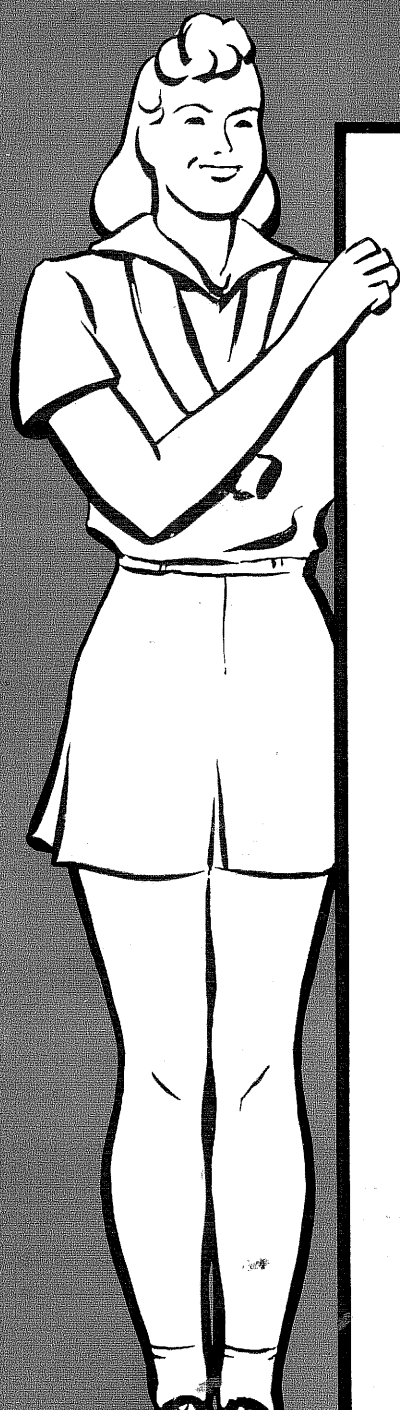


Vitality

A MAGAZINE OF HEALTH

APRIL 1942

PRICE 10¢



War Time Food



Vitamin Vertigo



Life A Queer Thing



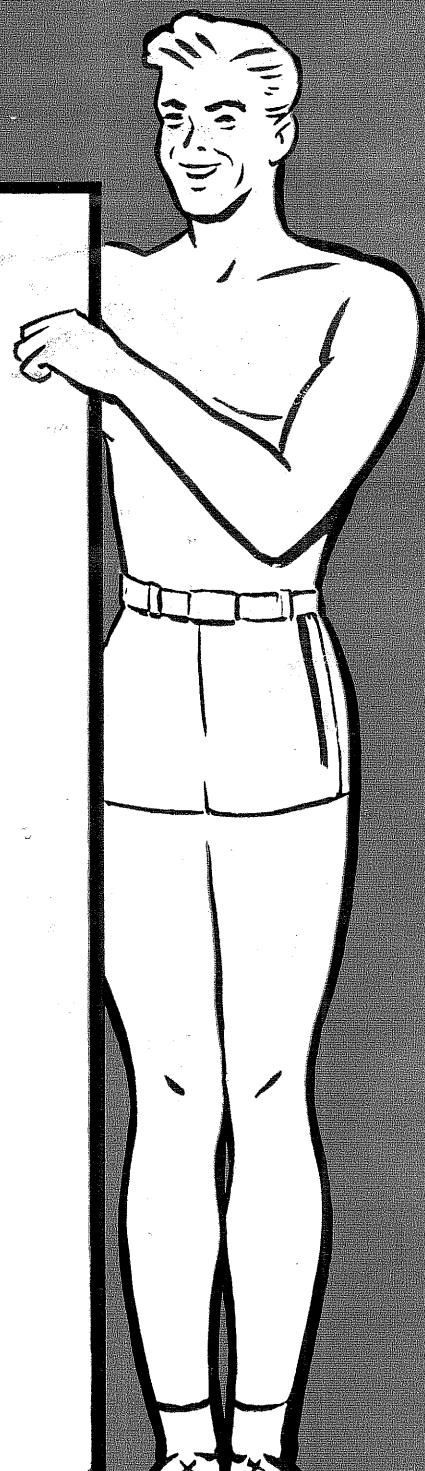
Arthritis.



