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Western States College

The Synergist

VOICE OF THE STUDENT BODY

VOL. 3

MAY 1952

NO. 4

Come to the City of Roses

O.A.C.P. CONVENTION
June 6, 7, 8, 1952



Photo of Helen Traubel Rose courtesy of The Oregonian

ROSE FESTIVAL — JUNE 11, 12, 13, 14, 15, 1952

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NSA PRESIDENT SPEAKS BEFORE STUDENT BODY

The Student Body meeting of April 23 was heralded a success by popular acclamation. The main speaker, Bill Dentzer, president of the U.S. National Students Association, held the students attention with his knowledge of international student relationships. His presentation of existing world problems and their bearing on the students throughout the globe was received by our assembly with a sympathetic and appreciative attitude.

Mr. Dentzer is a graduate of Muskingum College in Ohio, majoring in political science. Shortly after assuming the office of President of the N.S.A. in September, 1951, he set out for Toronto, Canada to attend the National Federation of Canadian University Students. Later he journeyed to Edinburgh, Scotland, and to Rio de Janeiro. The U.S. National Student Association consists of some 250 institutions of higher education with an enrollment of some 700,000 students. It's aim is to promote and encourage greater understanding of International problems. As Mr. Dentzer mentioned in his talk, we have a long trail to follow in our journey to international goodwill. One of the first steps is to wake up from our apathy and take an active interest in national and international affairs. The students of today will be the leaders of tomorrow. Therefore, now is the time to prepare for the responsibilities that soon will be ours.

This assembly marked the first efforts of the new and very active members of the Maintenance and Conduct Committee under the leadership of Chairman Richard Weaver. Lou Kirchner, playing the piano with his usual great skill, ushered the students seatward with his magical fingers caressing the ivories.

Our new president, Joe Boucher, handled the proceedings with finesse and aplomb. He opened the meeting with usual formality and adhered to the business of the day until this portion had been successfully completed.

Bob Irving unveiled another of his hidden talents by successfully (?) juggling an egg with numerous other intangible objects. Bob seemed to hold up under the strain better than the egg, which showed definite signs of "cracking up."

The eagerly awaited act "Mucles in Rhythm," was next on the program with Johnny Johnson and his partner, Mel Strand consenting to perform in spite of their full schedule. Their hand balancing routine was the epitomy of agility, coordination and great muscular power with the accent on fluidity of motion. Bill Manske emceed this act and did a fine job of introducing the boys with a variety of adroit witticisms.

WESTERN STATES JOINS NATIONAL STUDENT ASSN.

A new and important chapter in the Annals of Western States College Student Body, was begun April 6, when an invitation to join the Portland Intercollegiate Council of the Great Northwest Region National Student Association was accepted by the executive council of the Western States Student Body.

In the area of educational affairs, NSA works for a greater recognition by faculty and administrations of the role of students in education. Faculty evaluation programs, faculty-student committees are only two ways of helping to achieve this end. Nationally NSA is the only student government to hold membership on the American Council on Education, the leading educational body in the nation. NSA is frequently consulted by the ACE and other educational agencies on matters relating to students.

The Intercollegiate Council is composed of representatives of the Student Councils of the major colleges of Portland and vicinity. The aims and objects of this organization are, in the main, the development of cooperation between the various colleges; the encouragement of participation in civic and federal affairs, and the training of the college person to assume responsibilities he will have to assume in the not-too-distant future.

April 8, Student Body President Joe Boucher and Vice-President Herb Shepherd attended their inaugural meeting held at Marylhurst College. Other colleges represented at the meeting were: Reed College, Lewis & Clark College, Portland University, Concordia College, Providence School of Nursing, & Multnomah College.

After dinner, served in the Faculty Dining Hall, the group adjourned to Flavian Hall for the business meeting. Chloe Ryan, Student Body President of Marylhurst College, was "Madam Chairman" of the evening. Under her capable leadership, the meeting discussed several important business items, including the Fair Rose Program of civil rights; the Marylfair Carnival; Procuring of decals for the merchants, etc. Joan Long, secretary, advised that Bill Dentzer, President of the National Student Association, would be in Portland one day only, and would address the Student Bodies of the Colleges that he could fit into his schedule. Reed College will be host to the next meeting.

The Student Body of Western States College is doubly honored in having their College chosen for membership in the Intercollegiate Council of the N.S.A. First is the obvious honor of membership and secondly that W.S.C. is the first school of Chiropractic in the world to receive such a membership.

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 Student Wives' Auxiliary..... Francis Reynolds
 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.

