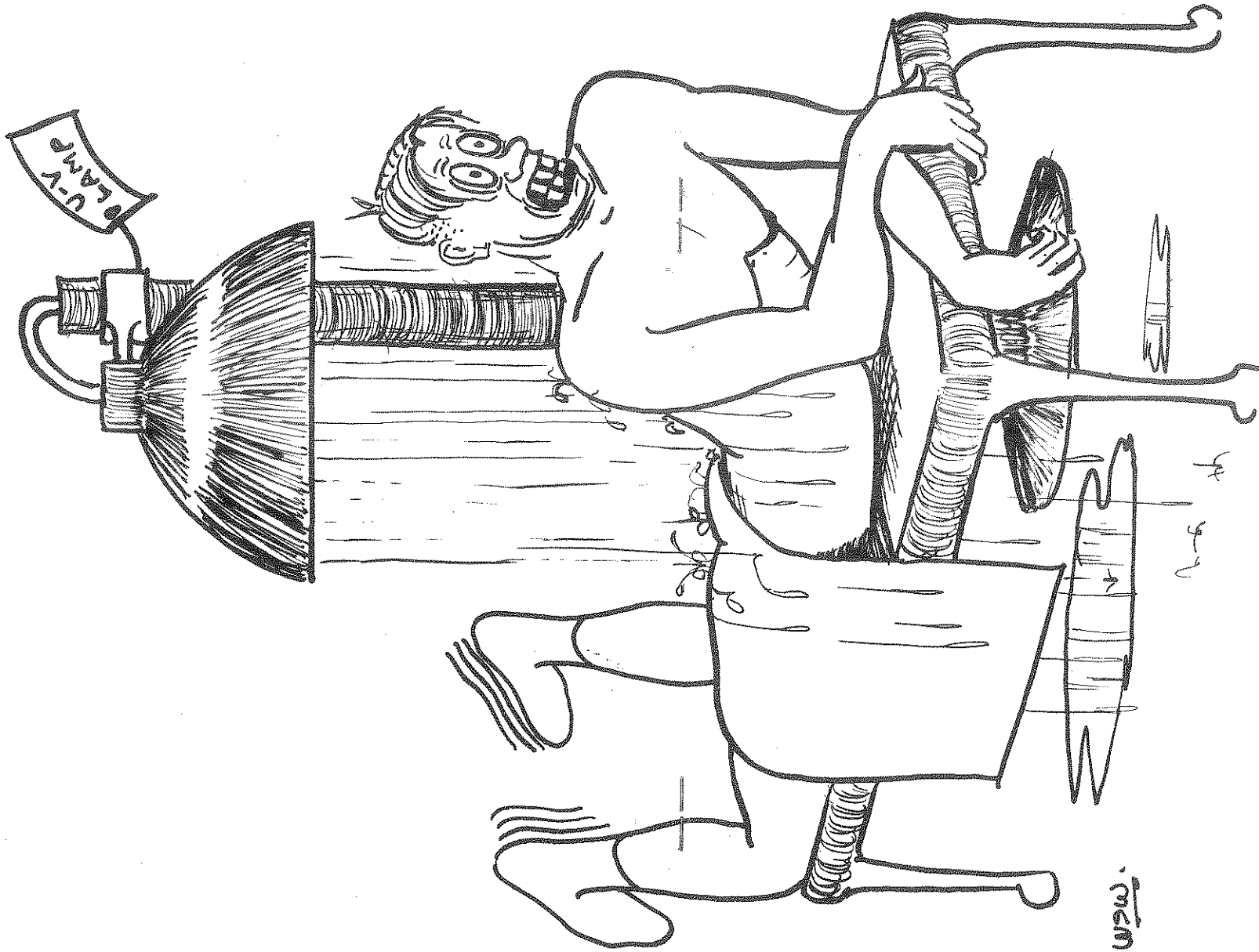
In summary it may be stated that N.P.N. estimations are of value in: (1) determining damage and the extent of damage to the nephron; (2) determining the degree of dehydration of the patient and an estimation of the blood circulation through the kidney; (3) determining whether the renal involvement is primary or secondary in cardiorenal conditions; (4) diagnosis of pre-uremic conditions; and (5) aids in diagnosis of occlusions along the urinary tract.