Safeguards of Life



Child Health --- Exercise





WAR TIME FOOD

JEAN T. SHADDUCK

SPRING TIME FOOD

How good those heavier foods were when the weather was cold, but now it is springtime again and it is very pleasant to turn to a lighter diet of all the good things the spring season brings. As the season advances, the selection grows until the variety is almost endless.

Everyone is increasingly busy these days with flower and war gardens and all sorts of defense work, yet we find it pays big dividends to set aside a little time each day for intelligent and efficient planning for the family's food needs. Let me suggest a good way of getting information and also inspiration for the foodstuffs that are available at any given time at all seasons. Read the market news in your Friday's newspaper and acquaint yourselves with all the market has to offer and the approximate prices, then when you go to market you can have your list ready and can save much time in making your purchases. When you get your purchases home, you can clean and store them and they are ready for instant use, and you have saved time for other work.

It is important for you to serve a wide variety of foods and thus keep your family from developing narrow food habits. It is a splendid thing to be able to say that you like everything, and you will be healthier for it, as your body will be getting all the elements needed for robust health. Put all traditional meal planning and prejudices on the shelf to gather dust, and at least twice a week have meals that are different—it's fun.

Once a week have eggs for the main dish, and with them a cooked vegetable salad and a dessert of cooked or raw fruit. On another evening have a real vegetable dinner. With this latter meal, a baked dessert is nice, and if the appetites are keen, a bit more filling.

Baked Eggs

Butter a glass platter or large pie plate generously and break onto it the number of eggs needed, season and sprinkle with dry grated cheese and bake until the eggs are set and the cheese melted in a moderate oven. Another way to cook eggs in this manner is to fit the dish with eggs into the top of a boiler over boiling water and cover and cook until eggs set. If you want a gravy or sauce with the eggs, you may make a bacon gravy and pour over them before baking, or you may use canned mushroom soup.

Cooked Vegetable Salad

Have a mound of bright green cooked peas in the center of your large round platter, ring the peas about with cooked bright orange colored carrots, then another ring of red beet slices, then on the outer edge arrange short stalks of asparagus in bunches of not less than three, with points outward; between the asparagus place little frilly helpings of endive or crisp pieces of lettuce and tuck little red radishes into the greens and you have a tempting and appetizing salad that is almost jewel-like in appearance. You may use spring onions in the place of the asparagus if you have an onion addict in your home.

Of course, you may use whatever vegetables you want to, but keep to the idea of eye-appeal in your arrangement of the colors. It has been demonstrated that the nose turner-uppers in most families can be successfully ensnared into eating things good for them just through eye-appeal. Try it.

Baked Apple Roll

Measure two cups of vitamin-enriched flour and sift with four teaspoons of baking powder and a half teaspoon salt. Blend one third of a cup of shortening into the dry ingredients; add a beaten egg and two thirds of a cup of milk stirred together. Stir milk and egg around with a fork until the bowl is clean—turn onto floured board and knead gently for a few seconds—roll out and spread with melted butter. Peel and core four apples and chop fine, add a scant half cup of sugar, a pinch of salt and spread evenly on dough, sprinkle with cinnamon—roll up and slice off in inch thick slices and lay in greased baking pan. Take a cupful of hot water, a half cup of sugar, a lump of butter and put over fire and bring to a boil, boil for two or three minutes, remove from fire, stir in a few drops of vanilla and pour over the apple rolls, place in hot oven and bake until done—about 15 to 20 minutes. Serve warm with or without cream. When the berry season is in full swing, make the roll with berries.

MRS. E. A. MARVIN'S

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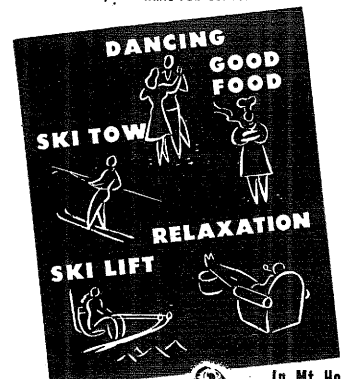
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Vitamin Vertigo

Elizabeth Rawlins

It's invigorating to meet people who exhibit an honest interest in the practical application of Vitamins. Who enjoy new and different views, and who possess opinions of their own. People neither foolishly credulous nor offensively incredulous. No intelligent person utters irrevokable dogmas on the subject, for today's conviction may be tomorrow's embarrassment.

