

THE
WESTERN STATES
COLLEGE

SCHOOL OF CHIROPRACTIC
and
SCHOOL OF NATUROPATHY



*Schedule of Classes
and Hours*

May 29th, 1933-

RULES AND REGULATIONS

Students are required to subject themselves at all times to the supervision of the Dean and Faculty.

Students are required to abide by the rules governing attendance in classes, clinics and laboratories.

Students are required to maintain that decorum during school hours which is proper and becoming to those qualifying for the learned professions.

Students who violate the rules and regulations will be called before the Dean and Faculty, whose adjudication of the case will be final.

Final grades for each semester are granted by the Dean and Faculty. Grades for graduation must also be passed upon by the same body.

Tuition is payable monthly, and not later than the 10th of each month. Receipt in full for all sums due the college must be filed with the Registrar before the student will be permitted to graduate.

All schedules are subject to change without notice.

Address all communications to

REGISTRAR

WESTERN STATES COLLEGE

538 S. E. Alder Street

Portland, Oregon

WHICH SCHOOL?

The prospective student, having made up his mind to become a non-medical physician, is confronted with the question, "At what institution shall I study?"

Many factors enter into the consideration of this problem. If he has a High School diploma, and if he desires to qualify to practice in a liberal manner, the W. S. C. should appeal to him. All other things being equal, he should matriculate at this institution.

The Western States College has an enviable reputation throughout the continent. It is fortunate in the fact that it is under the control of Dr. A. Budden, a man of wide experience and ability.

He was for some years Dean of the National College, located in Chicago, and editor of the National Journal of Chiropractic; he is the author of numerous brochures on subjects related to the healing arts, as well as a lecturer and teacher of national reputation. As one of the leaders of the liberal movement, his contributions to the philosophy of non-medical healing have assisted in establishing it on a scientific basis.

Dr. Budden is supported by a Dean and Faculty of high standing and great ability. Every man and woman is a specialist in the department he presides over.

The Clinical Department, which is fully equipped and modern in every respect, is under the general supervision of Dr. H. A. McGlenning, who was in charge of the Chicago General Health Service before coming West. Dr. McGlenning was also attached to the Clinical Staff of the internationally known Lindlahr Health Cure Sanatorium, as well as being a faculty member of the National College of Chiropractic, Chicago.

The College equipment is of the best and up-to-date. The various branches of the healing art are taught in a practical and proper manner; modern laboratories provide for the study of diagnosis, anatomy, and pathology.

All these factors contribute to make the Western States College an outstanding institution and possession of a diploma of the W. S. C. is a guarantee of efficiency for which the public has come to look.

YEARLY SCHOOL CALENDAR

Fall Matriculation Date—September, Tuesday following Labor Day. ⁸

Classes begin—Wednesday following Labor Day.

Semester Holidays—Armistice Day, Thanksgiving.

Christmas Vacation—From Friday preceding Christmas to Monday following New Years. ¹⁸

End of Fall Semester—Third Friday in January. ¹⁵

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Spring Matriculation Date—Fourth Monday in January. ²⁴

Classes begin—Fourth Tuesday in January,

Semester Holidays—Washington's Birthday, Good Friday.

End of Spring Semester—Fourth Friday in May. ²⁸

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Mid-Semester Vacation—One (1) week.

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Summer Matriculation Date—First Monday in June.

Classes begin—First Tuesday in June.

Semester Holidays—July 4th.

End of Summer Semester—Last Friday in July.

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Summer Vacation—Month of August.

NOTE

Short Post Graduate Course—Last two weeks in August.

(This schedule subject to change without notice; consult calendar for current year.)

THE WESTERN STATES COLLEGE

The Western States College is a collegiate institution controlling and governing schools of liberal arts in therapeutics. Four years of study in this institution, supplemented by a standard high school education, is sufficient to equip any person of normally high grade intelligence to become a non-medical physician.

It is chartered by the State of Oregon.

DEGREES CONFERRED

Doctor of Chiropractic (D. C.)

Doctor of Naturopathy (N. D.)

Bachelor of Therapeutic Arts (B. T. A.)

Bachelor of Therapeutic Sciences (B. T. Sc.)

Degree of Doctor of Chiropractic or Doctor of Naturopathy is conferred upon successful completion of the regular course of 4 years of 8 months. After receiving either the D. C. or N. D. degree, the other degree may be secured by an additional 4 months work; both degrees cannot be awarded within the regular course.

