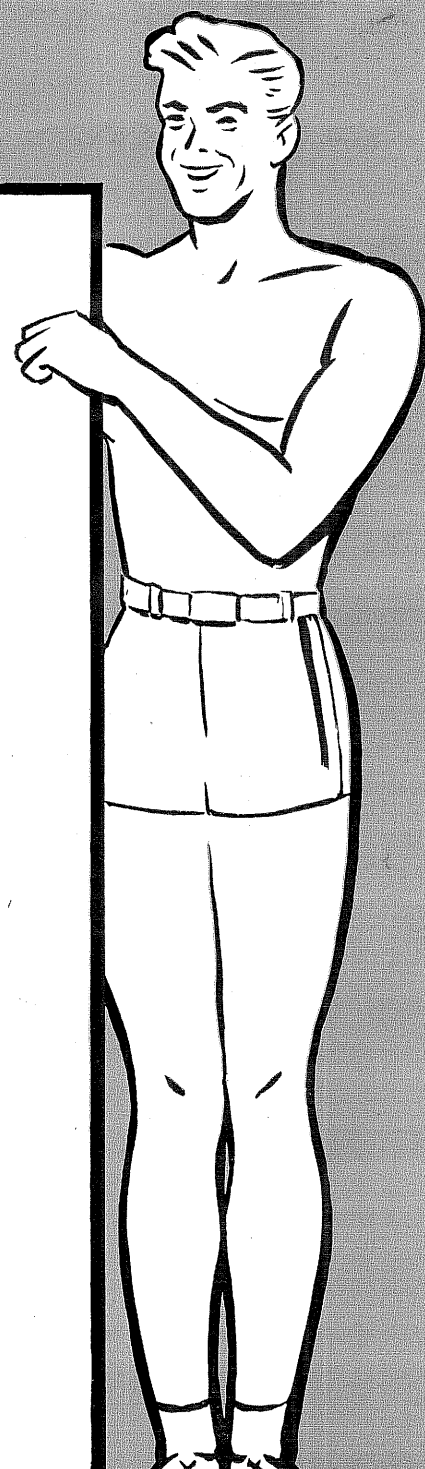
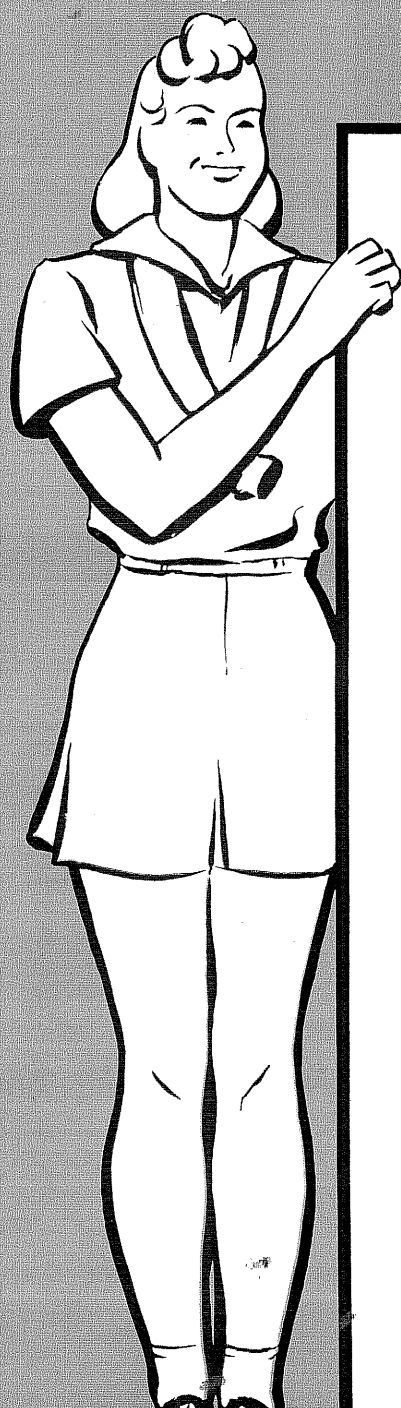


Vitality

A MAGAZINE OF HEALTH

JULY 1942

PRICE 15¢



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The Food Front

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Mother's Health

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B.B.B. and Radionics

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Important Feet

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Vitamin Rationale

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Kidney Stones

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Health Quiz

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Food and Life

★ ★ ★ Time to buy another War Bond! ★ ★ ★



WAR TIME FOOD

JEAN T. SHADDUCK

THE FOOD FRONT

I had intended discussing home canning with little or no sugar, but find the home economic departments of the two leading newspapers are covering the subject very thoroughly and in more detail than I would have room for in this column, so keep a sharp eye for such information. Will say, however, that canning may be done without sugar, but it is much better flavored with just a little sugar cooked in. Of course everyone already knows that, but as we are to be limited drastically, let us use a little sugar—make our syrups and then perhaps, we can add a bit more when the fruit is opened for use. We surely can get along without jams till the war is over. It is little enough to do when we think of the millions of people who never have enough of the plainest food. Jam is a luxury now and is not of the stuff wars are won with, so let us say to ourselves—no more jam till brighter times. Surely, if our English cousins can do without their beloved marmalades, we can do without our jams. As long as our bees make honey, we can use a little of that occasionally as a good natural sweet. Our sugar supply will go quite a long way with the canning of fruits if we forego jams.