Likewise, it's discouraging to meet people in "perfect health" who couldn't possibly benefit by the use of such things, even while sporting the evidence of a deficiency. Let's look at a couple.

There's Mr. A., hale and hearty, whose robustness is preponderantly noticeable on the front. Hmmm. Improper carbohydrate metabolism, no doubt, and excess adipose tissue, sluggish elimination, pyruvic acid accumulation, typical Vitamin B deficiency, headed ultimately for high blood pressure, intestinal putrefaction, and perhaps nervous disorders. But let's wait for the breakdown, for only then will he be amenable to reason.

And Mr. B who, with nothing organically out of order, is cursed by bad eyes and strong glasses. Yet who maintains he's never lacked the proper "foods" to insure maximum Vitamin requirements. And, since it can do no good, it will do no harm to quote Cordes and Harrington (and the Journal of Ophthalmology) on the subject of the ocular manifestation of Vitamin A deficiency as follows:

"The work of Frederika, Holm, Tansley, and Yudkin demonstrated the presence of Vitamin A in the retina. The consensus of opinion (1939) is that Vitamin A is picked out of the blood by the retina, presumably first by the pigment layer and later by the rods and combined with protein to produce the visual purple (rhodopsin). When exposed to light, this changes into visual yellow and retinene. The visual yellow and perhaps the retinene change partly into Vitamin A and partly into degradation products which pass out in the blood. The Vitamin A is recombined with protein and the process again repeated. During this cycle a certain amount of these substances is lost, necessitating a constant supply of Vitamin A from the blood stream. The nature of the chemical changes is as yet undetermined. It is well known that there are patients who appear to be on a normal Vitamin A diet but who, as a result of abnormal conditions, suffer progressive asthenopia."

Then we have Mr. C. who is another specimen of perfect health. His own opinion. He frequently clears his throat, but maintains that "it's nothing at all . . . purely habit . . ." and clears his throat again, while we idly note the scaly dryness of his skin and wonder how he'd react to a monologue on the virtues of Vitamin A in the maintenance of cellular lubrication and the prevention of keratinization of epithelial cells, cornification of the skin, and susceptibility to infections of the mucous

Say you saw it Advertised in VITALITY. . . Please—



membranes.

And don't overlook Mrs. D. who is obstinately in "perfect health" despite an erratic temperament, a tendency to hysterical inarticulation under pressure, an inclination toward the weeps when economical adversities thwart a desire, a determination that the world is against her, and an inability to be happy with her family, her neighbors, and her community. Were it not for her obstinate good health, she might become a sane Vitamin B advocate and an asset to herself and those around her.

It is much less difficult to treat the admittedly unwell than to try to govern the patient in "perfect health" who nevertheless consults the physician and challenges diagnosis. There is less contrariness, and a greater willingness to learn.

Scientists at first called Vitamin A the "anti-infection" Vitamin, but later retracted the term as a misnomer. They more or less settled for a belief that Vitamin A is involved in the individual cell construction and that, through this, the epithelial meshwork is of an inferior or a superior composition, depending on the amount of the Vitamin A provided. Much the same as the difference in construction between flimsy cheese-cloth and parachute silk. So that, instead of a porous and stratified epithelium, conducive to the admission of sundry bacterial and infectious agents, we have a membrane constructed tightly and neatly, to exclude the foreign elements which seek a breeding bed.

Yet it's not a simple procedure, having to do only with the swallowing of the "A" and allowing it to pass over those areas for absorption like rubbing on a salve. No indeed. It's generally believed that Vitamin A is absorbed through the lacteals of the intestines, becomes intimately associated with the chyle, and enters the general circulation through the thoracic duct. (Drummond, Bell & Palmer) Not that such ponderous facts are even mildly interesting—they simply authenticate the statements.

We frequently incline to pompously technical asseverations on this subject, believing that only by the most involved nomenclature can we impress our listeners with our intelligence. Yet it's highly satisfying to be able to explain many of the simpler functions of Vitamins in sufficiently graphical terms to hold the interest of an audience . . . to break down the tremendously portentous utterances of too many scientists into a completely picturesque "human equation" so that, when we dismiss them, the audience is more enthused about VITAMINS than about US.