IMPRESSIONS OF A FLEDGLING PHYSICIAN

By Dr. R.O. Sannerud
 Cheyenne, Wyoming

1. It takes a lot of what the army chooses to call 'intestinal fortitude' - courage in the face of the known and unknown.
2. It is hard on any heart condition the Doctor may have.
3. Ulcers yet!
4. The task of overcoming mecdial propaganda is always present and is overcome only as the novice proves to the community at large that he has something to offer that is worth while and worth spending money for.
5. Self confidence must be demonstrated consistently in front of the patient or else all is lost. You must have a proper professional air even if you don't know what to do at that precise moment.
6. If you don't know what to do, go to your library and look it up.
7. I always tell a difficult case - "if I can't find the answer myself, I will send your case history to my college for further research" - the patient always demonstrates a favorable reaction to this.
8. In six months of practice and about 200 different patients, I have had fifteen ordinary back conditions to care for. The rest have been people who have said to me - "Doctor, I have been everywhere for treatment, and I am still sick, can you help me?" The day of the chiropractor being just an adjustor is over.
9. I could not be doing this work if I had not been trained at Western States College of Chiropractic.

It is not help, but obstacles, not facilities, but difficulties that make men.—W. Mathews

PHYSIOTHERAPY

On page 16 of this issue will be found an advertisement by the NCA Council on Physiotherapy announcing a Symposium to be held at Western States College, August 18-23, 1952. A certificate of attendance will be issued by the Council which will be most valuable in meeting the requirements of the various state laws pertaining to the subject. Also this Symposium will afford all interested the opportunity to hear some of the more outstanding men in this field. Write to Dr. W. J. Gallagher today!

Subscribers

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Chiropractic Technic

By DR. D. J. METZINGER



TO CORRECT KNEE WITH TIBIA SLIPPED ANTERIORLY

POSITION OF PATIENT:
 Supine, thigh and knee flexed.

POSITION OF ADJUSTOR:
 Back towards patient at side of table, same side as knee to be corrected. Grasp patient's ankle with both hands, with patient's knee near adjustor's axilla.

DIRECTION OF THRUST:
 Floorward traction on ankle, given with a body drop.

DEPTH OF THRUST:
 About an inch from contact point.

SPEED OF THRUST:
 Spontaneous.

TO CORRECT KNEE WITH TIBIA SLIPPED POSTERIORLY

POSITION OF PATIENT:
 Supine, thigh and knee flexed.

POSITION OF ADJUSTOR:
 Facing patient at side of table, same side as knee to be corrected. Grasp patient's ankle with one hand while inserting fleshy part of other forearm in patient's popliteal space to use as a fulcrum.

DIRECTION OF THRUST:
 Towards patient's buttock with hand holding ankle.

DEPTH OF THRUST:
 About an inch from tension point.

SPEED OF THRUST:
 Spontaneous.

TO CORRECT KNEE WITH LATERALLY SLIPPED TIBIA

POSITION OF PATIENT:
 Supine.

POSITION OF ADJUSTOR:
 At side of patient facing knee to be adjusted.

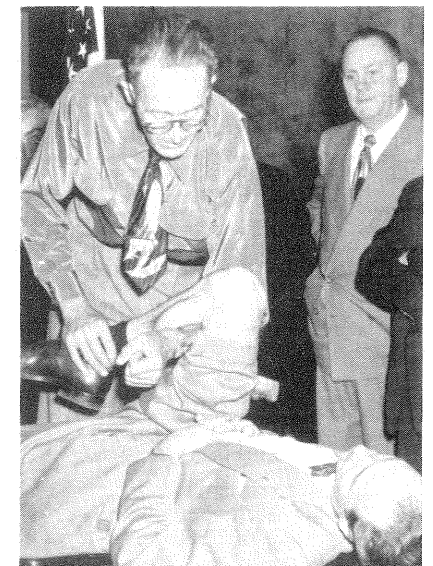
CONTACT POINT:
 Lateral epicondyle of tibia with pisiform contact while other hand grasps ankle to use as a fulcrum.

DIRECTION OF THRUST:
 Medially. No thrust is to be given to the ankle.

DEPTH OF THRUST:
 Limited, about onehalf inch from tension point.

SPEED OF THRUST:
 Spontaneous.

A medial slip of tibia may be corrected similarly by reversing positions and direction of thrust.



O.A.C.P. JOURNAL

DR. GORDON V. PEFFLEY,
6805 S. E. Milwaukie
Portland, Oregon

ANNUAL CONVENTION NEAR

The time is growing short until the annual Convention of the OACP, to be held at Western States College, June 6, 7 and 8, 1952.

This is one of the most vital Conventions in recent years, and it is hoped that there will be a large turnout, to help lay plans for the coming year. There is much work to be done, and there is need for proper organization and planning to avoid difficulties in the future.

We are facing a legislative year, and it should not be necessary to point out what that means to the members, and to the profession as a whole, for experience should tell us.

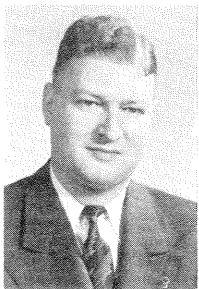
In addition, a very fine educational program has been arranged. Elsewhere in this issue, you will find an article about our guest speaker, Dr. Henry G. West. Also, work is to be conducted by the various Councils, which should be of interest to all the members.