We will be allowed a certain extra amount of sugar per each member of the family for canning, so let us use it very wisely. A light syrup of one cupful to three cups of water will give us a very good flavored product. Some will use honey in place of sugar, but bear in mind, it will change the flavor quite considerably. Saccharine combined with sugar, a very little saccharine and small amount of sugar, for best results, may be used.

If you are fortunate enough to have a locker in a refrigerating plant, you may store your berries and fruits au naturel and add a little sugar as you cook them in the winter. Vegetables may also be frozen and kept for winter use.

European people are noted for their thrift in using almost everything and refraining from any waste. I am going to give you a recipe for soup made of radish tops as made in Europe. All of us who have Victory gardens have an abundance of fresh green radish tops. Bear in mind this green is high in sulphur content, and if you are allergic to sulphur, you won't care for this soup.

Most people can tolerate sulphur so at least give it a trial.

Radish Top Soup

1 quart of radish tops chopped a little and cooked until just soft in one cup of water.

Press through a sieve and add a very thin white sauce made with 1 tablespoon of butter, 1 tablespoon of flour and three cups of milk. Season with pepper and salt and garnish when serving with tiny bits of bacon which have been tried out and are crispy.

When the Victory beets are ready for the table cook them this way:

Beets in Nests

Separate tops from beets leaving the root end on and one inch of top to prevent the beautiful red color from bleeding out. Cook beets in the usual manner and slip off the skins, season with butter and pepper and salt. Cook tops in a separate pot, leaving on stems. Cook till just tender and then when serving, coil the tops up into little nests and lay three little tender red beets in each nest. These make a very nice garnish for a piece of roast meat.

For a vegetable you may place the beet nests a little way apart and between lay little bunches of steamed spring onions with most of the top left on, five to a bundle, or you may use tiny carrots in the same way—or both. In the center place a mound of fresh green peas, and if you must have some meat at the same time, bacon curls tucked in here and there makes the dish more substantial. Pass with this vegetable platter a sauce made of

Two tablespoons of butter.

One heaping tablespoon of flour.

Blend butter and flour and add slowly two cups of milk and after cooking for a few minutes, add a half cup of grated cheese and stir until melted.

One thing about this period we are living in—we are getting back to the simpler things again, and we hear people everywhere expressing themselves as pleased that we are, which proves that fundamentally we are all right, even if we have allowed ourselves to become spoiled. As busy as we all are, we are finding time again to be good neighbors and to put ourselves out for

others, and it makes us feel so good, we wonder how we ever got out of the habit.

People are looking up the old time recipes their mothers made and finding them better than ever. How many of you remember how your mother made rice pudding—hold up your hands! Just a few—well, for the benefit of the others, here's how!

Old Fashioned Rice Pudding

$\frac{1}{4}$ cup washed rice.

$\frac{1}{2}$ cup sugar, pinch of salt and a sprinkle of nutmeg. Mix together and add one quart of milk. Bake in 350 degree oven until the brown top has been stirred under three times, then add $\frac{1}{2}$ cup of washed and dried raisins, turn off oven and let pudding stand until cooled a little. When it is entirely cool, store in refrigerator. This pudding requires no cream, it will be creamy and oh so good!

Old Fashioned Soft Ginger Cookies (Without Eggs)

8 cups of all-purpose flour.

4 teaspoons baking soda.

$\frac{1}{4}$ teaspoon salt.

1 tablespoon ginger.

1 teaspoon cinnamon.

3 cups molasses.

1 cup shortening (melted).

10 tablespoons boiling water.

Sift and measure flour. Sift three times with soda, salt and spices. Combine molasses, melted shortening and boiling water. To liquid ingredients add 4 cups of dry ingredients and blend well. Add remaining 4 cups of dry ingredients gradually, beating after each addition. Let stand in a cool place for one hour. Turn onto lightly floured board, roll $\frac{1}{4}$ inch thick, cut with large floured cookie cutter, sprinkle with granulated sugar. Bake in hot oven 400 to 425 degrees about fifteen minutes. Watch the big boys and the little boys go for these!

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Those Important Feet

By Dr. E. Brewer

Feet are MOST important parts of the human body and as such they have been, and are being, grossly neglected. It is a startling fact that around ninety per cent of the population of this country are incipient cripples due to feet that are weakening, everting, stiffening, showing corns, callouses, sagging arches and many other conditions all of which bring about much pain, discomfort and nervous irritation.

We seldom stop to think that the feet, those fine mechanical units as delicately balanced as a Swiss watch which are the body foundation, need any special attention until they hurt and pain, in slang parlance—until the dogs begin to bark! Any superstructure is no stronger than its foundation and if the feet are weak and painful then it follows that the whole body is equally affected and ill.