Those of us who believe we know a good deal about scientific nutrition frequently forget that knowledge of any kind is valueless unless and until we have presented it to others in such a way as to benefit the many.

In no instance of malnutrition is there a deficiency in some one lone Vitamin. There may be predominant evidence of a greater deficiency in some one element, but you may be sure that companion deficiencies do exist and would ultimately have become manifest. Nevertheless, the dictates of logic send us battling against the foremost enemy (the specific deficiency) on whose rout in defeat rests the fate of the enemy to the rear.

In all controversial discussion, it is well to remember that the opposition may be nearly as right as you, and that the facts he sets forth may bear considering.

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Life A Queer Thing

J. A. MacMock

The insurance adjuster settled himself in the office chair and looked out of the window.

"Life's a queer thing," he said, "and on this kind of a job you see it at its queerest."

"There was that big negro—I forget his name. He came pretty near getting into us for quite a neat sum. He certainly was smart and had it not been for a scheme worked out by one of our boys he would have beaten us for sure."

"The case was about like this: The colored man was insured against illness and accident and he reported one day that he was incapacitated. He had been hit in the lower part of the back with a timber while working on a bridge crew. Claimed he was unable to work and retired to a wheelchair.

"Well, as you know, these back cases where there is no fracture are pretty difficult to dope out. Sacro-iliac strains are a headache to any adjuster just as they are to any honest doctor. However that may be, the negro kept to his wheel chair and his insurance payments for over a year."

"But one day one of the boys figured out a scheme to put our friend on the spot. Pretty soon after that a real stem-winder of a fortune teller moved into the district where our invalid lived. About the same time our adjusters threw out a hint that it might be possible to come to a settlement for a cash amount.

"Of course, the fortune teller kept plying his calling and, as the day of settlement got nearer the negro got more and more anxious. One day, in a state of acute mental palpatation, he got someone to wheel him over to the seer's temple."

"The fortune teller was on the job. After going through his routine, he said he could see in the crystal the colored man coming into money; quite a large sum. But, he had to go through some preliminary maneuvers before it would materialize. The spirits said the negro was to go to a certain place on the railway track on a certain night at a certain time in a certain phase of the moon. When he had done all this he was to pick up a railway tie and hop across the right-of-way first on one leg and then on the other carrying the timber all the time. There was some mumbo-jumbo that went with the 'act', of course, which had to be chanted in a loud voice."

"Well, to cut a long story short, just as our friend was busy with his best hop, skip and jump, the flash lights went on and we had our man in the act. It wasn't very long before he returned to the ranks of the gainfully employed. A smart fellow, but not quite smart enough."

"Sometimes, though, we have to go to court to defend our position and, say, a guy sees some weird things in these damage suits."

The adjuster shifted in his chair and took a fresh hold on his pipe. "There was that case, for instance, where a fellow was suing a doctor for damages arising out of an operation on his tonsils. We were interested because the doc had one of our policies."

"Well, they packed the complaining party in to court in a hospital chair and looking very sick. Then, as the trial went on, a half dozen witnesses swore that the fellow had not been able to work since the operation—two years ago—you know how speedy our courts are."

"It looked black for our side until our lawyers brought in the pay role record and the paymaster of the firm where this fellow was working. This proved that he had been on the job and had drawn pay for every day his witnesses swore he was ill in bed. He lost the case, of course, and as soon as the verdict was announced, got right up out of his wheel chair and walked out of the court mad as a wet hen."

"Then, there was the gal who claimed she was hurt in an auto accident so that she was lamed for life. Well, we had to defend the owner of the car in which she had been a passenger at the time of the crash."

"Her side: several witnesses swore she had been in bed up to the time of the trial, eighteen months, as a matter of fact. She put on a good act, too, but our attorneys proved she had won a dancing contest one week before the trial. They put on the stand the man who presented the cup or trophy or

whatever it was she had won. Was her side guilty of perjury? Why sure, but no one seemed to mind. Like the other case, this dame walked out of court, although they had carried her in with her face daubed with about two ounces of white powder to make her look pale, yuh know."