So plan now to make the Convention this year one of the biggest we have ever had. Bring the family along, for the Auxiliary has an interesting and vital program planned, which will be of interest to them.

If you want help with housing, Dr. Anton L. Latham, 3908 SE Belmont St., Portland 15, Oregon, is the Housing Chairman. Drop him a line and let him know what you want.

Be seeing you at the Convention!

GENERAL CHAIRMAN



Dr. Gordon V. Peffley, Portland, leads the committees for the O.A.C.P. Convention to be held at Western States College, June 6, 7, 8, 1952. Dr. Peffley is National Commander of the American Society of Military Chiropractors, Secretary-Treasurer of the O.A.C.P. as well as being very active in all matters pertaining to Chiropractic on both a local, state and national scale. In addition he is very active in the American Legion, both state and national as well as participating in many civic activities.

POCATELLO DOCTOR TO BE CONVENTION SPEAKER

Again the OACP is to have the pleasure of welcoming Dr. Henry G. West, of Pocatello, Idaho, as guest speaker for its annual Convention, June 6, 7 and 8. Some ten or more years ago, Dr. West filled a similar

engagement, and those who were active in the Association at that time were very much impressed with his work, particularly with his diversified techniques for specific conditions.

Dr. West has had a great deal of experience in lecturing and demonstration, particularly through the Rocky Mountain states, and is noted for the practicality of his work. He is a graduate of the National Chiropractic College, a member of the Idaho and National Chiropractic Associations, and has, with his brother Dr. Arthur D. West, operated a Chiropractic clinic in Pocatello.

This is just another one of the reasons why you cannot afford to miss the Convention this year.

Listen Ladies

The business meeting of the Women's Auxiliary during the convention will be held at Western States College on June 7, 1952, to be followed by the special luncheon for the auxiliary. Guest speaker for the luncheon will be Louise Humphreys. Favors for the luncheon are being made by members of the District 3 auxiliary. Mrs. Robert Elliott, Program Chairman, has planned an interesting program for us. Officers for the new year will be elected at the business meeting, and the installation ceremony will take place at the luncheon. Let's all plan to attend the convention, which gives us an opportunity of seeing our friends again and contributing each in our own individual way towards unity and strength in our auxiliary.

Mrs. R.W. Klier deserves special mention for the excellent planning and executing of the favor for the banquet of the Oregon Federation of Women's Clubs on May 2, 1952. She designed the book mark favor. It is very unusual and original, and one that we can all be proud to present to the Federation members as a gift from the Chiropractic Auxiliary. Also thanks should be given to the doctors' and students' wives who donated their services in this connection.

Tri-District Meeting

Those who attended the Tri-District Educational Meeting at the Senator Hotel, Salem, Oregon, were well-repaid for their time. Space does not permit a detailed account of the meeting, but there was a good turnout, a fine banquet, and an excellent educational program. The fireworks supplied by the Executive Board meeting was an added attraction.

Our thanks to those who helped to make the event a big success. Your editor is particularly appreciative of the efforts to properly celebrate his birthday.

District 2

The District Auxiliary recently voted to change the dates of their monthly meetings to the fourth Tuesdays. Reason: Babysitter trouble among the younger doctors and their wives. It is hoped that with the change in date, papa will be available for baby-sitting, while mamma goes to the Auxiliary meetings. It is planned, also, to have the meetings in the various homes of the members.

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But the last ingredient—the final ingredient—the effective ingredient, is that of professional advice and regulation in the use of Vitaminerals. We believe and practice—"Where Health Is Concerned, There Can Be No Compromise With Quality"—and may we add—"Nor with the professional skill and knowledge of those who practice the art of healing"—this is the final ingredient of all Vitaminerals formulae.