Degree of Bachelor of Therapeutic Arts is conferred upon completion of the regular 4 year course for the degree D. C. or N. D., to students who maintain an average of 85% in all subjects.

Degree of Bachelor of Therapeutic Sciences is granted: (I) To one who has acquired at least two degrees in therapeutics from reputable schools (one of which must be either D. C. or N. D.) and who has received his B. T. A. degree from the Western States College; and in addition thereto, has practiced at least 12 months, and completed a thesis discussing and analysing the philosophies of the standard healing arts. (II) By consent of the college faculty for outstanding work in non-medical therapeutics. Note: B. T. A. degree is, in all cases, one of the pre requisites leading to B. T. Sc. degrees, except where granted under clause II.

RECIPROCITY AND RECOGNITION

The diploma of the Western States College is recognized throughout the United States and in some provinces of Canada. Oregon reciprocates with all other states having laws equal to the Oregon Statutes.

TUITION

The Western States College is a class "A" school; its graduates are respected and patronized by the thinking public everywhere. Its policy is to aid ambitious young men and women to establish themselves in an honorable and dignified profession.

Therefore, its tuition fees are modest and made payable over a considerable length of time. The total cost of the course is \$650.00, to be paid at the rate of \$25.00 per month.

Additional special fees are limited to \$10.00 for dissection, \$3.00 for laboratory, and \$10.00 for graduation.

All fees must be paid in full before diploma is issued.

VACATIONS

The college does not believe in the long vacation. It is a modern institution and conducts its affairs accordingly. Its vacation periods are arranged, therefore, as follows: Christmas vacation, from the last Friday preceding Christmas and continuing till after New Years; mid-semester vacation, the last week in May; summer vacation, month of August.

NEW IDEAS

The college is devoted to teaching fundamentals. It does not, however, reject new ideas, but tests them rigidly and for a considerable length of time. If any new idea is found sound and practical, it adopts it and incorporates it into the curriculum; not otherwise.

EXAMINATIONS FOR LICENSE

All applicants for license to practice any of the healing arts in Oregon are required to take preliminary examinations before examiners appointed by the Board of Higher Education in the following subjects: Anatomy, Chemistry, Physiology, Pathology, and Hygiene and Sanitation.

The State Board of Chiropractic Examiners and the State Board of Naturopathic Examiners conducts examinations and issues licenses to practice. Students are not permitted to practice outside of the college clinic until they are graduated and licensed.

GENERAL INFORMATION

REQUIREMENTS FOR ADMISSION

The minimum requirement for admission to the Western States College is the completion of a standard four year high school course. An equivalent will be accepted only when approved by a State or County Superintendent of Education; only legally constituted public school authorities can grant the equivalents to high school graduation, and, therefore, the Western States College cannot evaluate equivalents.

APPLICATION

Candidates should make application for matriculation as early as possible before the beginning of any semester; proper forms for matriculation may be secured from the college. Transcripts of high school or college work should be submitted before or at the time of registration.

ADMISSION TO ADVANCED STANDING

The Western States College will grant advanced credits to students from other recognized schools upon the presentation of credentials from proper authority. However, not more than 3 school years of credit will be granted in any case. No credits can be advanced on correspondence courses.

EXAMINATION AND STANDING

Final examinations are held at the end of each semester. Students must comply with the following requirements:

1. Attendance of not less than 80% of the regular classes in any course. 20% non-attendance is excusable only for illness or other unavoidable causes.

2. A final grade of 75% must be attained. Where students receive a grade of "incomplete," they may take a special examination upon completion of the work for which the "incomplete" grade was given.

REQUIREMENTS FOR GRADUATION

Eligibility for receiving a degree in this institution rests upon the following conditions:

1. Evidence of preliminary education must be satisfactory.

2. Applicant for degree must be at least 21 years of age, and must have a good reputation for moral character.

3. Evidence of completion of the required course of 4 years of 8 months each. (Note: Any avoidable absences or failure in any subject must be made up to the satisfaction of the Faculty.)