"Another guy—he's in jail now—thought he was pretty smart but pulled his stuff once too often. It was a neat trick so long as no one found you out. He worked it this way:"

"One day he turned up in a doctor's office claiming an injured wrist. Accident case. The physician took some x-rays and saw what appeared to be a hair-line fracture on the largest of the bones of the arm near the wrist. Well, we paid, since the fellow held our policy."

"Later that day, our adjuster had dinner with a man who did the same job for another company in a neighboring city. Talking shop as they all do, they found that both had made an adjustment on what looked like suspiciously similar cases. A little checking up and the case was clear. Both companies had paid money in settlement for exactly similar accidents which had occurred about a year apart. Now, although the names of the parties who collected the money were different a little prompt sluthing showed that it was the same man."

"When we arrested him, he denied everything and claimed he was two fellows. What about the fracture? Well, our investigations showed that, somehow, he had worked—no doubt with the help of a doctor—a piece of fine platinum wire into position across the neck of the bone so that in the x-ray it looked like a hairline fracture or crack. Yes, clever enough even to the fact that he had been represented in both cases by different lawyers working for the same law firm. Neither knew the actual status of the case, of course."

"Uh huh, an insurance adjuster sees some weird things, as I said before."

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Arthritis

JOHN W. NOBLE, Jr.

Arthritis, literally, means inflammation of the joints, but in a broader sense, the term is used indiscriminately to indicate muscular aches and pains which occur in various parts of the body. However, most authorities are inclined to use the term "Arthritis" in referring to inflammation of joints and allow the old term, "Rheumatism" to apply to those conditions where the ache and pain seem to flit from place to place and never seem to remain in one spot long enough to cause serious trouble.

Some individuals suffering from Arthritis experience only mild discomfort while others are nearly incapacitated from the onset of the disease. This is probably due to the natural, or acquired immunity exhibited by certain groups when exposed to any disease and to a lack of this immunity shown by others in the face of an attack by the same malady.

In my opinion arthritis sufferers may be divided into three classifications: e. g., those who feel that there is no cure because some ancestor was bed-ridden for several years; those who wish to be healthy and active but are not forceful enough to follow a rigorous health regime; or those who are determined to overcome all obstacles and battle the disease to a standstill.

To those of the first two groups let me say that there is no royal road to health and that their chances of recovery are negligible as long as they remain in class one and two, but those in class three may be assured that they have an excellent chance of regaining health and vitality because they have not lost that spark, that indomitable will to live without which no organism, human or otherwise, long survives this vale of tears.

Since time immemorial, ways and means of successfully combating this dread disease have been tried, some of them were good and some of doubtful value, but nevertheless, progress has been made and no doubt, will continue until the time will come when, through proper health education, preventive therapy, and intelligent treatment Arthritis will not be so formidable or dangerous.

As to the proper treatment, authorities differ vastly, but it has been my experience that any therapy directed towards alleviating the suffering of Arthritis always involves hard work, cooperation and understanding by both patient and doctor. In the first place

the sufferer must be subjected to a thorough and rigorous physical examination, always bearing in mind the possible foci of infection; teeth, tonsils, rectum, digestive tract, etc. Next, laboratory tests must be made in an effort to localize the type of infection.

Then, X-Ray pictures of the affected joints must be made to determine the extent of damage and to enable the doctor to make a reliable prognosis (forecast) as to the outcome of the disease.

Once the foci of infection is localized, it must be eradicated; if found in the tonsils, they must be treated, or, if this is not advisable, they should be coagulated; teeth involvement calls for dental work; rectal trouble must be cleared, or if, as is frequently the case, the lower digestive tract is involved, then a regime of intelligent colonic therapy must be started.

Within the last decade, a new weapon, viz-Artificial Fever, has been added to the physicians armamentarium in the battle against Arthritis. At first, artificial fever was produced by Hypodermic injections of dead malaria parasites, but now the same result is accomplished by fever cabinets of which there are several designs. These cabinets produce the fever by subjecting the patient to heat which may be moist or dry, while the body is enclosed in an insulated cabinet. The modality used depends on the doctors choice, though for myself I prefer the type that embodies the ultra-violet rays, several bulbs of high wattage and a mineral vaporizing unit.