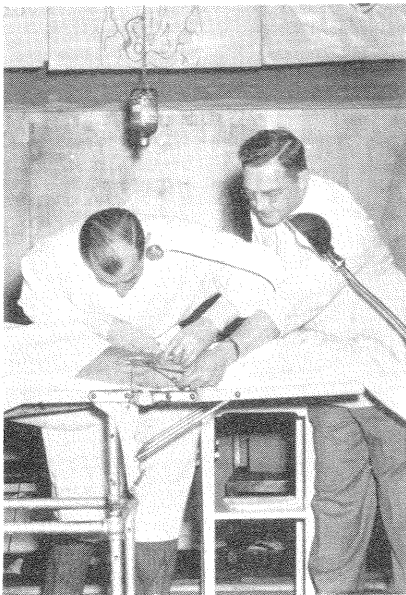
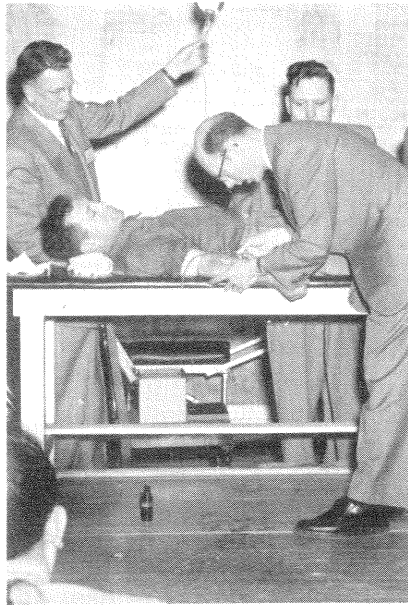
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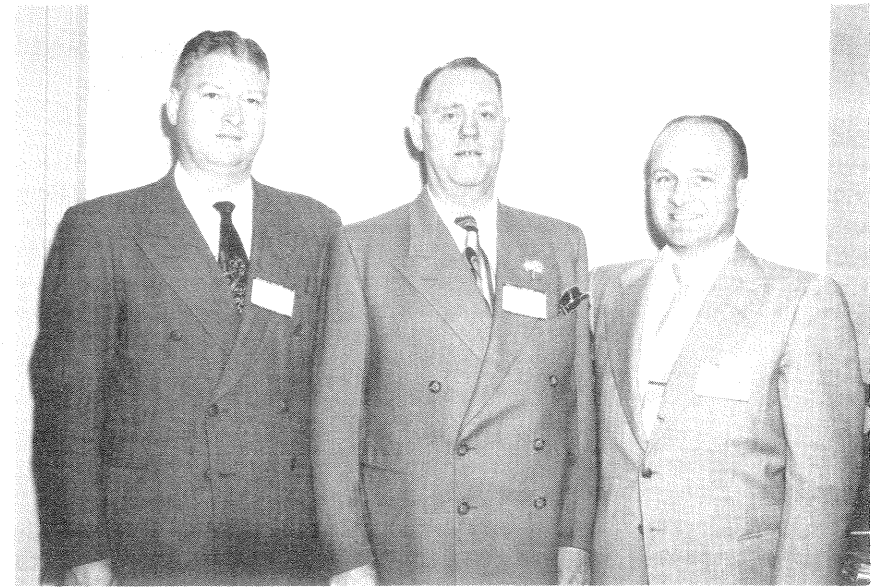
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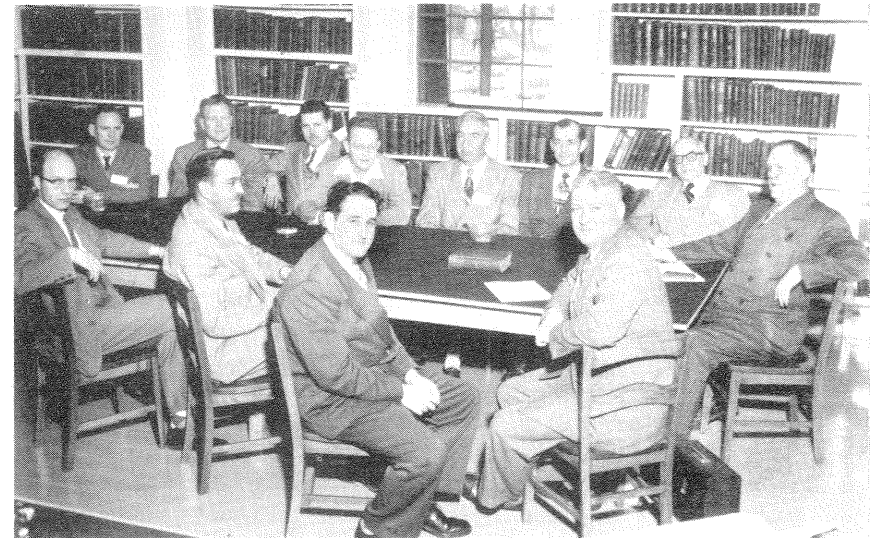
The Winter Symposium pictures above demonstrate that chiropractic physicians are very interested and willing to do their share in Civil Defense. Upper left, Dr. P.L. Poulsen, Baker, is demonstrating the emergency treatment of fractures, dislocations and sprains. Dr. J.J. McCarthy, Sweet Home, shows the administration of I.V. fluids. Lower left, Dr. R.W. Klier, Portland is demonstrating emergency minor surgery and lower right, Dr. Louis K. vonPier explains the latest procedures in artificial respiration.

PRESENT OFFICERS O.A.C.P.



Above are the Doctors who have led the Oregon Association of Chiropractic Physicians through a most successful year. (Left to right) Dr. Gordon V. Pefley, Secy-treas., Portland; Dr. Louis K. vonPier, President, Portland; Dr. F. Paul Rutz, Vice President, Portland.

EXECUTIVE COMMITTEE



These men have decided the O.A.C.P. policies and undertakings of the O.A.C.P. for the past year. Back row (left to right) Dr. C.C. Dunham, Seaside; Dr. P.L. Poulsen, Baker; Dr. Alan Hall, La Grande; Dr. Harold Matz, Prineville; Dr. G.H. Thomas, Astoria; Dr. R.W. Klier, Portland; Dr. W.A. Budden, Portland; Dr. L.K. vonPier, Portland. Front row (left to right) Dr. J.J. McCarthy, Sweet Home; Dr. R. A. Wood, Klamath Falls; Dr. D.E. Wilson, Newberg and Dr. G.V. Pefley, Portland.

