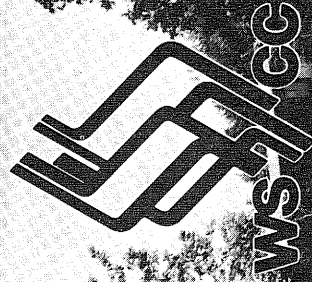


Western States Chiropractic

College Library

2900 N. E. 132nd Avenue

Portland, Oregon 97230



reporter

NOVEMBER - DECEMBER 1974

*From the Staff - Faculty
and Members of
the Health Research Foundation -*

*We Wish You
a
Very Merry
Holiday Season
and a
Prosperous
New Year*

At this holiday Season we wish to convey a special thanks to all who have helped with their finances and time to make our new Campus a reality.



Dr. Goddard Elected

Dr. Forrest I. Goddard was recently elected to become a Fellow of the International College of Chiropractors, which is an organization with membership consisting of chiropractors who have contributed much toward the advancement of our profession. An invitation to Fellowship is issued only after a vigorous investigation of a doctor who has been nominated, and only one such invitation is preferred.

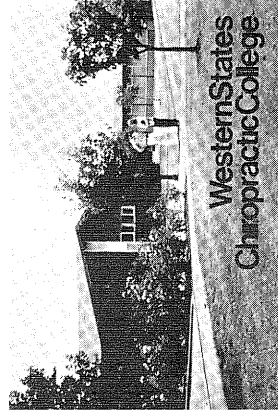
Dr. Goddard has served on many committees and councils in the Oregon Association of Chiropractic Physicians; was a member of the Oregon State Board of Chiropractic Examiners from 1952 to 1967 and received his five, three year, appointments by four different governors.

He has served nine years as Chairman of the Health Research Foundation, which owns and operates Western States Chiropractic College.

He is a qualified Chiropractic orthopedist and was voted Chiropractor of the year for 1965.

Dr. Goddard retired from active practice two years ago. He is a licensed pilot, and he and Mrs. Goddard have seen much of the United States and Canada in their Mooney Super 21.

CATALOG AVAILABLE



PRICE \$1.25

RECRUITING

MARCH 1975 REGISTRANTS

Don Hayes Eugene, OR
Craig Buhler Layton, UT
Pat Eleam Portland, OR
Spencer Williams Moscow, ID
John Leith Portland, OR
George Ulbrich Eugene, OR
David Krall Susquehanna, PA
Marjorie Nomm Portland, OR
Ravinder Sahni India
Lee Vernon Portland, OR
Jeff Whitacre Portland, OR
Rex Hefley Blanchard, OK
Vishnu Katz Hillsborough, NC
John Nichols Cook, WA
James Martin Seattle, WA
Randy Beaudry Missoula, MT
David Huddleston Helena, MT
Greg Kahn Bellingham, WA
Arthur Randle Glendale, CA
Kent Edlund Salem, OR
Dale Clark Hollywood, CA
Chris Cain Santa Rosa, CA
Janet Fabricius Burlington, VT
Indra Allen San Francisco, CA
William Schwartz Far Rockaway, NY
James Croisant Monmouth, OR
Roger Link Portland, OR
Glenn Berry Olympia, WA
Laura Dritenbas Gladstone, OR
Gary Saalfeld Milwaukie, OR
Mary M. Crow

SEPTEMBER 1975 REGISTRANTS

Jeffrey Fizthun Seattle, WA
Lynn Smith Portland, OR
Margaret Mayer Portland, OR
Charles Simpson Colton, WA
H.D. Quinn Eugene, OR
Arthur Faygenholtz Portland, OR
James Jones Portland, OR
Susan Negri Santa Rosa, CA
James Aylor Bountiful, WA
Allen Pearson Socorro, NM
Randall Penton Palmdale, CA
James Klein San Pablo, CA
Robert Grenier Fenton, MO
Vern Grevier, Jr. Mt. Vernon, WA
Brian Beach Sedro Wooley, WA
Carl Blagg Portland, OR
Rod Newton Bellevue, WA
Stephen Montany Manchester, CT

The vital need for our college is the continual influx of new students. There is a great need in the entire country for new practitioners. Many doctors practicing now are post retirement age and many areas have no practicing physicians. Your help is needed. It takes more than one person or a dozen people out beating the bush for prospective students.