By rational and intelligent usage of this laboratory procedure the diagnosis of renal impairment can be greatly facilitated and the prognosis closely followed.

A colored minister was telling his congregation about Solomon. "And you know," he said, "he had a thousand wives and every day he fed them on milk and honey!" A slightly-beyond-middle-aged man in the rear of the church interrupted him, saying, "Pahson, us aint interested in what Solomon fed his women; what us wants to know is what did Solomon eat HISSELF?"

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QUESTION — "WHO INSTALLED THE PLUMBING
IN THE CLINIC?"

DAWN OF NEW ERA

By DON MATTSON

In order to stimulate the "esprit de corps," which Webster defines as, "A spirit of common devotion, honor, interest, binding together persons of the same profession," the executives of the Student Body of the college have formed committees so that all students will have ample opportunity to do something extra to elevate the prestige of the college besides merely attending a student body meeting once a month (if they feel so inclined).

These committees will make it possible for a student to put forth that extra effort along some particular line he is interested in. For example, if he joins Public Relations (and Chairman Peter Pisk will welcome him with open arms) he will have an opportunity of working with the public relations committee of the profession itself with the goal of making both the college and the profes-

sion more favorably known to the public. The personnel problems of the school itself can be efficiently dealt with, resulting in better student-faculty relationship. The finance committee, Chairman Leroy Nickila, can stand having a few "Wall Street Bulls" who can show us how to make one dollar do the work of five. The social committee, Chairman Joe Boucher, has as its aims and object complete correlation of all social activities so that a class dance for instance is not a social activity for that class only. Maintenance committee (what a headache, says Chairman Bill Whiting) takes up the responsibility of correct order and procedure of the necessary clean-up, paint-up, park-right, etc. The other committees consist of the sports committee, Chairman Brad Storts; *SynErgist*, Editor Ed Gerstner, and program committee, Don Mattson.

The Student Body officers are doing their part, let's see what you can do now. We need members and we need ideas—let's have them.

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FRESHMAN NEWS

By HERB SHEPHERD

Well, how was the vacation? From the looks of things the Freshman class all came back in one piece. Ivan Goodman and family made a quick run south to Medford. The Washington State Police didn't catch Stevens this time (just lucky, I guess).

John Dominquez and yours truly worked for awhile, then your writer's wife said, let's go home, so who's going to argue with a woman. (Ashland was a little warmer than Portland.)

Any agricultural help (free that is) will be appreciated on Ericson's four-acre farm. (This is a farm?)

Cowan and family had a right fine time in Washington. If you keep going sail boating on Lake Washington, Cliff, the Navy will think you are interested in being a sailor and send a little notice to your house.

Jacob spent a very unexciting time chasing all the home town gals. He says that those Spokane girls are the cream of the crop. LaValley didn't see his Chiropractor regularly and had the flu over the vacation. Dick Stonebrink came back to school with a nice sun tan from laying drain pipe around his house. Bob Clifton still has the "Old Homestead" on his hands. Seeing that the studies are piling up this line had better come to a screeching halt. 'Bye for now . . .

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The Growth of a Modern Healing System CHIROPRACTIC



The Beginning . . . 1903

The principle of adjustment of the body to the demands of an ever changing environment as a means of securing and maintaining health was formulated by Dr. D. D. Palmer in 1893. He came west with his message and founded in Portland, Oregon, the D. D. Palmer School of Chiropractic. He taught that man is both a biped and a vertebrate. He said that because of environmental pressures and strains, malalignments occur in man's many jointed spinal column with great frequency. These lead to disease. To keep the spine in perfect condition by adjustment is therefore the surest way to help nature combat disease and maintain health. Thus adjustment of the articulations of the human spinal column by hand became, and still is, the basic tenet of what is now a wide and inclusive system of healing.



Today

Around this vital principle there soon gathered adjuncts and aids from all the resources of modern science. X-ray, chemistry, clinical laboratory work, physiotherapy, hydrotherapy, electrotherapy, manipulative surgery, etc., were drawn upon to create a system of healing disease. Thus, Dr. Palmer's original discovery shines today with greater luster because of this background of modern scientific magic.