It has been demonstrated many times

that "FRIENDLY FEVER", supplemented by Colonic irrigations, manipulations, massage, electrotherapy, high Vitamin D intake and general non-medical therapy is decidedly beneficial and bids fair to do more for Arthritis sufferers than has been thought possible in the past.

The artificial fever produced by the cabinet causes increased oxidation and body metabolism, thereby hastening destruction of the infectious and toxic material which is primarily responsible for the inflammation of the joints, and at the same time increases elimination through the skin and lungs.

The colonic irrigations, of course, increase the rate of elimination from the colon and since the metabolic rate has been increased the urinary system usually exhibits increased activity so that we now have a destruction of toxins followed by increased elimination, all of which are vitally necessary in the successful treatment of arthritis.

In summarizing I wish to point out that: (1) Patient and doctor must cooperate, (2) foci of infection must be located and removed, (3) resistance of body to infection must be restored, (4) elimination of metabolic waste products through skin, lungs, bowels and urinary tract must be increased, and (5) calcium metabolism through the use of Vitamin D therapy must be enhanced.

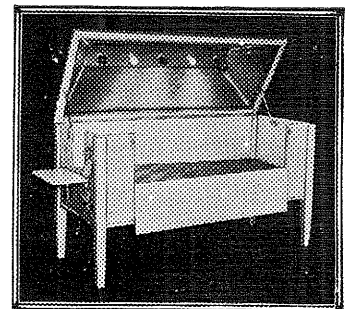
The moral which may be drawn from this article is that arthritis can and is being successfully treated, but the treatment involves an expenditure of time and effort by both the doctor and the patient and unless both are willing to do so the treatment and the result will, as a rule, be only half-hearted.

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U. V. Light Destroys Germs

It is generally believed that many communicable diseases are air-born. This would mean that the atmosphere of most hospitals and isolation wards is often saturated with whatever agents carry infection.

Research aimed in the direction of controlling this menace has shown that of all methods the use of Ultra-Violet light is the most successful.

Investigators, working under the direction of Dr.'s Wells and Fair, installed such lamps in children's hospitals and nursing homes. "They are," says the report of these gentlemen, "highly bactericidal. Micro organisms can be removed from air by this means at a rate far greater than that attained by any type of mechanical ventilation."

More startling was the statement of Dr. McKhan and his fellow workers. They reported that Chicken Pox failed to spread from twelve cases treated in an isolation ward over a period of five months to all but one of one hundred and twenty other children on the same floor who were separated from the infected room by an ultra-violet light barrier.

On one other occasion, Dr. David Green and helpers arranged two wards in a home for children in which a Chicken-Pox epidemic was raging. They placed the U. V. lights in one ward with quite satisfactory results, in fact, clinching testimony for the light advocates. Of one hundred seventy children in the main building one hundred sixty-seven took the disease. In an unirradiated ward with nineteen occupants eighteen took it, but in the one ward equipped with ultra-violet not a single case developed.

And so the final vindication. The powerful rays, germicidal in the air, stimulating in the body, have burst the last barrier of prejudice. We rejoice, of course, over this final acceptance of one of the most useful of modalities known to the healing arts, but we cannot refrain from mentioning that the facts set forth above are taken from the publication which but a few years ago declared that if there was any merit in U. V. light it was purely psychological—the Journal of the A. M. A.

Tiresome Question of Tires

Here is Leon Henderson's reply to a letter from Representative J. H. Tolan of California. Mr. Tolan asked why discrimination was being practiced in the method of rationing tires to practitioners of the healing arts. Thus Mr. Henderson:—

"Dear Mr. Tolan:

We thank you for your kind letter of February 16 regarding the status of chiropractors under the Tire Rationing Regulations. Our inability to provide specific eligibility for chiropractors under the Tire Rationing Regulations is purely a matter of the rubber supply and does not represent any attempt on the part of this office to evaluate one medical belief over another. The fact is that our tire supply is only sufficient to handle a small part of the many people who provide, or assist in providing, medical services.