If there is eye difficulty, neck tenseness, disorganization of thought, back-ache, heart affection, digestive disturbance, pelvic trouble, constipation, what appears to be arthritis in the lower extremities, and many other conditions which do not yield to the usual methods of treating and the FEET are weakened, malformed and painful the probabilities are excellent that when the feet have been properly cared for, strengthened and rebuilt the other previously persistent troubles will have disappeared.

We look with horror upon the old Chinese custom of binding the feet yet when that binding was done a thorough job was made of it, completely malforming them. The pain was undoubtedly extremely acute but it continued only until the malformation was completed after which there was no pain because of the uselessness of the feet. In our own country we, most of us, do a magnificent job of continuous, irritating foot binding which does bring about many kinds of malformations of the feet over a period of time and all of that time marked by continuous suffering not only in the anatomy of the feet but in other parts of the body as well. The nerve energy expended in just taking one's place in society, while that is going on is terrific.

One of our most common forms of foot binding is the wearing of socks and stockings which are too short. If, when the shoes are removed the stocking is pulled down tight over the end of the big toe; if the big toe almost immediately wears through a new pair of stock-

ings; if it is necessary to put the stocking out from the end of the toes to get relief after removing the shoes; then, the accusation of foot binding is just.

Stockings should be long enough so that at all times the toes are FREE FROM ANY BACKWARD PULL. It is impossible to state a certain size of stocking for a certain size of shoe because of the variance of sizes in different makes and also because the width of the foot must be considered as well as the length. Stockings should always be carefully fitted. When fitting on new ones, after the heel is properly placed, there should be at least three quarters of an inch of double thickness of stocking free beyond the end of the great toe and an inch would be better. This will raise an objection from those who wear open-toed shoes but the question might be asked which is preferable, foot suffering or open-toed shoes. Sufficiently long stockings will not wrinkle if the stockings and shoes are properly and carefully put on. In having the toes free from stocking pressure an incalculable number of pounds of pressure and stress is removed from the soft tissues, articulations and nerve endings of the feet during a single day!

Recently a young woman, twenty-one years old admitted that, until lately, for at least six years of her life she had deliberately worn very high-heeled, high-styled shoes which were three sizes too small for her, the reason being vanity. She might yet do that thing but for the fact the feet became so painfully tormenting that it was just impossible to do so. She also admitted that she was extremely irritable, subject to outbursts of temper without provocation and continuously calling on the doctors for ailments which did not yield to treatment. Her feet were truly a sorry sight, the small toes turned under with corns on nearly every joint, the great toes pushed over almost to the bunion stage, nails distorted, huge callouses on the bottoms in the anterior metatarsal region, a hump of malpositioned bone on the top of the arch, tailor or little toe bunions, general malposition of all the small bones of the feet and the whole foot posterior on the leg bones.

This picture is presented for the purpose of stressing the great importance of correct footwear. The words are "correct footwear" not "corrective footwear." Many people think if they purchase shoes

from a line which is known as "corrective" that their troubles will then all be solved but very much too often that is not the case.

To find the last which is kindly to the feet, allowing for free action without pressures and stresses, is indeed a problem but once it is located it is the one to always be purchased no matter what the shoe salesman might have to say. All lines of dependable shoes carry good lasts. And from the vanity standpoint, they are not grandmother and grandfather types of shoes.

Much can be accomplished in retaining and regaining health by the proper attention to the feet. With abnormal pressures and stresses removed the feet can be functioned back to normal providing that functioning process includes to the fullest extent all of the movements the feet and ankles and legs are capable of making. Proper adjustment of the articular surfaces, proper strength and tension in the muscles and tendons which suspend the arches allowing for joy in walking, good blood and nerve supply can be maintained by those who still have it and regained by those who suffer in the multivarious ways from weakened, malfunctioning feet.

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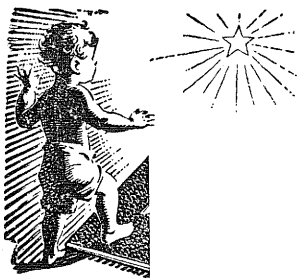


