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Western States College

The Synergist

VOICE OF THE STUDENT BODY

VOL. 3

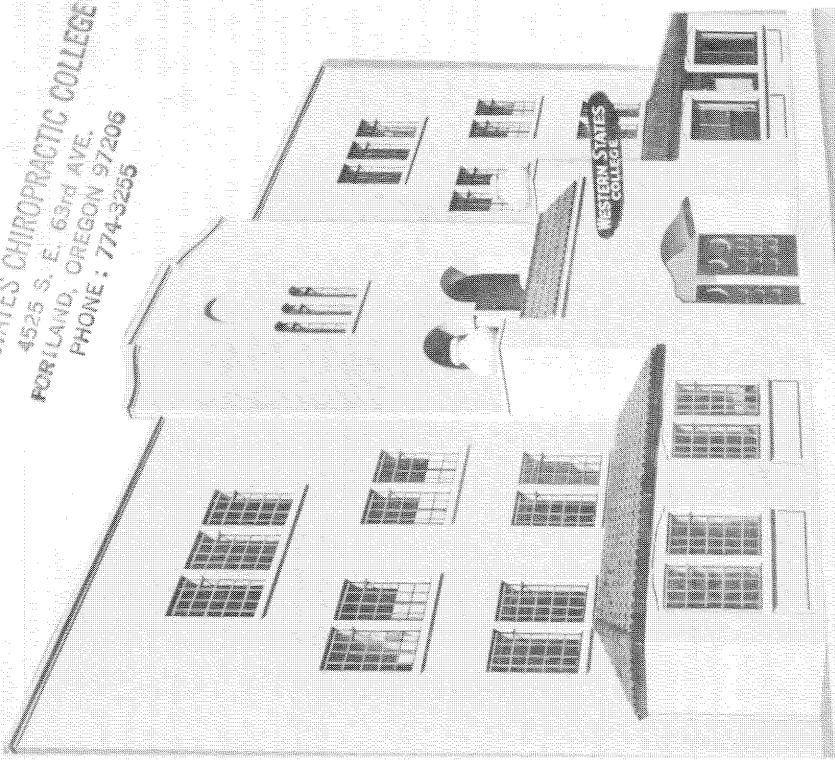
JULY, 1952

NO. 19

National Physiotherapy Conference

AUGUST 18 - 23

WESTERN STATES CHIROPRACTIC COLLEGE
4525 S. E. 63rd AVE.
PORTLAND, OREGON 97206
PHONE: 774-3255



BE REPRESENTED AT W. S. C. THIS FALL

SEND A STUDENT — REGISTRATION SEPT. 26-27

O.A.C.P. JOURNAL

BY DR. A. L. LATHAM, EDITOR
3905 S.E. BELMONT

At the January Executive Board meeting it was adopted as an amendment to the Constitution and by-laws that the district Secretary-Treasurer be responsible for collection of dues, due and payable to the Association. The dues collected by the district Secretary-Treasurer will be remitted to the State Secretary-Treasurer once monthly. Association credentials will be processed and mailed directly to the member by the State Secretary upon receipt of dues. The above procedure is going to hasten processing and mailing credentials by reducing bookkeeping time. We urge all members to pay their dues promptly. Any member delinquent is asked to bring his membership up to date by paying back dues. As we look at the exposed viscera of the Association we find we are in good financial condition and membership gradually increasing. Let me impress on each and every member the importance of bringing new blood into the fold. It is through increased membership that we increase our financial standing. It is through these two mediums that we gain power and prestige in the various Community, State and National affairs. So plan now to make this a banner year for recruiting new members. Contact Dr. W. W. Taylor, 2710 N.E. 57th Ave., Portland, Oregon, Chairman of the membership committee for additional help and information.

We regret to hear of the recent death of Mrs. Rutz, Mother of Dr. F. Paul Rutz, President of O.A.C.P. We of the O.A.C.P. at this time extend our deepest sympathy.