It was our desire to include in our eligibility list not only the chiropractors, but the dentists, the hospital and laboratory technicians, all classes of nurses, masseurs, pharmaceutical experts and many others whose contribution to the medical profession is very important. Our statistical studies showed us, however, that the number of vehicles involved was far beyond our available tire supply and that we would barely be able to care for the licensed physicians and surgeons alone.

We could see no other course, therefore, but to limit our classification to the licensed physicians and surgeons, leaving it to the determination of each state as defined by their medical control laws as to who is included under this definition. We regret that in most states this falls short of covering all worthy medical services.

We appreciate your interest in the matter and if and when there is any substantial improvement in the rubber situation you may depend upon us to grant relief very promptly in this and similar cases.

Sincerely yours,
(Signed) Leon Henderson,
Price Administrator"

Mr. Henderson is at least to be congratulated upon not taking the stand that medical physicians and surgeons are the only doctors the federal government may care about.

Control of Colds

In one of the Utopias, Erewhon perhaps, there was a rule that people who had infectious colds and were caught at large were sentenced to jail. Practically the only crime, in fact, punishable by law in that happy dreamland was to be physically out of sorts.

These people seem to have had the right idea, even though the punishment did not entirely fit the crime. The snuffling, sneezing and bubbling with which so many are afflicted at the coming of spring or fall may be said to be punishment enough. At all events it is deplorable and we believe preventable.

There are times when the situation becomes almost intolerable. In places of amusement, in hotels, in streetcars and wherever people foregather the noise of the nasal blockade is sufficient sometimes to interfere with whatever is toward. The air at the same

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time is full of a fine spray of infectious material.

Ought we not to be ashamed of this, doctors and public alike? After all, in order to acquire this affliction two things are necessary; one, an infective agent, and two, someone to be infected.

The bug (number one) has little chance of making good if the soil into which he finds his way is hostile; that is, if the party to be infected is in sound health. But this does not excuse the person who has the trouble from spreading it around with an abandon worthy of a better cause.

To sit in a restaurant longside an individual who

has a full blown nasal infection and thinks the use of a pocket handkerchief an effeminate affectation or to have one's neck constantly drenched with the mucal explosions of the man in the seat behind one in the theater or bus is an experience which should be unknown in a country boasting its cultural advantages.

Such happenings indicate a carelessness for which the law provides damages under other circumstances. But, why have a law about it? A decent consideration for the rights of others and a better knowledge of the rules of health would solve the problem.

How about it?

AFTER McNARY'S JOB



Arthur M. Geary, who has entered the race for Republican nomination for United States Senator, has chosen as his ballot slogan, "No more fence-straddling; mobilize everybody and everything for this war effort." Paid Adv.

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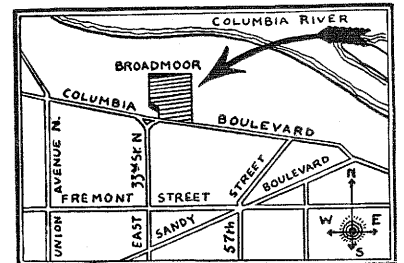
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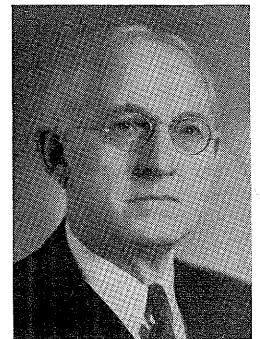
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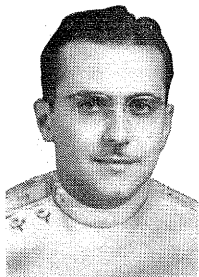
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Safeguards of Life

DR. C. E. STEWART

III ALBUMIN

This substance makes up a great part of the blood. Present in practically all animal cells, it is the major component of the jelly-like stuff we call protoplasm. Our kind of life is not possible without it. The importance of maintaining a proper quantity and quality of this substance must be apparent to anyone who gives the matter a moment's intelligent thought.

The kidneys have as one of their tasks the job of keeping the albumin tension at par in the blood stream. In a state of health they do this well, but when they become inflamed or injured there may be an escape of the vital substance into the urine.

The matter is complicated somewhat by the fact that the quantity and quality of the blood which comes to the kidneys also affects the function of these organs.