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CHILD HEALTH

DR. MARGARET J. SCHMIDT

MOTHERS HEALTH

Child health is so dependent upon mothers' health that I cannot refrain from devoting an article to this discussion. If mother feels tired and cross it reflects on the children. If mother does not use kind words, if she lacks enthusiasm she cannot expect enthusiastic response from the children. There is nothing so invigorating as an enthusiastic approach to any problem. Enthusiasm actually vitalizes the body and puts a glow into the eyes, it stimulates the circulation and makes a simple game exciting. It changes a drab existence into an interesting romance. Children are not a burden, they are an exciting career, a challenge. Learn everything you can about children. Not that you will know all about your child—that is impossible—each child is a study in itself. However, knowing about other children will help you understand yours better. Understanding and tolerance are the most important psychological qualities in a parent. So it is the duty of mother to keep herself healthy so as to keep her enthusiasm. Mother looks after father. She sees to it that he wears warm clothing when it is necessary; that his meals are ready and right and that he has plenty of sleep. She keeps the children quiet when necessary. She looks after the children, plans their food, their sleep and their play, clothes and shoes. But—who takes care of mother? If she still has her mother, she is sometimes reminded, "You must take care of your health my dear, you must get more rest or you will become ill!" But left to herself our little mother is likely to neglect herself in her devotion to her family until she really needs a doctor. Therefore mothers take heed: an ounce of prevention is worth a pound of cure. Protect yourself against the weather, wear clothes and shoes appropriate to the occasion and get enough rest. Every afternoon without fail take a beauty rest. First on hands and knees, give yourself a good shaking. Swing the buttock from side to side about ten to twenty times. Then let yourself down on your stomach and rest for five minutes. Up on your hands and knees again. Now lower and raise the buttock about ten to twenty times. Now crawl forward and back, kind of low and slinky like a cat would do it. You are now ready to rest. Your spinal muscles are relaxed. Your internal organs are in position and prop-

erly suspended on their ligaments. The blood vessels are equalized. Your rest position should be on an incline. Place two cushions on the floor on top of one another. Your hips on these; your feet on the davenport and your head on the floor is about right. Your ironing board makes a good beauty board. Twenty minutes in this position will give you as much pickup as would two hours of haphazard resting. It is better than a beauty pack as a face lifter. Prolapsed internal organs leave their mark on the face, in exact proportion to the position and extend in which the organs are involved.

There is another thing which I would like to impress upon mothers, each individually. You are the queen of the household, you come first. That is your position, the children fetch and carry for

mother. Your clothes must be as good or better than those of the children. You are waited on by father and children. Not in an arrogant manner but as an accepted dignity due a mother. If this attitude is mutely instilled in the children from the time they are very small it will make them kindly and courteous to older people. You owe this training to your children, and it will be a blessing to you to your dying day. They will be proud of you and teach their children to respect mother and grandmother too. Mothers also teach respect for father by the same token.

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Vitamin B Rationale

Elizabeth Rawlins



Repeated inquiries as to which is the "best" Vitamin lead us to point out that the complete removal from the diet of any one of the Vitamins would be fatal. However, the question is usually asked in the spirit of "Which Vitamin will make me the happiest in the shortest period of time?" and this leads to interesting discussion provided you bear in mind that we must now speak in terms only of a feeling of general well-being, excluding the curative therapies as used in specific pathologies.

The Vitamin B, with all the factors of its complex, undoubtedly ranks the highest in noticeable results obtainable in the shortest time. This must not be attributed to the fact that there is a greater prevalence of the B-deficiencies, so much as to the proven speed with which the "B" goes into action; as witness the fact that, whereas a few years ago the hysterical victim of shock would be administered a drug, we now accomplish the same thing in the same way with Vitamin B-1, obtaining results which are not the unnatural ones of a narcotic, but the "stabilization" induced by supplying those "B" elements upon which the nervous system depends for its upkeep, elements now subject to a suddenly greater demand. Providing prompt nutritional rehabilitation rather than the deadening respite of a drug.

The above, however, illustrates only the possible speed of B-1 palliation. Most of us would rather know why even a limited Vitamin B program permits us to feel better, have more vigor, and enjoy life more fully. It's not enough to blandly state that Vitamin B is the specific nutriment involved in the reconstruction of neural fibre and that this constant reconstruction facilitates the superior functioning of all organs, since all organs are answerable in performance to the condition of those nerves governing them.

We must go on to explain, tho somewhat technically, that Vitamin B is concerned with the metabolism of carbohydrates in that it functions in the body in the form of the phosphorylated compound "cocarboxylase," which comprises the prosthetic group of the enzyme responsible for the release of energy thru the oxidation of pyruvic acid. Pyruvic acid is the normal intermediary product of carbohydrate metabolism which under normal conditions is removed as rapidly as possible.

Frankly, and I quote, "in spite of our knowledge of its (Vitamin B's) intimate relation to oxidizing processes, little is known of the mechanism by which a de-

ficiency of it produces the physiologic and pathologic changes which occur in patients and experimental animals"

We do, however, strongly believe that it is not the accumulation of metabolites which creates the trouble, but the interference (by those metabolites) with oxidation, which deprives the cell of normal nutrition.

And tho visible manifestations are slow in appearing, such obstruction of oxidation immediately inaugurates a nutritive decline which, by the time it is discernable, has been in effect over a surprisingly protracted period of time.

Furthermore (and sadly,) too often the morbid state of the organs, resulting from a Vitamin deficiency, is regarded as the cause of the pathology, rather than as the result.

There is a wide-spread tendency to look for a POSITIVE, rather than a NEGATIVE cause of disease. A tendency to look for the presence of an actively injurious substance rather than the absence of an essential nutritious element.

In 1881 Lunin found that animals which could be kept alive on milk alone, died within a month on a diet composed of all the isolated known constituents of milk, (the water, protein, fat, sugar, and ash-inorganics.) This indicated an unknown catalyst, without which the foods could not be utilized.