4. The degree of Doctor of Chiropractic or Doctor of Naturopathy will be granted upon the successful completion of the 4 year course; both degrees cannot be earned at the same time. (See "Degrees Conferred")

POST GRADUATE COURSES

For the graduate doctor who wishes to avail himself of the new advancements and the latest technique in non-medical practice, who realizes the importance of keeping up with the advancements made in his profession, we offer attractive courses at nominal costs.

Post Graduate work is given yearly. These are short vacation courses comprising special instruction in new advancements in the field of non-medical arts and sciences.

Graduate doctors may enroll for the Short Summer Semester, of two months duration, or take advantage of the special two weeks course given in the month of August each year.

DEFINITION OF CHIROPRACTIC

Chiropractic is defined by the Oregon Law as, "That system of adjusting with the hand or hands the articulation of the bony framework of the human body, and the employment and practice of physiotherapy, electrotherapy, and hydrotherapy."

DEFINITION OF NATUROPATHY

Naturopathy, which includes physiotherapy, is defined by the Oregon Law to be, "A system of treating the human body by drugless methods, which has for its object the maintaining of the body in, or of restoring it to, a state of normal health."

ORGANIZATION OF COURSES

The school requirements are 4 school years of 8 months each, or 32 months of actual work. The school year begins in September and ends the last week in July of the next year; each school year is, therefore, of 44 weeks duration.

The following is a general outline of the course:

I ANATOMY (760 Hours)

Osteology, Syndesmology,
Myology, and Splanchnology.
Dissection
Neurology
Histology
Embryology

II HYGIENE and PUBLIC HEALTH (150 Hours)

Bacteriology
Hygiene
Sanitation
Social Hygiene

III CHEMISTRY (335 Hours)

Organic
Inorganic
Physiological Chemistry
Toxicology

IV BIOLOGY and ZOOLOGY (50 Hours)

V PHYSIOLOGY (260 Hours)

General
Special
Dietetics

VI PATHOLOGY (300 Hours)

General
Special

VII DIAGNOSIS (500 Hours)

Physical Diagnosis
Clinical Diagnosis
Laboratory Diagnosis
X-Ray

VIII OBSTETRICS and GYNECOLOGY (395 Hours)

IXa CHIROPRACTIC (1250 Hours)

Philosophy
Theory and Practice
Clinics
Physiotherapy
Electrotherapy
Hydrotherapy
Pediatrics
Clinical Neurology
Jurisprudence
Minor Surgery and First Aid
Eye, Ear, Nose and Throat

IXb NATUROPATHY (1250 Hours)

Philosophy, Theory and Practice
Clinics
Physiotherapy, Electrotherapy, and
Hydrotherapy
Pediatrics
Jurisprudence
Minor Surgery and First Aid
Eye, Ear, Nose and Throat
Herbology
Bio-Chemistry

TOTAL 4000 HOURS FOR EITHER COURSE.

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AS REQUIRED BY OREGON LAWS.

	Chiropractic	Naturopathy
Chemistry	120 hours	150 hours
Anatomy	610	600
Histology	135	150
Toxicology	40	50
Minor Surgery	40	50
Physiology	260	200
Hygiene and Sanitation..	125	150
Pathology	300	250
Diagnosis	500	500
Gynecology	105	200
Obstetrics	195	150
Dietetics	120	200
Chiropractic Theory and Practice	600	
Naturopathic Theory and Practice		650*
Physiotherapy, Electro- therapy and Hydro- therapy	400	
Clinics	170	200
Total	3600	3600

*(Note: Naturopathy Theory and Practice includes Physiotherapy, Electrotherapy and Hydrotherapy according to requirements of the Oregon Law.)

TEXT AND REFERENCE BOOKS

The following list of books contains those which are required as well as many used for reference and for more extended study.

While the required books are rather numerous, they are all essential to the proper study of the subjects taught. They will also be found to constitute not only a basic foundation for the student but also a nucleus for his professional library which is so necessary to the successful modern practitioner.

#15
#16

1. Anatomy

*Gray: Textbook of Anatomy
(Publishers: Lea and Febiger)
Piersol: Anatomy

2. Histology

*Piette: Textbook of Histology
(Publishers: F. A. Davis Co.)
Bailey: Textbook of Histology

3. Physiology

*Zoethout: Textbook of Physiology
(Publishers: C. V. Mosby Co.)
Brubaker: Physiology
Bayliss: Physiology

4. Embryology

*Keith: Human Embryology and Morphology
(Publishers: Longmans, Green & Co.)