FLASH!

It is reputed the FCC has given an additional year of usefulness to the Non-FCC approved physiotherapy equipment.

Remember the Council on Physiotherapy conference to be held, Monday, August 18 to Saturday 23, inclusive. Council will be in morning and evening sessions. Certificate of attendance will

be issued by Council. Registration fee \$35.00 covers all charges. Write Conference manager, Western States College 4525 S.E. 63rd Ave. Portland 6, Oregon.

A report just received from Dr. Gordon V. Pefley, Oregon delegate to the N.C.A. Los Angeles has been awarded the 1953 N.C.A. convention.

Mrs. Pefley was re-elected first Vice-President of the auxiliary, as all auxiliary officers were re-elected for the coming year.

Dr. M. J. Higgins, Coeur d'Alene Idaho, who is a trustee of Western States College, was elected as National Executive Director of the N.C.A. replacing Dr. George Harriman of North Dakota.

Dr. P. L. Poulsen, Baker, was elected Vice-President of the National Council of Chiropractic Physiotherapy.

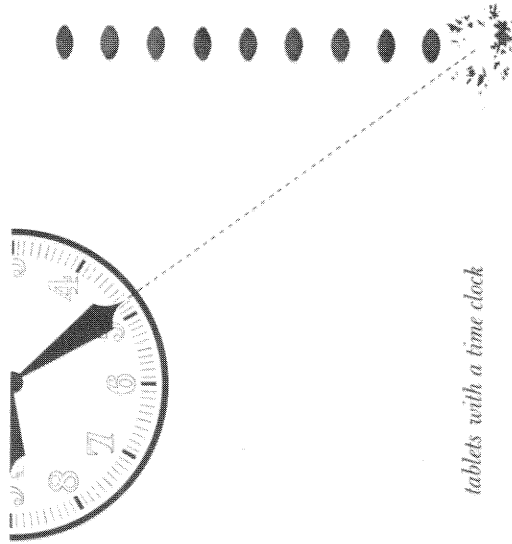
The Oregon state delegate was appointed parliamentarian for the Council of state delegates and to the state delegate council on redistricting, gave a committee report on military affairs and was replaced as A.S.M.C. Commander by Dr. Ken Evert, Cherryvale, Kansas.

Highlight of the convention was the buffet dinner and water ballet held on the terrace and in the pool at the Saxony Hotel. It has to be seen to be believed.

The attendance to the convention was very good and all sessions were attended.

GOOD POSTURE WEEK

During Good Posture Week, District No. 2, under the direction of Dr. F. Paul Rutz, and with cooperation of the Health Education League of Portland, more than 400 essays were submitted by students of Girls Polytechnic High on the subject of "Good Posture". The judges who were faculty members of the school acclaimed Miss Charnilion Ford the winner and a plaque was awarded to Miss Ford by Dr. W. A. Budden, Director of W.S.C. in appropriate ceremonies on June 12. The plaque will be retained by the school and annually a new name will be added. This is only one of the many projects sponsored by the Health Education League of Portland, which is made up of lay people interested in promoting good community health in Multnomah County.



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 Issued monthly by the student body of the Western States College, 4525 S.E. 63rd Ave., Portland, Oregon.

Copy must be submitted by the first day of each month. The SynErgist reserves the right to reject any copy or advertisements which it believes would be contrary to the best interests of the college. Health Research Foundation, or the profession at large.

SEND A NEW STUDENT

This column has never been one to impose upon the doctors in the field in the way of asking for favors, donations, gifts and etc. because we know that there are many, many demands placed on the time, effort, and money of every doctor who is a good citizen of his or her community.

But with the approach of the end of the school year, it is also time to think of the new enrollment in the fall. We think that every doctor in the drugless healing arts must realize that new blood is life blood to any profession; hence, we would like for you to consider seriously to try to interest a student for Chiropractic or Naturopathy. We also, of course, hope that the recommended school for your prospective student will be Western States College.