O.A.C.P. STATE CONVENTION June 6, 7, 8, 1952

Western States College Auditorium

O.A.C.P. OFFICERS

President – Dr. L.K. Von Pier
Vice-President – Dr. Frank Paul Rutz
Secretary-Treasurer – Dr. Gordon V. Pefley
NCA State Delegate – Dr. P.L. Poulsen
Chaplain – Dr. Robert E. Elliot

CONVENTION COMMITTEE

General Chairman – Dr. Gordon V. Pefley
Program – Dr. Ralph A. Hill
Moderator – Dr. Robert E. Elliot
Exhibits – Dr. Albert M. Frazier, Dr. Raymond W. Klier
Entertainment – Dr. Frank P. Rutz, Dr. Arthur J. Johnson
Housing – Dr. Anton L. Latham
Registration – Dr. Marie Van Beek, Dr. Mabel Easter
Hospitality – Dr. Walter B. Rich
Auxiliary Program Chairman – Mrs. Robert E. Elliot

WOMENS AUXILIARY OFFICERS

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Historian – Mrs. J.J. McCarthy
Auditor – Mrs. Peter W. DeMarco
Parliamentarian – Mrs. R.F. Pfeffer

Convention Program, Friday, June 6

9:00–9:30 Registration
9:30–9:45 Invocation, Dr. Robert E. Elliot, Chaplain, OACP Opening Address, Dr. L.K. Von Pier, President, OACP
9:45–10:45 Dr. Henry G. West
“Low Back Pain and the Ruptured Disc Syndrome”
10:45–11:00 Intermission. Visit our Exhibits
11:00–12:00 Panel on Obstetrics, Dr. Ralph Wiser, leader.
12:00–1:30 Joint Luncheon with Auxiliary
Dr. L.K. Von Pier, presiding
1:30–3:00 Business Meeting, Dr. L.K. Von Pier, presiding
3:15–4:15 Dr. Henry G. West
“Diversified Chiropractic Technique”
4:15–4:30 Intermission. Visit our Exhibits
4:30–5:30 Minor Surgery Panel, Dr. Raymond W. Klier, leader.
7:30–9:00 Council Meetings.
9:00–10:00 ASMC Business Meeting

Convention Program, Saturday, June 7

9:00–10:15 X-ray Panel, Dr. Leonard W. Porritt, leader.
10:15–10:30 Intermission. Visit our Exhibits
10:30–12:00 Dr. Henry G. West
“Diversified Chiropractic Technique”
12:00–1:30 Past Presidents Club Luncheon
Dr. A.R. Hedges, presiding
Everyone invited.
1:30–5:00 Business Meeting, Dr. L.K. Von Pier, presiding
7:00 Banquet and Entertainment, Assembly Room, Multnomah Hotel—Frank E. Day, Master of Ceremonies
10:00 Dance. Music by Ruth Cutter and her All-Girl Orchestra

Convention Program, Sunday, June 8

9:30–10:45 Dr. Henry G. West
“Diversified Chiropractic Technique”
10:45–11:00 Intermission. Visit our Exhibits
11:00–12:00 Dr. P.L. Poulsen
“Treatment of Varicose Veins”
12:00 Joint Luncheon with Auxiliary
Dr. L.K. Von Pier, presiding
Installation of new OACP Officers.
Adjournment

WOMEN'S AUXILIARY PROGRAM

Friday, June 6

12:00 Joint Luncheon with Doctors

Saturday, June 7

9:00 Registration
9:00 Executive Board Meeting
9:30–12:00 Business Meeting
12:00–2:00 Luncheon
Mrs. C.J. (Louise) Humphrey, Guest Speaker
Mrs. Anthona Corrado, Guest Soloist
Installation of Officers
7:00 Banquet and Entertainment – Multnomah Hotel

Sunday, June 8

9:30 Gavel Club Breakfast – Multnomah Hotel
12:00 Joint Luncheon with Doctors

This Is Your Program, Bring It With You.

NATURO-NEWS

DR. R. A. ROMBOUGH, Editor
Independence, Oregon

Dr. A.R. Hedges, reports that a district has been formed in the Medford area. We hope to have a list of the officers and a report from this group each month. Let's hear more reports like this. Each section of the state should have a district organization.

According to Dr. Charles R. Stone, plans are almost completed, at this writing, for the dinner to be given at the Multnomah Hotel in Portland by the Naturopathic Physicians of Portland on May 24. The Portland Physicians will have as their guests at dinner all students who will receive the Degree of Naturopathy in July, and their wives. A discussion will be held on the Philosophy of Naturopathy in which the students will be invited to participate. After dinner the wives will hear Mrs. Doris Oates speak on "Successful Living."

April 26 found the Portland district physicians at Simmons Hillvilla with Drs. Rutz and Shaddock in charge. The main theme of this meeting was Naturopathic Ethics. You doctors who are missing these meetings, should come and join the fine discussions and real fun.