Later, in 1909, in the American Journal of Physiology, McCollum stated that palatability is an important factor even in experimentation such as Lunin's, and more or less attributed the failure of jobs like that to a loss of appetite due to the lack of palatability of such diets of the isolated foodstuffs.

This in turn was discussed by Osborne and Mendel, who pointed out that it was as reasonable to suppose that the shoe was on the other foot and that failing appetite was, in all probability, the result of imperfect nutrition, rather than its cause. A fact long since agreed upon by all.

The whole thing sums up to "utilization" implying the proper use and

disposition of the good, and the prompt and proper disposal of the bad. We could drum up a terrific argument were we to state that every ailment (barring accident) is due, someplace along the line, to a nutritional deficiency. To save the bother of an argument, let's say it's simply a "deficiency." This covers so much ground that no one should care.

Even the first and commonest symptoms of "B" deficiencies in ordinary cases, which are fatigability and irritability, coupled with a tendency to progressive neurasthenia, are pretty dependable evidence of a long-standing deficiency of the B-factors. Authoritative reports imply a belief that tho the physiologic results of such deficiencies require some time to overcome, almost immediate relief may be obtained by the judicious use of B-therapies in amounts dependent upon the acuteness, and that continuation of the regime will in time effect complete correction. This sublimity is nullified, of course, if your patient reverts to his former habits of eating, working, and conducting his personal life, without the compensation of the supplemental "B". In due time you'll have him back on your hands, and he'll be no end surprised when you explain to him the advisability of sticking to the Vitamin B "crutch" to a certain extent unless he can minimize (by re-planning his life) the Vitamin B requirements of his body. There is no such thing as Vitamin-addiction, but the law of penalty and compensation demands the perpetual restoration of all physiological elements in exact proportion to their usage.

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B. B. B. and the Radioclast



The Better Business Bureau of Indianapolis has recently published an edition of its Bulletin devoted to an expose of the Radioclast.

This device is not unlike an expensive and complicated radio receiver. It is sold with the idea that it will, when properly handled, diagnose and treat practically all of the diseases from which men suffer.

The writer has never used such an instrument. He has maintained that diagnosis is the product of human skill, training and intuition. There may be those who will object to the last named, but, certainly, the first two are essential.

Nevertheless, we are unable to go along with the Bureau. It has, it cannot be denied, presented its case with great clarity and considerable vehemence: a little too much vehemence, in fact. It is true that there is no more loathsome form of human activity than the exploitation of the fears and agony of sick people for gain. But, by the same token, this is only a little worse than the propaganda which uses the identical vehicle for a screen behind which to build up a personal prestige or to inflict an injury on another.

The whole case turns of course, upon whether there is or is not virtue in the use of the Radioclast. It is true that the Bulletin presents a strong argument for the contrary—but he who seeks equity must do equity and to be perfectly frank about it the expert witnesses summoned by the Bureau are not such, we believe, as to impress the public with the strength of its case.

This is not to say they are not able and honorable men. Quite the contrary, they are: but—all too well the public knows of the bitter war which the

senior branch of the healing arts has waged in its attempt to dominate the whole field of practice and these gentlemen with few exceptions, are officials of the A. M. A. or teachers in medical schools and colleges.

We submit that the Bureau would have made a much stronger case had it exercised a scrupulous care to summon witnesses who were not associated with organized medicine. Certainly, the claim of impartiality is not substantially helped by the appearance of the Secretary of the Medical Council of Physical Therapy as an expert witness.

The B. B. B. appeals to the public and the public will, no doubt, respond as it has of yore. There will be a group who are willing to swear they were cured of divers diseases by radionics. There will be those who will say they got no result at all. In the domain of the neurosis at least, the situation is extraordinarily difficult. Will the gentlemen who testified that the Radioclast has no healing value maintain their position in the face of a fully convinced "cure?" After all, we cannot feel for each other. Each person for himself alone must suffer his own pain. Who will take the witness stand and say that being unable to feel another's agony he knows that the patient did not have the pain and that he was not cured of it?

Mentality and Nutrition

"You can raise a fellow's mental level lots of ways," the President is quoted as saying, "to improve his nutrition is one method." Within limits, this is certainly true and it is time that it was given full recognition.

There has been too much of the "germ plasm motif" in the social sciences. The idea, first advanced by Weissmann, that modifications of the human body would not be incorporated in the cellular structure of subsequent generations, has been badly overdone, not to say distorted.

That it came as a biological argument in defense of an aristocracy with its back to the wall, or to "educated" men who glimpsed the end of their dominance, no doubt, has helped to keep it alive. But it should be modified by a full recognition of what can actually be done with the living body.

Enough good food for every child from the day it came into the world until it grew up to be a useful person would work wonders. The mind is one with the body. By scientific nutrition, the organism in all its parts would be fully and properly developed. A higher average mental level would surely result.

The idea that extreme poverty—i. e. lack of proper food and growth—sharpens the mind is only true of the vulpine side of man's nature. To develop the "anti-social traits of acquisitiveness and ferocity" is all to the bad. We have had enough of that.