Drugless healing as a field, all of us know, is in its infancy and a goal of perhaps 60,000 active practitioners should be our aim for the future. Encouragement of promising young men and women to enroll in our colleges should be an

objective for each practitioner each year. By doing this we regulate the life blood of our profession, we perpetuate our colleges, we insure our own futures, and we provide for the continuation of the most beneficial method of health restoration.

The next enrollment date here at Western States College is September 26 and 27, the new term starting September 29th. These next two months we sincerely hope that you will use every opportunity to encourage the enrollment of a new student. Western States College standards are ever increasing; its equipment and faculty rate second to none; its students are enthusiastic; its graduates are of the highest calibre and successful. Inform a young man or woman about Western States. Perpetuate Chiropractic and Naturopathy. Keep Western States College progressing.

A DAY OF YOUR LIFE

- If you are an adult weighing about 175 pounds, in 24 hours,
- Your heart beats 103,689 times
- Your blood travels 168,000,000 miles
- You breathe 23,040 times
- You inhale 438 cubic feet of air
- You eat 3 1/4 pounds of food
- You drink 2.9 pounds of liquids
- You lose in weight 7.8 pounds of waste
- You give off 2.6 degrees Fahrenheit
- You generate 450 foot tons
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WINNER



Pictured here is Dr. L. W. Porritt, Eugene as he received congratulations from Mr. M. C. Marchi of the Sales Division of Sealy Mattress Co. as winner of the nationally famous Sealy Posturpedic mattress and box spring which was on display by the Sealy Mattress Co.

Program

COUNCIL ON PHYSIOTHERAPY CONFERENCE
 Monday, August 18 to Saturday, 23, Inclusive

Physiotherapy Today

SECTION ONE—Evening Session
 Fundamentals of low voltage currents
 Technic of light therapy
 (Including research on color therapy)
 Myological-Electro-Diagnosis and Treatment
 Food in Health and Disease
 (Clinical conference)

SECTION TWO—Morning Session
 Ultrasonic technic
 Directional-High-Frequency (Microtherm, etc.)
 Electro-Magnetic-Field-Therapy (Knight machine, Depolaray, etc.)
 Electro-Diagnosis, Colorimeter, Visual-Nerve-Tracing, Micro-Dynameter, Basal Metabolism, Electro-Cardiograph, Hearing Aids.

CERTIFICATE OF ATTENDANCE ISSUED BY COUNCIL
 REGISTRATION FEE \$35.00 COVERS ALL CHARGES.

WRITE CONFERENCE MANAGER

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| Vitamin D | 2,000 USP Units | 1,500 USP Units | 1,000 USP Units | 500 USP Units |
| Vitamin E | 4 I.U. | 3 I.U. | 2 I.U. | 1 I.U. |
| 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 | 8 mg | 6 mg | 4 mg | 2 mg |
| Folic Acid | 1.5 mg | 1 mg | 0.5 mg | 0.25 mg |
| Liver Fraction 2 | 280 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 |
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PHYSIOTHERAPY COUNCIL By Dr. Milton J. Higgins W. S. C. Host To Physio- Therapy Conference



The conference on Physiotherapy which will be held by this council at Portland, Oregon, August 18 to 23, is creating more than the anticipated interest. Those responsible for the conference have organized it into two sections. Section one is calculated to attract the interest of those who are using or wish to become acquainted with the regular modalities. Section two will deal with the more recently developed agencies which come within the scope of electro-physic but have not yet been time-proven. This will include such modalities as directional high frequency (Micro-therm), ultrasonics, electro-magnetic field therapy (Knight's machine, depolaray, etc.), photo-therapy including experiments in color therapy.