The Naturopaths of the state wish to thank the O.A.C.P. for the invitation to attend their Tri-District meeting held at Salem, April 19 and 20. To hear the sage words of Dr. Royal Lee, was certainly worth many miles of driving. We hope we hear more from Dr. Lee in the near future.

Dr. Josephine B. Hamlin, Eugene, has been delegated to do research work on the question of Insurance Company Coverage and the Naturopathic Physician.

The enthusiasm of Dr. Kindburg, prominent Naturopathic Physician of Centralia, Washington, was typical of those who attended the O.A.C.P. Tri-District meeting held at Salem. He thought it a wonderful program.

Dr. Wm. Babnick and Dr. Carl Wambach might be classed as craftsmen deluxe. Dr. Bill is building his home and Dr. Carl his own office.

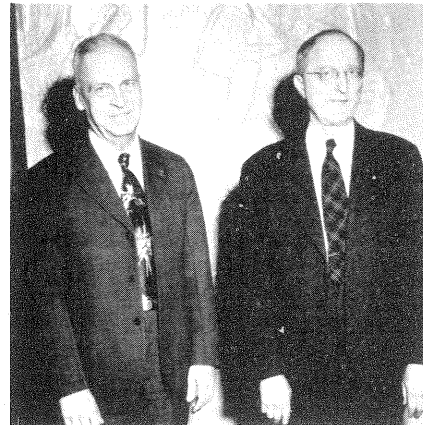
Elsewhere in this issue will be found pictures of the highlights of our State Convention. If you missed it, plan to attend the next one.

The Capitol records "Listen and Relax," (3 records, 6 sides, 45 R.P.M.) are most interesting and helpful in neurasthenia cases. Has anyone else tried these?

Specific strength Cactus is made from twigs of Cactus grandiflorus, usually known as the night-blooming, is

indicated in impaired heart action, feeble, irregular or tumultuous; with mental depression, precordial oppression and apprehension, vasomotor spasm. Cactus impresses the sympathetic nervous system, increases renal secretion, diuretic, promotes cardiac nutrition and waste; cardiac disturbances of the menopause. Dose is one-half to fifteen minims.

The following are excerpts of the speeches that the National President, Dr. Henry Schlichting, Jr., made at Western States College and the O.A.N.P. banquet during our convention, at both the college and the banquet he lauded the pioneers and early educators and complimented Dr. W.A. Budden, Western States College Director on the fine job in building the College to today's high level of standards. "Schools are the life blood of any profession and the student body of today is the leader of the professions tomorrow. Join your local and state organizations; we cannot survive as rugged individualists; our association is working to give you a better tomorrow and professional future. We must be practical and realistic; adopt new concepts and developments in scientific therapy, but remembering to always stay within bounds of our philosophy and laws. Support your alma mater by sending new students and by giving financial aid. Doctors in the field must meet this challenge; our schools must be subsidized by the practicing physician. This is the only way we can see the professions grow. I challenge you, never forget your alma mater, support it in every possible way."

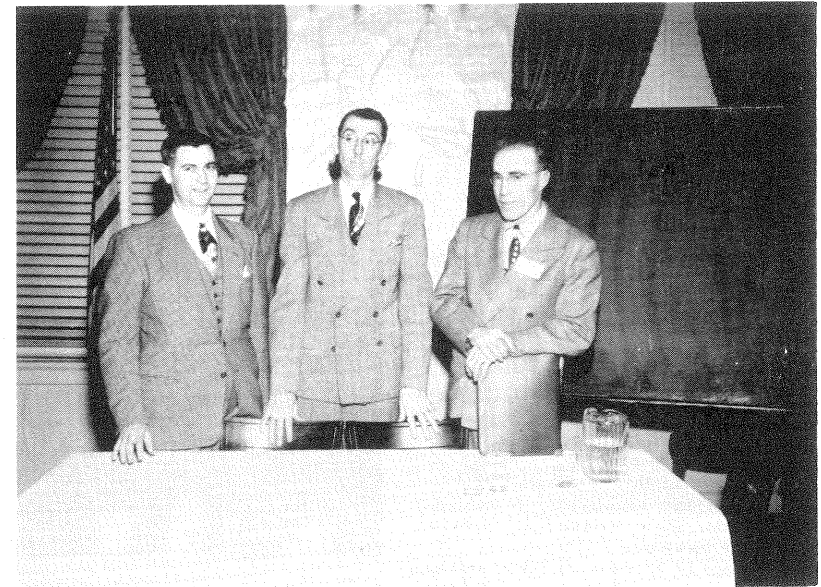


Pictured above are members of the Oregon State Board of Naturopathic Examiners. (L. to R.) Dr. A.R. Hedges, Medford is President and Dr. B.A. Bednyek, Portland is Secy-Treas. Dr. A.C. Fielitz, Vice Pres., The Dalles, was not present for the picture.