5. Hygiene and Sanitation

*Boyd: Preventive Medicine
(Publishers: W. B. Saunders Co.)
Rosenau: Preventive Medicine and Hygiene

6. Chemistry

Inorganic

*McPherson, Henderson & Fowler:
Chemistry for Today
(Publishers: Ginn & Co.)

Organic

*Conant: Organic Chemistry
(Publishers: Macmillan Co.)

Bio-Chemistry

*Sherman: Chemistry of Food and Nutrition
Hulme: Bio-Chemistry and Human Behavior

7. Bacteriology

*Zinsser: Textbook of Bacteriology
(Publishers: D. Appleton & Co.)

Topley & Wilson: Principles of Bacteriology and Immunity

8. Zoology and Biology

*Dakin: Elements of General Zoology
(Publishers: Oxford Press)

9. Toxicology

*Buchanan: Forensic Medicine and Toxicology
(Publishers: Wm. Wood & Co.)

10. Pathology

*Delafield & Prudden: Textbook of Pathology
(Publishers: Wm. Wood & Co.)

11. Diagnosis

*Cabot: Textbook of Physical Diagnosis
(Publishers: Wm. Wood & Co.)
*Butler: Diagnostics of Internal Medicine
(Publishers: D. Appleton & Co.)
Rose: Physical Diagnosis

12. Obstetrics and Gynecology

*LaVake: Clinical Gynecology and Obstetrics
(Publishers: C. V. Mosby Co.)
Bland: Practical Obstetrics

13. Jurisprudence

*Brothers: Medical Jurisprudence
(Publishers: C. V. Mosby Co.)
Glaister: Medical Jurisprudence

14. Neurology

*Budden: Abstract of Nervous Diseases
(Publishers: Western States College)
*Dana: Diseases of the Nervous System
(Publishers: Wm. Wood & Co.)
Loban: Neurology
Herrick: Introduction to Neurology
Pottenger: Symptoms of Visceral Disease

15. Minor Surgery

*Hertzler & Chesky: Minor Surgery
(Publishers: C. V. Mosby Co.)

16. Herbology

*Mausert: Herbs for Health

17. Dietetics

- *Sansun: The Normal Diet
(Publishers: C. V. Mosby Co.)
- MacMickle: Dietetics
- McCollum: New Aspects of Nutrition

18. Chiropractic

- *Loban: Technic and Practice of Chiropractic
(Publishers: Bunn-Loban Co.)
- Forster: Principles and Practice of Chiropractic
- Gregory: Spinal Treatment—Science and Technique

19. Naturopathy

- *Juettner: Non-Medical Therapeutic Methods
(Publishers: Benedict Lust Publications)

20. Physiotherapy and Electrotherapy

- *Sampson: Practice of Physiotherapy
(Publishers: C. V. Mosby Co.)
- Plank: Actinotherapy
- Morse: Galvanism and Sine Wave

21. Hydrotherapy

- *Luke: Manual of Natural Therapy
(Publishers: Wm. Wood & Co.)
- Kellogg: Hydrotherapy

22. Eye, Ear, Nose and Throat

- *May: Diseases of the Eye
(Publishers: Wm. Wood & Co.)
- *Reik: Disease of the Ear, Nose and Throat
(Publishers: D. Appleton Co.)

23. X-Ray

- *Jerman: Modern X-Ray Technique
(Publishers: Bruce Publishing Co.)

24. Dictionary

- Stedman's or Dorland's: Medical Dictionary.

25. Pediatrics

- *Sheffield: Diseases of Children
(Publishers: C. V. Mosby Co.)

NOTE: Textbooks marked (*) are required; all others are reference books.

PHILOSOPHY AND PRACTICE OF
CHIROPRACTIC

Dr. A. Budden
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The heart of the philosophy of chiropractic taught by the Western States College is that man's body is that of a vertebrate biped, modified by long environmental pressure to function most efficiently under pastoral conditions.

The rapid rise of urban communities and the elaboration of the mechanics of modern civilization has produced, in a comparatively short time, an environment alien to a body modified by a previous environment and productive of the principal diseases which afflict civilized man today. It is axiomatic that an organism so modified would have extreme difficulty in further modifying itself, even over long periods of time; but when we consider the speed with which the machine age has developed it is seen that modification to meet these new demands is impossible.