Why of Green Foods

The pigment that makes all vegetation green, is chlorophyll. In reality, there are two pigments: one blue green, the other yellow green. This green pig-

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ment, is undoubtedly, the most mysterious, and the most important single substance, to all animal life. Without chlorophyll, animal life could not exist. It is **the single** substance which creates organic matter out of inorganic matter with the intermediary of sunlight. This "green", being the property of all vegetation, is first of all, food. As such, it acts however, not as a protein or carbohydrate, but as an oxidizing and cathalytic agent. It is quite important for the biological assimilation of minerals, and it even synthesizes certain vitamins. It bears a close relationship to the hemoglobin of the blood and the billirubin, a bile pigment.

Recent researches have found it to be a most versatile agent. Charles F. Kettering said of it,

"Some little engine in the green of grass and leaf has the mysterious gift of capturing energy from the sun's rays and storing it. Thence, come all the heat and power now stored in coal, wood, oil and natural gas. If we knew that secret, we could build engines to transform enough radiation from the sun into heat, and chemical energy or electricity to run our machinery."

This mysterious gift is known as photo-synthesis. While in the growing plant, it manufactures carbohydrates; when consumed as food, it indirectly co-operates in the conversion of fats, proteins, vitamins, and aids all oxidation processes.

E. PASQUE.

Germ Syrup to Solve Food Problem

A chocolate-flavored syrup of germs that, according to preliminary test enables human beings to eat grass, leaves and wood if other food supplies fail was announced by Dr. Gustav J. Martin of the Warner Institute for Therapeutic Research, New York City, at the meeting of the American Chemical Society here.

The germ syrup, which would accomplish the desired result for a lifetime at a cost of \$2 per person, is considered particularly suitable for paratroops and other army units. It seems to be the American research scientist's answer to reports that the Germans have developed a similar procedure for enabling their soldiers to live on wood, leaves or grass.

For civilians as well as soldiers, a germ syrup to supply vitamins for a lifetime is also on its way, if Dr. Martin's experiments prove successful. Certain bacteria, or germs, of a type that do not cause disease, are known to manufacture various of the B vitamins. The cow does not have to eat B vitamins in food because her rumen contains the bacteria that manufactures them. Dr. Martin's experiments are deigned to develop similar germ vitamin factories in man's intestines.

The idea of creating germ vitamin factories in man's body to make him independent of food sources of vitamins or even of vitamin pills resulted from the discovery that one of the B vitamins, pantothenic acid, can stimulate the growth of those intestinal tract germs which synthesize another B vitamin, inositol. In past experiments when pantothenic acid was left out of the diet, the symptoms that resulted, such as hair greying and hemorrhage of the adrenal glands and so on, were attributed to the

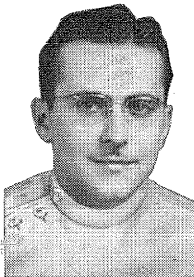
lack of pantothenic acid. But because there was no pantothenic acid in the diet, there was also an unsuspected deficiency of inositol. It was this unsus-

pected lack of inositol that was responsible for some of the symptoms attributed to lack of pantothenic acid.

CAN YOU ANSWER THESE?

- (A). *Is the cause of small pox known?*
- (B). *Was there ever a time when medicine laughed at ultra-violet light as a curative agent?*
- (C). *How long must a student attend college in order to practice chiropractic or naturopathy?*
- (D). *Was murder ever committed in order to get human bodies for dissection?*
- (E). *Who called chloroform "sweet whiskey?"*
- (F). *What famous American doctor thought a meteor and a dead cat had something to do with the cause of yellow fever?*
- (G). *Who anticipated the Kenny method for treating infantile paralysis?*

For Answers See Page 10



See DR. WM. L. CORBIN

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Urinalysis IV --- Concerning Kidney Stones

DR. C. E. STEWART

The analysis of the urine will sometimes tell the observing doctor that kidney stones are present, not by direct signs, but indirectly. For instance; the appearance of bright red blood apparently without reason may point to the trouble. An excessive amount of earthy salts and crystals in the urine may also serve to draw the doctor's attention to the kidneys.

Blood does not show as a rule unless the stone begins to move. This is also true of pain. Usually, unless the stones are very large, they are painless. This is not to say they pass unnoticed. By no means; a kidney stone is a constant irritation to the person unfortunate enough to "possess" one. It wears him down and, although he may not be aware of its existence with his reasoning mind, his body is fully "conscious" of some disturbance of function.

Usually such a person has little endurance. He "runs out" of energy easily. If he has a back ache, it will be quite low down. Pain may, however, show up in the abdominal wall . . . around the appendix area if the stone happens to be on the right side. Sometimes a pain starting at the crest of the "hip" will run down the groin.

When a stone gets ready to move, that is usually after a strenuous holiday or a steady grind of overwork, there is, as we have said, a little blood. The entrance of this mass into the tube which leads from the kidney to the bladder is the signal for pain sometimes so agonizing as to be indescribable. A person can neither "set nor lay" as one patient put it. There is vomiting and the body is bathed in sweat.