O. A. N. P. CONVENTION COMMITTEE



Left to right: Dr. Daniel E. Wilson, Newberg, General Chairman; Dr. J.A. Rombough, Independence, Publicity; Dr. Anton L. Latham, Portland Exhibits; Dr. F. Paul Rutz, Portland, Entertainment; Dr. William H. Babnick, Portland, Program; the lady is Dr. Elna Sorenson, who, as Chairman of the Banquet and Registration Committee, was responsible for the excellent meal served at the banquet.



Pictured above is (Left to right) Dr. J.A. Rombough, Independence, as he was being congratulated by Dr. Henry Schlichting, Jr., Midland, Texas, National President and Dr. M.M. Pendroy, Redmond, who served the Association so well during 1951-52.

O. A. N. P. BANQUET

MASTER OF CEREMONIES



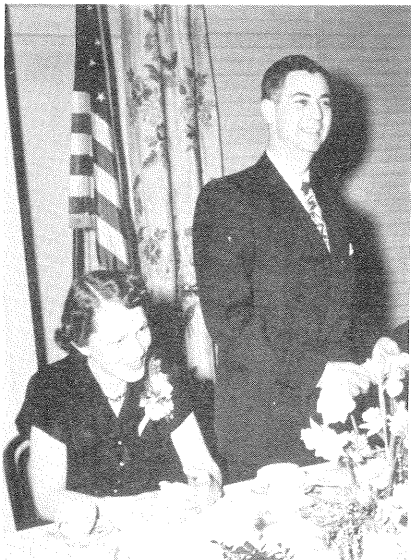
Pictured above are Dr. and Mrs. Ralph I. Shadduck, Portland. Dr. Shadduck's direction of the entertainment and speakers was a highlight of the evening.

MAIN SPEAKER



Dr. Henry Schlichting, Jr., Midland, Texas, President of the American Naturopathic Association of Physicians and Surgeons, Inc., spoke on "The progress of Naturopathy throughout the U.S.A."

1952 PRESIDENT



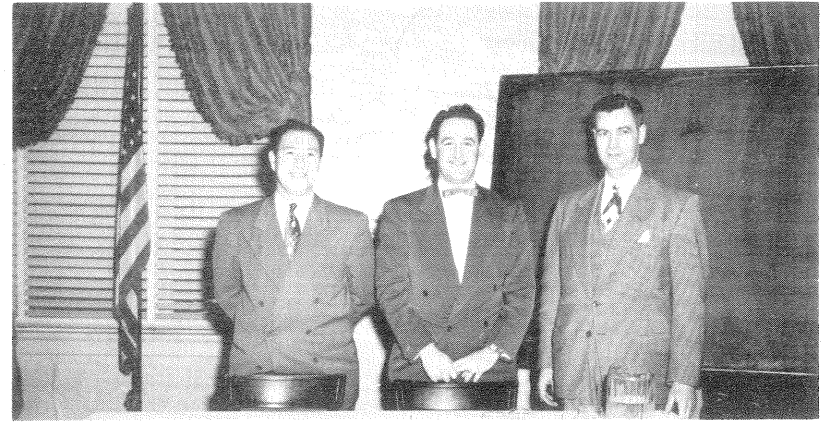
Dr. J.A. Rombough, as he told the banquet guests of his ambitions for the O.A.N.P. during his term of office.

W.S.C. DIRECTOR



Dr. and Mrs. W.A. Budden were in attendance, and here Dr. Budden is lauding the new officers for their outlined program for the coming year.

O.A.N.P. OFFICERS



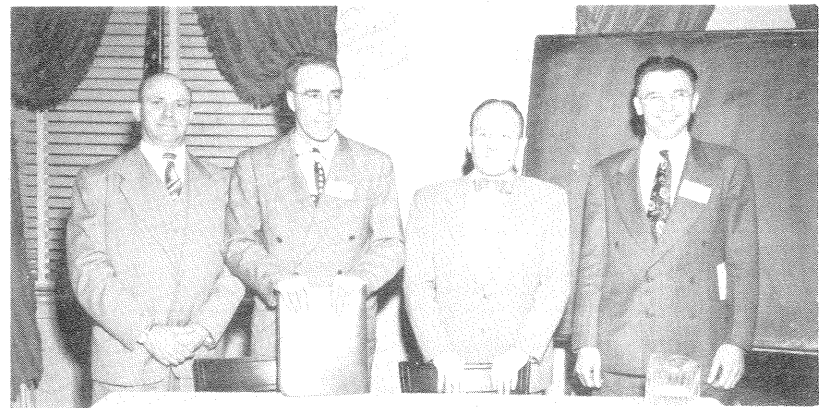
Above are the newly elected officers that will guide the Oregon Association of Naturopathic Physicians through 1952-53. Left to right are Dr. Carl Wambach, Secy-Treas., Portland; Dr. Dan E. Wilson, 1st Vice-president, Newberg; Dr. J.A. Rombough, President, Independence; Dr. A.W. Allen, 2nd Vice-president, was not present for picture.