Actual laboratory tests on living animals are now being performed and regular blood studies are being made to determine the physical effect of different color radiations. (These will be completed before and discussed at the conference.) Muscle stimulation (electromyography and various types of muscle tests) in neuro-diagnosis will be taught. There will be lectures and demonstrations on all phases of electro-diagnosis, basal-metabolism determination, and routine standard laboratory procedures by various photo-electric colorimeters. Among these visual-nerve-tracing will be featured. A conference on Food in Health and disease will be participated in by all present under competent moderators. The chiropractic colleges teaching physiotherapy have been invited to participate.

The featured speaker, at the O.A.C.P. State Convention held in June, in the educational sessions was Dr. Henry G. West, Pocatello, Idaho. Dr. West lectured and gave practical demonstrations of Diversified Technics.

Instructor: What are the fauces?
Soph.: (Silence)
Instructor: (Careful explanation)
Soph.: Oh, I thought you said fauces!

FILLS VACANCY

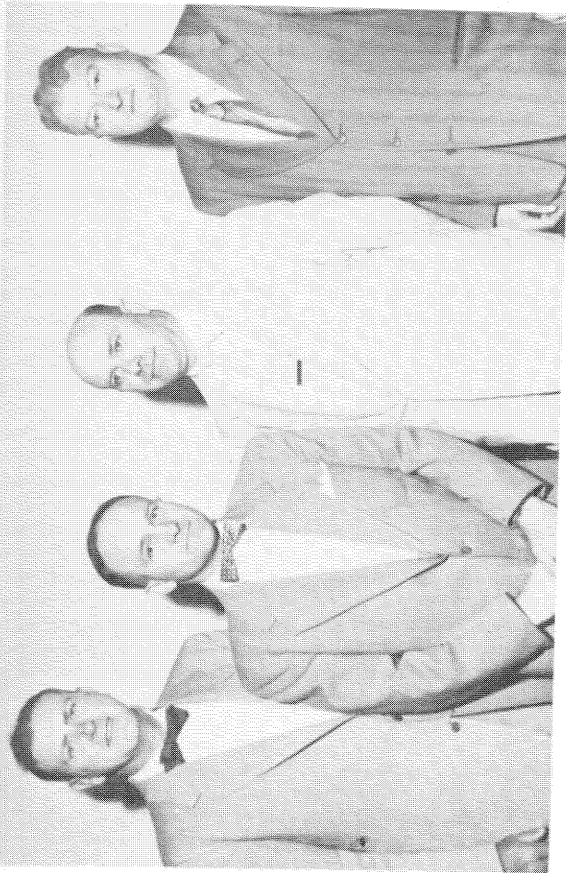


Dr. Forest I. Goddard, prominent Salem Chiropractic physician has been appointed by Oregon's Governor Douglas McKay to fill the position on the Oregon State Board of Chiropractic Examiners vacated by Dr. J. J. McCarthy, Sweet Home.

FEATURED SPEAKER



The featured speaker, at the O.A.C.P. State Convention held in June, in the educational sessions was Dr. Henry G. West, Pocatello, Idaho. Dr. West lectured and gave practical demonstrations of Diversified Technics.

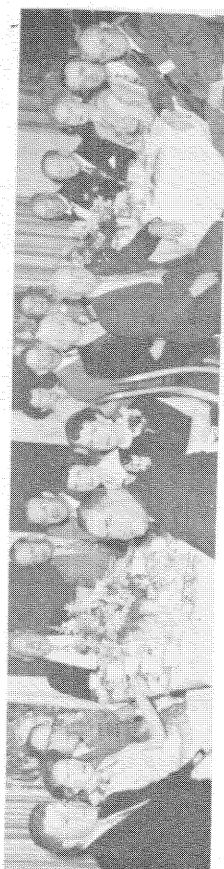


These physicians were elected at the June O.A.C.P. Convention to carry out the objectives of the Association during the coming year. L. to R. is Dr. L.W. Parritt, Eugene, Vice Pres.; Dr. F. Paul Rutz, Portland, President; Dr. Anton L. Latham, Portland, Sec'y-Treas; and Dr. Gordon V. Pefley, Portland, N.C.A. Delegate.