Is Your Prospect Listed Above? There Is Room For More Students In Both Classes In 1975.

OUR GOAL: TO FILL THE SCHOOL

1975 PROSPECTIVE STUDENTS

Michael Vukas Portland, OR
Azetar Bornstein Portland, OR
Dennis Leblang Brooklyn, NY
Devaki Berkson New York City, NY
John Sudol East Northport, NY
Dan Briggs Olympia, WA
John Morris Youngstown, OH
Richard Organo San Marcos, CA
Arnold Mason Estacada, OR
Fred Bybee, Jr. Ridgetfield, CT
Joseph Franzetti Mamaroneck, NY
Raymond Kent Berkeley, CA
Patrick Pankratz Portland, OR
Thomas Woliver Santa Cruz, CA
Dixon Bledsoe Bergstrom AFB, TX
Joshua Lane Boston, MS
Robert Kline Troy, ID
James Olson Clarion, PA
Kenneth Miller Idaho Falls, ID
John Moehrle Las Vegas, NA
Peter Kfoury Hampton, NH
Sandy Gullikson Wilsonville, OR
Jonni Taylor Portland, OR
Ben Cannon Beaverton, OR
Reed McGregor Snowflake, AZ
Terry Slate Lake Oswego, OR
Kam Wah Shek Edmonton, Alberta, CN
Tim Cory Seattle, WA
Marilyn Montenegro Redondo Beach, CA
Kathleen TenVick Portland, OR
Ronald Thompson Cupertino, CA
J. Johnson, Jr. W. Islip, NY
Charles Call III Pocatello, ID
Terry Sleight Lake Oswego, OR
David Band Bronx, New York, NY
Marion Feany Prineville, OR
Rick Kenyon Drain, OR
Jeffrey Lewis Santa Barbara, CA
Tom Clark Yukon, TN
Kenneth Smith Tigard, OR
David Banks Florence, OR
Robert Christiansen Gates, OR
Helen Conor Portland, OR
Julie Mitchell The Dalles, OR
Terry Porter Estacada, OR
Fred Vogt Troutdale, OR
Marlon Furtado Fresno, CA
Bruce Dirmeyer Colorado Springs, CO
Kathleen Judge Chico, CA
Richard Katy New York, NY

JOIN THE TEAM

Will you serve as the college liaison officer in your area? If you will, please send word to the college and we will in turn send you materials to put in the hands of your college placement personnel.

Along with several brochures, we have an excellent film produced by the American Chiropractic Association entitled, "The Trouble With the World Is". It is designed for use with student groups as a recruiting tool. It also works well with service clubs and other organizations needing luncheon type programs.

The Oregon Association of Chiropractic Physicians has an excellent video-tape program that can be used with service clubs, high school career days and college contacts with placement people and students----contact Mrs. Betty Tower at Box 20455 to obtain its use.

STUDENT BODY FACTS

Age: Twenty is the age of our youngest students. Four fall in this category. The oldest student enrolled is 46. Most of the students are 24 and 25 years old.

Degrees: 83 students have degrees. 23 have a Bachelor of Arts, 31 have a Bachelor of Science, 3 have a Masters of Arts, 4 have a Masters of Science, and others have associate degrees.

Colleges: Students come to us from 68 colleges located around the country---The University of Florida, San Diego State, The University of Alaska, The University of Massachusetts and many more.

Portland State University sends us the most (14) and running in second place with a tie are:

Oregon College of Education	3
University of British Columbia	3
Lewis and Clark College	3
University of California at L.A.	3
University of Washington	3
Portland Community College	3

Abnormal Psychology (Psy. 434)

Disorders of personality and behavior. This course is especially tailored for doctors to be better prepared to recognize the problem patients they deal with in everyday contacts.

Thursday evenings from 6:45 to 9:30, January 2nd to March 20th, 1975.

Instructor: A. Renee Alexander, at Portland State University
Credit: Three Credit Hours
Fee: \$50.00 for those not affiliated as students at W.S.C.C., \$29.00 for students.

Pre-Registration is required by December 20th. A minimum number of registrants is required or the course will be cancelled.