Legal Requirements and Training

The training of chiropractic physicians in Oregon is upon a high plane. The prospective doctor must attend his professional school four years of nine months each after graduation from a recognized four-year high school. He must meet the following requirements of the board of examiners before license to practice is issued. A passing mark in the following subjects—atomy, chemistry, histology, embryology, toxicology, minor surgery, physiology, bacteriology, public health and hygiene, sanitation, pathology, diagnosis, theory and practice, gynecology and obstetrics, clinics, physiotherapy, hydrotherapy, electrotherapy and dietetics. He must also obtain by examination a certificate of proficiency issued by the board of basic science examiners, a group of educators appointed by the board of higher education and selected from the heads of departments of the universities and colleges in the state.

Associated Organizations

HEALTH RESEARCH FOUNDATION
COUNCIL OF CHIROPRACTIC SURGERY
DEPARTMENT OF CHILD CLINICS
CHIROPRACTIC RESEARCH GROUP
COUNCIL OF OBSTETRICS AND GYNECOLOGY
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WOMEN'S AUXILIARY O. A. C. P.



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- * in Proctology
- * in Dietetics
- * in Chiropractic (Bloodless) Surgery
- * in Eye, Ear, Nose and Throat
- * in Pediatrics

Oregon Association of

CHIROPRACTIC PHYSICIANS



- May 8 Sigma Phi Kappa
 May 11 Student Body Meeting
 May 14 Phi Nu Sigma
 May 16 Mid-Term Exams
 May 22 Sigma Phi Kappa
 May 24 Women's Auxiliary
 May 28 Phi Nu Sigma
 May 30 Memorial Day

- June 11 Phi Nu Sigma
 June 12 Sigma Phi Kappa
 June 15 Student Body Meeting
 June 25 Phi Nu Sigma
 June 26 Sigma Phi Kappa
 June 28 Women's Auxiliary
 June 27-29 Finals

The nurse beckoned to one of a group of expectant fathers, and announced, "You have a fine son."

Immediately another man rushed up and complained, "What's the idea? I was here before he was."

A contestant on "Give and Take," confronted with the question "What is a blunderbuss?" unhesitatingly replied, "A baby buggy."

WOMEN'S AUXILIARY

By APPA ANDERSON

The W.S.C. gym, Friday evening, April 27th, was the scene of a pot-luck dinner sponsored by the Student Wives' Auxiliary. The girls outdid themselves on the delicious food which they served as a buffet.

Bingo followed with Dr. and Mrs. Floyd Dees walking off with the lion's share of the prizes.

A vote of thanks goes to the entire Auxiliary and to Margie Wood, the hard-working chairman, for the good time had by all. We hope they plan another party soon.

By MRS. H. SHEPHERD

The April meeting of the Students Wives' Auxiliary was highlighted by a visit from Mrs. Jean Samuels, secretary of the Doctors Wives' Auxiliary. Mrs. Samuels extended an invitation to all Junior and Senior wives to attend the meetings of the Doctors Wives' Auxiliary.

The short business meeting included the selection of a nominating committee for the election of new officers. This committee includes Audrey Long, Jo Shepherd and Mildred Richardson.

Margie Woods, chairman of the pot-luck dinner, took over for a few minutes to make the final arrangements for this affair.

The treasurer's report and minutes were dispensed with due to the illness of our secretary, Bette Stober. Hope she recovers soon.

To conclude the evening we had some very fine entertainment and refreshments, thanks to Gerry Whiting, chairman of the evening, and her committee.

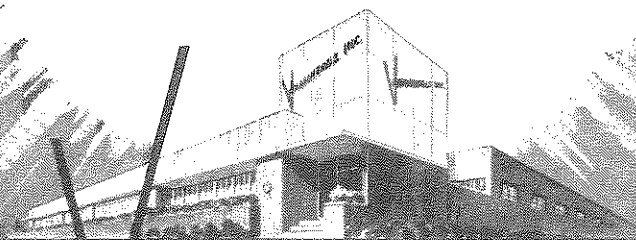
One of the godfathers at a Hollywood christening party became nervous just before the ceremony began. "What if they give me the baby to hold?" he asked.

"Don't worry," his friend told him. "Same grip as a cocktail shaker."

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