AUXILIARY

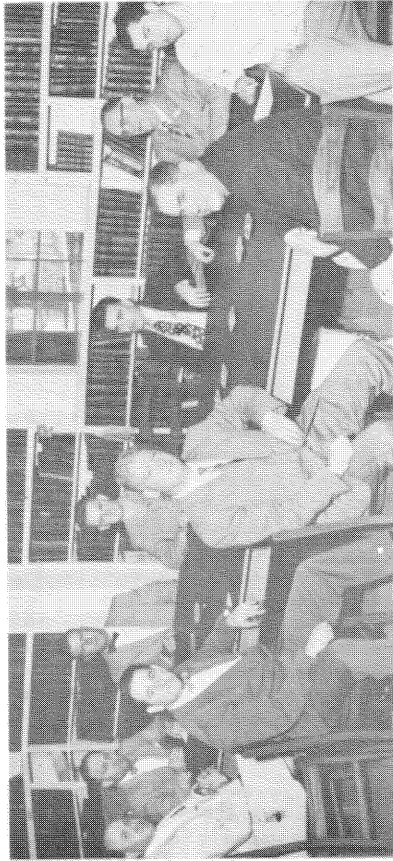


These ladies were elected at the annual State Convention to lead the Womens Auxiliary thru the coming year. L. to R. is Mrs. Ralph S. Schmidt, Silverton, Treas.; Mrs. Dan E. Wilson, Newberg, Secretary; Mrs. Glen D. Parrott, Mollala, President; Mrs. Ralph Hill, 3rd Vice-Pres.; Mrs. Robert E. Elliot, 1st Vice-Pres.; Mrs. E.N. Terrill, Ashland, 2nd Vice-Pres. was not present for the picture.



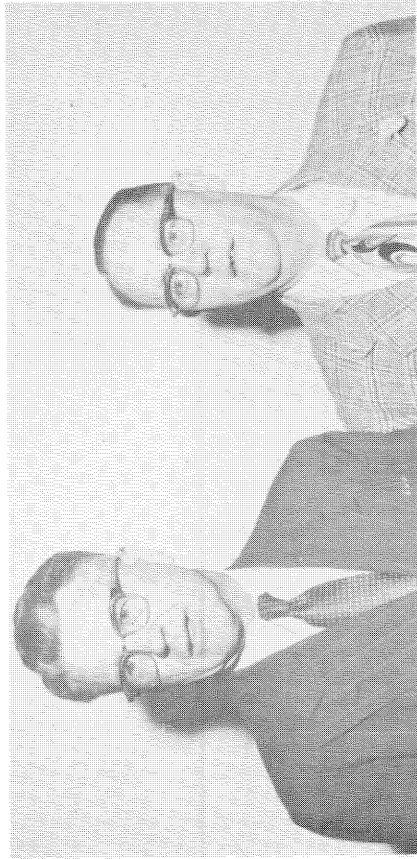
Here are some candid shots of the large and happy crowd that attended the banquet and entertainment held in the Assembly room of the Multnomah Hotel during the convention. Judge Frank E. Day, acted as Master of Ceremonies and Mr. Stanley Earl, Portland, was the featured speaker.

EXECUTIVES



This is an executive council meeting of the O.A.C.P. as plans were launched for the coming year. L. to R. in the back row is Dr. F. Paul Rutz, Pres. Portland; Dr. L.W. Porritt, Vice Pres. Eugene; Dr. Paul Bray, Medford; Dr. Ralph Hill, Portland; Dr. Louis K. Von Pier, Portland. Front row L. to R. is Dr. Anton L. Latham, Sec'y-Treas., Portland; Dr. Dan E. Wilson, Newberg; Dr. Gordon V. Pettey, Portland; Dr. Wm. J. Gallagher, Portland; Dr. Edmund G. Samuel, Clackamas.