Well, you will say, what's to be done about it? First of all, how do such stones form? Well, they are composed, as a rule, of certain crystals bound together in a mass of calcium. The crystals, calcium oxalate, mostly come from certain foods and drinks. Chief amongst these are tea and cocoa, spinach, asparagus, rhubarb and tomatoes. They also appear in large numbers in certain nervous diseases. Stones may be formed of uric acid crystals and several other kinds, but calcium oxalate are the chief offenders.

We should not tie our kite entirely to diet, however. All the foods we have mentioned are beneficial and will do us nothing but good providing that our general bodily action is in good order and

our kidneys in particular. There is something wrong with one or both organs if stones accumulate in them.

Now, there are certain people who have a pre-disposition to stones. Something in their build in their body chemistry makes them more liable to accumulate these unwelcome guests. Such persons should be on guard against the occurrence of a calamity of such a nature.

Generally speaking, it is the stocky, well built individual, the man with the arthritic tendency, who has to keep on the alert against kidney stones. There are many people, however, in whom this accumulation of crystals occurs simply because the kidneys are below par. Their functional capacity is simply low and the very delicate filtration which is their job is not carried on efficiently.

This may be caused by blows in the back, by the injection of serum or the use of the sulphur drugs. It may show up as the aftermath of some serious fever, pneumonia, diphtheria, etc. Usually, however, an ordinary back strain, in the neighborhood of the twelfth dorsal vertebra that is a little above the top of the "hips," if not corrected, will cause the kidney to "lay down" sufficiently to induce stones.

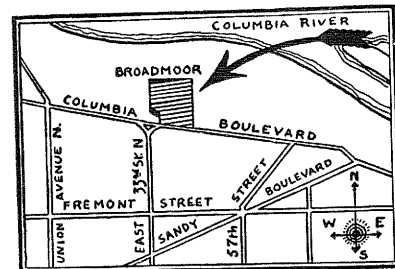
So, be careful. Your kidneys will do an unlimited amount of good work providing that you do not poison them by overeating or with alcohol in excess. Providing also that you dilute the fluid wastes of the body by the use of plenty of water and fruit juices. (Pineapple or grapefruit juice are excellent insurance

against kidney stones if taken regularly.)

Be careful in the use of tobacco. Certain people cannot stand the alkaloids which come from the weed. They depress the kidney action. And, above all, avoid worry. Take exercise regularly, look to your diet, keep in adjustment, and you will be doing all that can be done to avoid kidney stones.

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Static in The X-Ray Room

By G. E. Larsen

"I ain't got no patience with this x-ray business," the old man muttered as he stomped into my office, "Just a lot of tomfoolery, that's what it is."

"What seems to be the trouble?" I asked as he lowered himself belligerently into a chair and glared at me.

"Trouble!" he exploded, holding out a badly swollen and distorted hand. "There's the trouble. See that? Broke, ain't it? Any tarnation fool can see its broke. What's the use of x-rayin' it?"

"Looks pretty bad," I admitted. "How did you do it?"

"Fell down," he said disgustedly. "Ain't as spry as I used to be. Got a bad hip. Fell off a construction job about twenty years ago and busted it all to blazes. The doc that fixed it didn't use no x-ray neither," he added in a tone of voice that displayed his opinion of a doctor who would insist on x-raying a mere break in the hand as compared to one who could set a fractured hip without such procedure.

"Have you been x-rayed before?" I asked the routine question as I positioned him for the picture.

"Nope, lived eighty-three years without any of these new-fangled gadgets. Calculate I could live the rest of my life without 'em too, but the doc says I gotta have it x-rayed, so here I am. But that ain't sayin' I'm in favor of it. Don't need it. I busted the other hand once. Was way out miles from nowhere so I set it myself. It's as good as it ever was, almost, 'sept the fingers won't bend like they used to. Bettyuh I could set this too." He grasped his distorted thumb and gave a pull, while I winced for him.

"Suppose you just hold still while I x-ray it," I suggested. "Then, we'll have the doctor set it for you."

"Yah," he agreed, "guess he could do a better job than I can."

The x-ray revealed the location and type of fracture and the doctor who was called in to set it insisted that it be done under the fluoroscope. By this method the doctor can see exactly what he is doing and whether the bones are really in the best position for healing, whereas, otherwise he would have to rely only on his sense of touch.

"You reckon you know what you're doin'?" the patient surprised us by asking right in the middle of the reduction.

"What makes you ask that?" the doctor countered.

"I've seen lots of broken bones set—had a few myself—and the doctor didn't use no such riggin's as this. Just set 'em by instinct," he answered.

"I set them that way, too, if I have to," the doctor told him. "But what's the use of doing it by instinct if you can set it this way and be sure of what you're doing? Is it hurting much?"

The patient gave a disgusted snort. "Had a leg set once so I guess I can stand a little thing like this," he informed the doctor.

"Did they give you any anesthetic?" "Soaked it in whiskey and red pepper. Worked pretty good, too."

"Whiskey and red pepper. That's a new one."