1952-1953 AUXILIARY OFFICERS



These ladies are responsible for the O.A.N.P. Auxiliary activities during the coming year. (Left to right) Mrs. C.R. Stone, Vice-President, Portland; Mrs. J.A. Rombough, President, Independence; Mrs. C.W. Kennedy, Treasurer, Portland; Mrs. D.E. Wilson, Secy., Newberg.

RETIRING OFFICERS



These doctors led the O.A.N.P. through the year 1951-52, which was one of the most successful in its history. (Left to right) Dr. Tony Latham, Secy-treas., Portland; Dr. M.M. Pendroy, President, Redmond; Dr. F.P. Rutz, 1st Vice president, Portland; Dr. W.H. Babnick, 2nd Vice president, Portland.

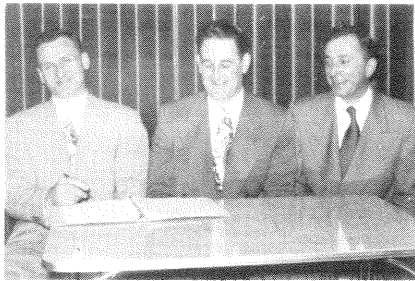
President's Message

Louis K. vonPier, D.C.

President O.A.C.P.

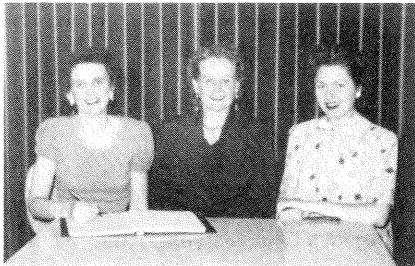
Greetings! May I take this opportunity to thank members of all the committees that gave so willingly of their time, energy, and experience to make this past year such a successful one. Please note that we are ready again for our regular summer convention; and as in everything else, Doctor, you must give a lot. So, therefore, come early and participate in the good fellowship with your confrater and learn something new and valuable to you in your practice. This is your business and your livelihood. So I will be seeing you in Portland in June.

District 3 Officers



(L. to R.) Secty.—Treasurer Dr. Robert Brinker, Dallas; President Dr. D.E. Wilson, Newberg; Vice President Dr. Peter DeMarco, Salem.

District 3 Auxiliary Officers



(L. to R.) Secty.—Treasurer Mrs. Robert Brinker, Dallas; Vice President Mrs. Glen Parrott, Molalla; President Mrs. Peter DeMarco, Salem.

A FEW IDEAS ON CALCIUM

Courtesy Dartell Laboratories
E. W. Hutchman

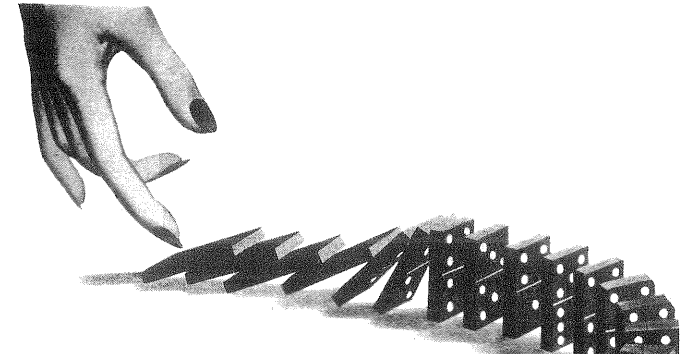
Calcium, by percentage fifth among the elements represented in the human organism, holds this same relative position among the elements of the earth's crust, in which we include the oceans and the atmosphere. Composing up to 99 percent of the human skeleton, it is of vital importance to height, conformation and strength. Calcium is also important in many physiological processes.

Calcium is essential to the normal action of the heart and to the coagulation of the blood; it is concerned in the physiology of the nerve conduction and probably in energy exchange of muscle contraction; it influences the growth of specific organs and (together with phosphorus) is of influence in the absorption of the end products of digestion and in the retardation of intestinal putrefaction.

To be normal and healthy the full grown human body must be richer in calcium than in any other mineral element; **YET EVERY HUMAN BEING IS BORN CALCIUM POOR.**

Nature assures an easier birth by having the bones flexible at delivery. Flexible bones and hence bodies of lowered calcium content. Once the danger of birth is past, it is to the advantage of the young organism to recover from the handicap of its low-calcium condition as rapidly as possible. Hence the extreme importance of liberal calcium intake for the growing child. The addition of Vitamins D, B—complex and C to increase absorption of and utilization of calcium intake during this period is important.

Space will not allow a review of all the disorders attributable to calcium deficiency, maternal tetany should be mentioned, however, with its symptoms of insomnia, increased irritability of disposition, edema not associated with heart or kidney disease, cramp-like or aching pains of the lower extremities and a tingling or burning sensation sometimes only in the fingers and toes. We should also mention the high incidence of dental caries among those on calcium deficient diet and such factors as stunted growth, weak muscles and osseous abnormalities in youth.



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