SERVED WELL



Pictured here is Dr. P.L. Poulsen, Baker who served for the past 3 years as N.C. A. Delegate for the O.A.C.P. and Dr. Louis K. Von Pier, Portland (R) who led the association in 1951-52, as President.

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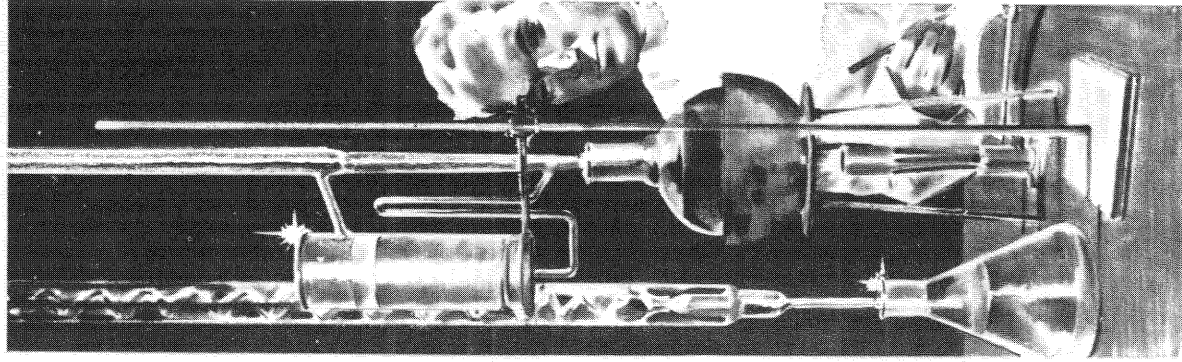
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The stork made a stop June 22, to drop off a new baby girl at the home of Dick and Pegge Scofield. More stops are scheduled in the near future at the homes of other members of our class.

Chuck Adams is in the chips now, Blue Bell Potato Chips, that is. Say Chuck, maybe now the cap you wore for the Sigma Phi Kappa initiation will come in handy.

Speaking of chips, William Manske is back in the dough again at Davidson's Bakery. Bill had himself quite a vacation during the bakers strike.

Rodger Johnson has found a most profitable investment, betting on Evan Raynold in his golf matches with John Carampas.

The reason for Paul Rethwill's big smile and unusual excitement every Wednesday and Friday morning is because W.S.C. has just won another softball game the night before, and Paul is busy notifying all the players of their battling average and extending congratulations for a well played game. There is only one thing that would make Paul happier, that would be for more of the student body to turn out at the games and root the team on to victory.

STUDENTS' WIVES AUXILIARY

The Students Wives Auxiliary held their last meeting of this school year Thursday night, June 19.

At the conclusion of the business meeting, the following new officers were installed by Appa Anderson, President, Jo Ann Starts; Vice-President, Mildred Johnson; Secretary-Treasurer, Frances Reynolds; Reporter, Esther Rethwill.

Mildred Johnson, on behalf of the members of the auxiliary, presented the outgoing president, Doris Johnson, with a lovely gift in appreciation for her work during the past year.

The meeting was adjourned by the new president, Jo Ann Starts. The first meeting of the fall term will be held in October.

Hostesses for the evening were Ella Mae Pisk and Jewell Rapp.

Soph Sighs

Our pathology class found a typical example of Rhus dermatitis in "Nature Boy", Loyd Jacob who rounded up a beautiful case of poison oak. Next time he will respect the word of Dick Stonebrink, an old authority on poison oak.

Paul Saran committed one of the world's worst crimes, by forgetting his wedding anniversary. Lucky he had final exams for an excuse.

The freshman class was overheard singing "happy days are here again" after completion of their quarterly finals. However, their emotivity will soon subside to furrowed brows as July comes to a close with final exams.

Bill Hoy (Social Committee) has been wearing a big smile of satisfaction, knowing that the annual W.S.C. picnic was a big success although the first attempt was rained out.