Student Financial

AID

Director of Student Financial Aid, Robert Cother, has had a busy time since W.S.C.C. received notice from H.E.W. that students would be eligible for federally guaranteed loans through their local banks.

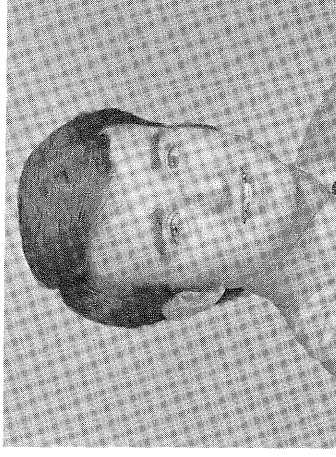
Students are allowed to borrow up to \$1500.00 per school year (3 quarters) to help meet the growing cost of educational expenses. The interest on the loan is 7% simple per year on the unpaid balance and the federal government or a state agency pays the interest on the loan while the student is in school. The student is responsible to pay back the loan starting 10 months after the date of graduation. A student may presently borrow up to \$6,000.00 for the completion of his degree.

In addition to guaranteed student loans, W.S.C.C. has completed the application for federal funds for student grants and work study programs. These funds will be available for the fiscal year of 1975-76 which begins on July 1, 1975. These funds will give the needy student another source of help in meeting educational expenses.

If you have patients who would consider including W.S.C.C. College in their wills, please contact the College development office. A typical statement for inclusion is:

I give, devise and bequeath the sum of \$ _____ to Western States Chiropractic College, Inc., located in Portland, Oregon, to be used for the general purposes of said College. (Or, to be used as part of the building fund of said College, or to be used for maintaining the library of said College.)

The patient should be advised to contact his or her attorney.



Ross Hart, Bookstore Manager

The W.S.C.C. Bookstore has moved into its new facility adjacent to the Business Office in the Administration Building. The Bookstore is now in the process of expanding its resources to serve the doctors of the Northwest. In the past, the Bookstore has served the student needs, but with the help of two paid employees and a physical plant of 2500 square feet, the store is ready to serve the doctors in the field.

Some of the more popular books now in stock for the practicing physicians are:

Meschán's **Analysis of Roentgen Signs in General Radiology**, now in three volumes. These volumes give the most authoritative work in differential diagnosis of roentgen signs. \$70.00 per set (plus \$1.44 for handling).

MacBryde's **Signs and Symptoms**. A thorough analysis of the signs and symptoms of disease. \$22.50 (plus \$1.25 for handling).

Dr. Bolin's **The Philosophy of Chiropractic**. An intelligent explanation of Chiropractic for both the layman and the doctor. \$5.95 (plus \$.25 for handling).

Plus the standard favorites:

DeGowin's **Bedside Diagnostic Examination** \$10.95 (plus \$.35 for handling).

Squire's **Exercises in Diagnostic Radiology**.

Vol. 1: The Chest	\$4.95
Vol. 2: The Abdomen	\$4.95
Vol. 3: Bone	\$4.95
Vol. 4: The Total Patient	\$5.95 (plus \$.25 each or \$.60 total for all four volumes for handling).

Along with books, the Bookstore is also handling the finest in diagnostic equipment. Also, Dr. Weber's portable adjusting table is available. The table folds to 9 x 17 x 31 and opens to 17 x 62. It weighs only 21 lbs. and is made with a strong aluminum frame and covered with a tough vinyl covering. The table sells for \$129.00 plus handling.

The Bookstore is winding up its towel sale. The towels are first quality, white, and in two sizes. The 20 x 40 towels are Vanguard, weighing 6 lbs. per dozen. The 16 x 27 hand towels are Cannon and sell at \$9.50 per dozen (plus handling). Stock is limited, so take advantage today of this great buy.

Response to the Bookstore by the field doctors has been good and in the future we hope the store will provide a much needed service to the Northwest

BIOFEEDBACK IN ACTION (FROM MEDICAL WORLD NEWS/MARCH 9, 1973)

The suggestion that asthma, epilepsy, hypertension, cardiac arrhythmias, hemiplegia, migraine, tension headaches, torticollis spasms, hyperkinesis, and functional disorders of many systems may all be relieved by a single form of treatment sounds more like a 19th-century pitch for snake oil than a true reflection of research in 1973.