We conclude, therefore, as follows: Man's orthograde posture, the mechanics of modern life, and the failure of the body to adjust itself automatically thereto are the principal causes of disease.

We cannot alter or modify any of these conditions (as doctors), but we may and must consciously and scientifically adjust bodily structures so that they function with the maximum efficiency possible under the circumstances. Modern chiropractic is seen to be, therefore, the principle of adjustment applied to the mind and the body. A sick body is a body out of adjustment; to readjust the human machine is to restore it to health: to keep it in adjustment is to prevent sickness and maintain health.

Mal-adjustment of the human machine manifests itself in the development of congestions, edemas, disfunctions of vital organs, inflammations, ulcerations, mal-alignments of bony surfaces and structures, toxemias, and so forth; many of which form fertile ground for the growth of bacteria. The integrity of bodily function is maintained by proper nutrition, proper circulation of blood, and proper nerve supply.

Chiropractic theory as taught in the Western States College, therefore, implies that treatment of the conditions arising from mal-ad-

justment indicated above must involve the following propositions: (1) The primary adjustment: for the correction of mal-alignments of the bodily framework and the restoration of normal nerve and blood supply to morbid parts. (2) The secondary adjustment: direct to the organ or part affected.

Chiropractic treatment, therefore, must include the use of agencies to effect both the above named results. This is accomplished in the following manner: For example, a case of simple gastritis: Primary adjustment by the chiropractic thrust to correct the mal-alignment and joint fixation, and to restore normal nerve and blood supply; Secondary adjustment by the application of the following adjuncts—diathermy through the epigastric space, plus dietetic adjustment.

Without normalizing the nerve supply by the chiropractic thrust, these adjuncts will not be as effective as when preceded by that maneuver, and the treatment will be simple physical-therapy and not chiropractic.

It is the combination of primary and secondary adjustment which produces results and which constitute chiropractic treatment according to the Western States College.

PHILOSOPHY AND PRACTICE OF NATUROPATHY

Dr. A. Budden
(All rights reserved)

Naturopathy defines disease as altered vital function. It views man in his relation to the universe as being not only subject to his environment but as being himself part of that environment; thus the sum of environmental factors includes both internal and external conditions. The vital factors which make up the totality of bodily conditions are, therefore, seen to be not only the metabolistic and functional activities of the body cells but also their state of aggregation plus their impingement in unit or mass upon internal and external conditions.

The proper inter-relation and inter-action of the above named conditions will, in the view of Naturopathy, result in the condition known as health. Any change, however, be it great or small, in this rythm of events must invariably result in alteration in vital function and consequent ill-health. It is true that, generally speaking, a minor change in external or inter-

nal conditions will produce a corresponding change in vital function. It is also possible, however, for a very minute alteration to produce a change of disastrous proportions. Once the change occurs, the individual cells may be so affected, the state of aggregation so altered as to produce not only disease but death itself.

Naturopathy, therefore, takes the scientific view of the natural phenomena of disease and health, of life and death. It is as interested in external as in internal conditions of life. It knows that bad drains, unhygienic living conditions, mal-nutrition and overwork are as important in altering vital function as are incorrect postures, faulty circulation or bad alimentionation.

Thus the philosophy of Naturopathy is universal in its application. It does not point to this or that thread in the tapestry of events as the sole cause of disease. It maintains that all the conditions necessary for proper vital function must be present; that any change in conditions or the absence of any condition must affect all conditions. Thus it is perhaps the only philosophy of health today which is truly universal in its scope and application.

The question now arises as to what means the Naturopath will use to combat disease and to protect health. Following the light of his philosophy, he will necessarily seek to change any condition of internal or external imbalance. He will substitute a natural condition for an unnatural one or he will subject the body to the forceful action of natural agencies when such appears to be indicated.

The proper use of water, sunlight, air, electricity, color, food, exercise, herbs: all these and many more constitute the conditions necessary for health. The Naturopath will arrange these in the right sequence, will, if necessary, increase one or lessen the effect of another as the individual case demands. In any event he will bring to the correction of the ills of nature's children only the natural processes and conditions which time and evolution render necessary and proper. Disease, to reiterate, is altered vital fuction; to maintain health one must prevent such alteration or must correct it when it has occurred.