Appropriately timed, the freshman class had commenced first aid training under the able instructions of Dr. Ralph Failor. With summer vacation approaching this knowledge may prove beneficial.

W. S. C. PICNIC

The W.S.C. Annual Picnic was held Sunday, June 22nd at Sellwood Park. Originally scheduled for June 15, the picnic had to be postponed due to lack of cooperation on behalf of the weatherman.

As the picnic finally got underway it was still a mute question as to whether he would come through with the desired weather then. The day finally broke clear and warm with a slight tinge of sunburn noticed in the softball roofing section.

After having been thoroughly filled with a delicious lunch and well exercised during the softball game, teams rallied their strength for several relay races, egg races and the old traditional sack race. The picnic broke up with everyone exhausted but happy, and all looking forward to the picnic next year.

There are two kinds of voters, Those who will vote for your candidate, and a lot of ignorant prejudiced fools.

There are only two kinds of pedestrians—the quick and the dead.

If a man takes off his hat in an elevator, it means he has good manners and hair.

A woman who can spot a blonde hair on a man's coat across the room can't always see a pair of garage doors ten feet wide.

All the Constitution guarantees is the pursuit of happiness. You have to catch up with it yourself.

LADIES TOO



The lady physicians were in attendance at the convention also, pictured L. to R. here at the banquet is Dr. Marie Morris-Young, Dr. Marie Van Beek, Dr. Cora Getty-Anderson, and Dr. Augusta Wehoffer all of Portland.

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GOINZONZ

Dr. W.A. Budden, Director of Western States College, was a featured speaker at the 36th annual convention of the Montana Chiropractic Association held in Billings, June 6, 7 and 8, 1952. Dr. Budden's subjects were, "Chiropractic as a Science", the scope and theory of "liberal practice", "Neurological Bases", and "Psychological factors in public relations and private practice".

Dr. Hardie J. Sickles, of the 1952 graduating class of W.S.C., was admitted to practice in Montana in June.

Dr. Alan L. Hall has moved into a new and larger office. New location is 4th and Washington, La Grande.

Dr. Loren Schrag, Milton-Freewater, plans to take over his father's clinic in Spokane in the near future.

Dr. Frank Hanses has moved from Central Point, Oregon to San Francisco.

Dr. Gordon V. Pefley and family visited in St. Louis, Mo., Denver and Glenwood Springs, Colo., and Salt Lake City, Utah on the return trip from the National Convention held in Miami Beach, Fla. last month.

Dr. and Mrs. W.A. Budden returned from the National Convention held in Miami Beach, Fla. with Dr. and Mrs. Milton J. Higgins, Coeur d'Alene, Idaho, stopping off enroute to attend the Idaho State Chiropractic Convention held in Boise, Idaho.

The Federal Communications Commission has extended the deadline on replacement of old equipment until June 30, 1953 according to Dr. William J. Gallagher, Portland, Secretary of the Council on Physiotherapy, National Chiropractic Association.

Dr. Frank Finnell's book, Manual of Eye, Ear, Nose and Throat may be purchased for \$7.50 from Western States College Book Store, 4525 S.E. 63rd St., Portland, Oregon. Dr. Finnell is one of the leading authorities on EENT in the Drugless field and heads the EENT Department at W.S.C.

The Washington State Chiropractic Convention will be held in Tacoma, August 9 and 10, with Dr. Leo Spears, Denver, Colo. as the principal speaker.

Dr. and Mrs. Lloyd L. Hackett, Salem, attended the National Convention

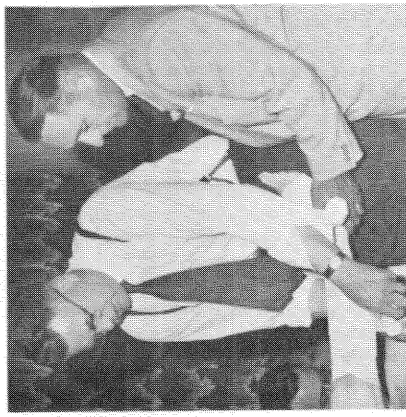
in Miami Beach, Fla. last month.