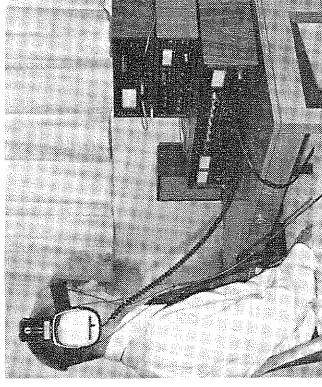
Yet biofeedback, a technique that was given its name only four years ago, is already being investigated as a promising therapy, or applied clinically, in each of these conditions by research groups in many of the nation's most prestigious medical institutions. No longer just a laboratory wonder, biofeedback has begun to pay off clinically in many proposed applications that sounded like pie in the sky when they were first publicized in the late 1960s. And, although a few of the suggested therapeutic uses are proving difficult to implement, new disease targets—including some of the most stubborn problems regularly faced by physicians—keep swelling the roster.

One reason for this bewildering variety of possible applications is that the term "biofeedback" is almost as broadly inclusive as the word "pills". Coined in 1969 at the first meeting of a group that was promptly named the Biofeedback Research Society, it refers to any technique using instrumentation to give a person immediate and continuing signals on changes in a bodily function that he is not usually conscious of, such as fluctuations in blood pressure, brain-wave activity, or muscle tension. Theoretically and very often in practice, the information input enables him to learn to control the involuntary function.

Although a few researchers and clinicians have been using biofeedback techniques for over 20 years, the concept first caught the public imagination in 1968 when psychologist Joe Kamiya of San Francisco's Langley Porter Neuropsychiatric Institute published an article in Psychology today, entitled "Conscious Control of Brain Waves," describing experiments in which subjects learned to turn their brains' alpha rhythm on and off at will. (Dr. Kamiya had actually first reported this work in a 1962 abstract.) A computer connected to the electroencephalograph turned a sound signal on whenever alpha waves appeared in the subjects' EEG recordings, and they soon learned to keep the tone on--or off--though they could not explain how.

By the late 1960s, Dr. Neal E. Miller, professor of physiological psychology, and his associates at Rockefeller University were attracting attention with a stream of papers reporting that they had trained rats to increase and decrease their heart rates, blood pressure, intestinal contractions, and other visceral functions by biofeedback techniques that rewarded correct responses. Their methods facilitated such fine discrimination that they were even able to teach rats to make one ear blush and not the other.

Dr. Miller called the phenomenon instrumental learning of glandular and visceral responses and strongly challenged the accepted belief that physiologic functions mediated by the autonomic nervous system were beyond the reach of an individual's conscious control. His group's experiments, he wrote, had "deep implications for theories of learning, for individual differences in autonomic responses, for the cause and the cure of abnormal psychosomatic symptoms, and possibly also for the understanding of normal homeostasis." Furthermore, he added, "their success encourages investigators to try other unconventional types of training."



BIOFEEDBACK PROGRAM

Several W.S.C.C. students are in the process of organizing a biofeedback lab which will be used in the study of reduction of stress and stress related disorders.

The instruments being used are EEB & EMG feedback. Both instruments are on loan from Autogenic Systems, Inc.

Activities so far have included a workshop for students, a workshop for lay persons; and a workshop for professionals is being planned for sometime in December (For more information and reservations for that workshop, contact Rhody Edwards at 288-8492).

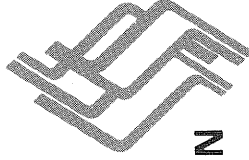
Future plans are now centered on an indepth stress study of a cross section of about 100 persons to determine muscle and brain wave stress patterns that are associated with a person's current problems and possible correlation of facts will help us be able to determine potential stress effects.

For information on when and how area physicians may make use of the lab, contact Dr. Jack Daugherty, consulting physician for the project.

Full Accreditation Depends On Financial Stability HELP!

Your College Needs Your Support!

Send your year end Tax deductible gift to the School
Today. You'll be glad you did and so will we.



WESTERN STATES
CHIROPRACTIC COLLEGE

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