"Yep, they's lots of things those old-timers used that you youngsters ain't never heard of. What you putting all that riggin' on for?" the patient asked as he viewed the growing plaster of paris cast.

"This is to keep you from moving those bones and dislocating them so they won't heal," the doctor answered.

"Do you have to put all that on?"

"I'm afraid so. It takes a lot of cast to immobilize an active fellow like you."

"How'm I gonna do my gardenin' with this gol-darned contraption on me?"

"I guess you'll have to let the gardenin' go for awhile or get someone else to do it."

"Let the gardenin' go! Look here, young feller, I got a fine flower garden out there—and I got a lot of vegetables planted too. I ain't gonna let no little thing like a busted thumb stop me from

taking care of it. And I ain't gonna get nobody else to do it either. They ain't nobody can do it like I want it done. Now, you just leave me some fingers sticking out of this box car you're puttin' on me so's I can do my work."

"You had best go easy on trying to work until this cast comes off."

"How long will that be?"

"Six weeks."

"Fer the lovamike, what for? The cast on my hip wasn't on that long."

"You're not as young as you used to be, you know. It will take the bones longer to heal now that it did twenty years ago."

"I'm still young enough to show you a thing or two. Want to bet I don't have this on more'n two or three weeks?"

"You leave that cast on until I say to take it off. You've got to give that a chance to heal."

"Well, if you say so, So long, nurse. I'll send you some flowers out of my garden."

And, with this, one of the most interesting and likeable patients I have ever met was on his way, leaving behind him numerous chuckles and a well earned admiration for his grit. I'm looking forward to the flowers I know he will be sending in pretty soon now.

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Food and Life

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(Continued from May Issue)

MEN

From copper-balance experiments conducted on three men by a group of Chinese investigators, the daily copper requirements for the average man was estimated to be 2.4 milligrams. The addition of 50 per cent for a margin of safety places the daily copper allowance for men at 3.6 milligrams. The foods that supply 12 to 15 milligrams of iron also contain about 3 milligrams of readily available copper.

A comparison of the copper requirement with that for iron, 8.2 milligrams, gives a ratio between the two of 1 part of copper to 3.4 parts of iron.

WOMEN

For the average woman the copper requirement is 2.5 milligrams according to the results of balance experiments conducted on 23 normal, healthy women of child-bearing age. The addition of 50 per cent for a margin of safety would make the daily copper allowance for the average woman about the same as that for the man, 3.7 milligrams.

A comparison of the copper and iron requirements of the woman gives a ratio of 1 part of copper to 4.8 parts of iron. It may be that further studies will either lower the present copper requirement for men or will show why men, with a lower iron requirement, should have a copper requirement equal to that of women. For the present, the copper allowance of the adult—man and woman—may be set at 3.5 milligrams.

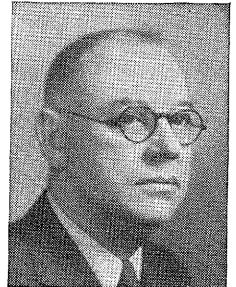
PREGNANT AND NURSING WOMEN

Very little information is available regarding the need for copper during the pregnancy and nursing periods. It is known, however, that the infant stores copper during uterine life and that the blood-copper level of the pregnant woman increases during the latter part of pregnancy from a normal of 0.18 to 0.23 milligram to 0.2 to 0.35 milligram per 100 cubic centimeters of blood. The increase in blood copper is associated with active blood formation in the mother and the infant's demands for copper. It is of interest that the blood-copper level is raised even in pregnant women who are anemic.

The copper allowance for the pregnant woman, for whom the iron allowance is about 3 milligrams above that of the non-pregnant woman is probably between 3.5 and 4 milligrams a day. For the nursing woman, the daily copper allowance would also be within the range of 3.5 to 4 milligrams.

Some of the diet surveys that have been made on groups of families in different parts of the world show that even the very poorest families are eating foods that supply at least 2 to 3 milligrams of copper a day. Any diet that contains about 12 milligrams of iron will supply

about 3 milligrams of copper. As additional iron-containing foods are included, the copper content of the diet will be automatically increased about 1 milligram for each addition of 4 to 5 milligrams of food iron.



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ANSWERS

To Questions on page 7

- (A). No, it is thought to be due to a virus.
- (B). Yes, before 1923 official medical journals poked fun at this treatment. They said it was all psychology.
- (C). Four years of nine months each in schools accredited by the National Chiropactic Association and the National Naturopathic Association.
- (D). Yes, the notorious Burke and Hare strangled many women and children sold the bodies to the teachers of anatomy in Edinburgh, Scotland.
- (E). Dr. Samuel Guthrie, an American doctor who practiced in 1817.
- (F). Dr. Benjamin Rush.
- (G). Dr. William Osler and Dr. H. O. Feiss in the field of medicine. It has always been common practice amongst the non-medical doctors.

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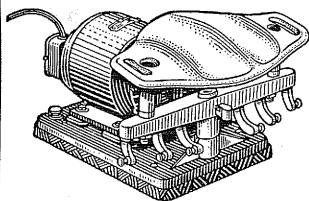
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