George N. Adelman, D.C., the Visual Nerve Tracing Company of America, Brockton, Mass. has placed one of his instruments in the Research department of W.S.C. This instrument is now being used in epicritic research and results of the work being done will be announced at the physiotherapy symposium to be held at W.S.C. in August.

Dr. Rafael Flores, Class of '52 is now located in Rio Piedras, San Juan, Puerto Rico.

VARICOSITIES

By Dr. P. J. Poulson



Listed below are some of the highlights of the diagnosis and treatment given by Dr. P.L. Poulson, Baker, Oregon during the O.A.C.P. Convention held at Western States College in early June.

Varicose Veins of the Leg—Characteristics—Aching pain and a sensation of heaviness often occur in the affected leg. If the veins become inflamed the pain becomes acute. Thrombophlebitis causes more soreness than pain.

Chief Signs—Presence of elongated distended, tortuous veins; edema; especially toward night.

Varicose veins occur in individuals who stand upon their feet for long periods. No other factor can be discovered in many cases, though an hereditary weakness of the walls of the veins may be assumed. Tight garters may be an additional factor.

(Continued to Page 11)

EDDIE'S ASSOCIATED SERVICE

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VARICOSITIES —Continued

Thrombophlebitis—Characteristics—Varicose veins may develop after an attack of acute phlebitis (usually of the saphenous vein), affecting chiefly the collaterals of the vein affected.

Ulcers of the leg are usually marked by their chronicity and resistance to treatment, due probably to deficient circulation.

Varicose Ulcer (Indolent, Chronic, or Callous Ulcer)—Characteristics—An oval, often painless, chronic ulcer is present, usually on the inner side of the leg about three inches above the ankle. It may be small or it may encircle the limb. It has sloping, hard and congested edges, and a smooth, glistening, dirty yellow floor with a few feeble granulation. It is firmly attached, and often surrounded by persistent edema, pigmentation, and induration of the skin. The discharge is often irritating and may cause eczema.

Chief Signs—Presence of varicose veins; occurrence in the latter half of life.

Simple Chronic Ulcer—Characteristics—The Ulcer is circular or oval, surrounded by congested, discolored, and indurated skin, the floor being uneven and usually covered by granulations, the edges being thick, turned out, and not sensitive to the touch. There is often eczema or brown pigmentation of the neighboring skin.

Chief Signs—Absence of varicose veins; presence of an etiological factor, such as atheroma of the arteries, old age, exposure to cold, trauma, pressure, or some constitutional disease.

TREATMENT

First wrapping is a 3" special primer bandage. Start wrapping on the foot; then spiral loosely and widely spaced to above ulcer or varicosity. Spiral to foot, wrappings more closely spaced, then back to above area involved. This is repeated until thoroughly covered.

Entire area is covered by wrapping with 3" Elastoplast, which is an elastic adhesive bandage. Begin on foot, wrapping very firmly. Cover entire foot; heel; ankle, with the firm wrap. Wrap less firmly as you progress upward. Fasten with elastic strips. There will be some binding for the first few steps. Patient must walk two miles per day. First change is made in one week; second change in two weeks; third change in three weeks.

Adjust specifically the areas involved, not only at time of wrapping but also between treatment periods.

FINISHES TERM



Pictured here is Mrs. Walter B. Rich who as president of the Womens Auxiliary of the Oregon Association of Chiropractic Physicians led the organization during 1951-52. Mrs. Rich is the wife of Dr. Walter B. Rich, Multnomah physician.

MAC



Vivian McMurtrey a warm friend of the O.A.C.P. and well known by Chiropractors throughout Oregon was a guest at the banquet held at the Multnomah Hotel during the annual convention. Mrs. McMurtrey formerly was publicity director for the O.A.C.P.