It is perhaps not generally known that about 1300 quarts of blood pass through the kidneys each 24 hours of the life of a healthy normal person. Now consider what this must mean if that blood stream is overloaded with impurities or not of proper water content or viscosity. The kidneys will suffer and there's no doubt about it.

Then, again, the actual quantity of blood is regulated by the nerve supply. Nerves which enlarge or constrict the blood vessels are very numerous in the kidneys. These can, of course, be inhibited in their action by the toxins in the blood or by subluxations at the tenth to twelfth dorsal vertebra—in the small of the back, to put it plainly.

Conditions such as the above are almost the rule during infectious diseases. It is then that the good doctor will exert his utmost skill to see that the kidneys do not suffer damage from the high concentration of toxins arising from the disease itself.

Fortunately, we have another very efficient eliminative organ in the skin and this should be kept at work all the time. There is little sense in working only one elimination system. Share the labor and make them all do their part.

Coming back to albumin, however, there are several points to remember. One is that the occurrence of this substance in the urine does not always indicate kidney disease. Indeed no. There are several things which cause this trouble other than nephritis. Don't let anyone jump to conclusions. A physical

examination and an honest urinalysis will settle the matter.

It may be due, for instance, to the presence of blood in the urine. Blood from menstrual flow, from inflammation of the bladder or pus from the uterus, excessive exercise, too many proteins in the food intake, over-dosing in cold baths and, of course, pregnancy.

Then, there is what doctors call "orthostatic albuminuria" or better, perhaps, "postural". It shows up at certain periods of the day, usually in the late afternoon. It disappears upon rest in bed or when one keeps off his feet. Nervous people suffer from this trouble quite frequently.

The dangerous kind, however, is that which comes through the pelvis of the kidneys because they themselves are diseased. Here we have something needing immediate attention and, once al-

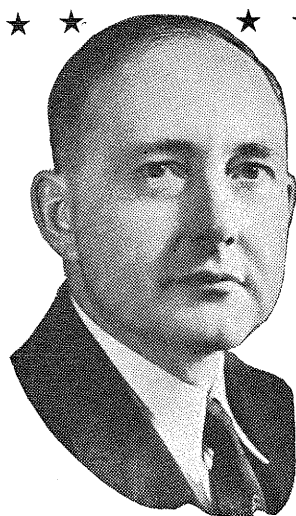
bumin is detected in the urine, efforts should be made at once to determine its source.

We must remember, however, that there is a sort of trinity of function between the heart, the kidneys and the liver. It is quite possible for either of these to affect the others, in fact, that is the rule.

For instance, the heart muscle becomes weak so that the blood is pumped more slowly through the body. This results in failure of the kidneys and liver to work properly because, since they treat the blood, it must pass through them at the proper rate. This could cause albumin in the urine.

Suppose the trouble begins in the liver. This organ has the job of cleansing the blood before it is permitted to enter the general circulation. Failure

Continued on page 10



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CHILD HEALTH

DR. MARGARET J. SCHMIDT

EXERCISE

The infant needs exercise as well as does the older child. Crying is one way in which he gets it. However this is not the only nor is it the best or most important way. When the child is undressed for bed or bath let him kick to his hearts content. Be sure that the room is warm at this time. Never allow the child to become cold. If it happens, as it might inadvertently, then warm him as quickly as possible. When his body has been wet, dress and wrap him as quickly as you can. Before his bath is the time for fun. Observe these things while he is kicking and rolling:

1. Does he kick as vigorously with one leg as he does with the other?
2. Do his arms function symmetrically?
3. Is the curve in the neck and shoulder symmetrical?
4. When lying on his stomach is the curve above the hips alike on both sides?
5. Is the rectal crease (the crease between the gluteal muscles—rump straight or does it point to one side?

If there is any irregularity at any of these points, take him to a non-medical physician. He will tell you if there is any structural displacement which needs adjusting. He will also tell you what exercises to give to strengthen the weaker muscles. Orthopedy (straightening children) is his business. These are exercises which are good for every child, young or old.

1. Place your hand against the infant's feet. He will enjoy pushing against your hand. Do not tickle him.
2. Take him by the hands, let him lift himself. At six or eight months he can suspend from a bar. Great care must be observed.
3. Lay him on his stomach. In this position he will develop the neck and lumbar curves. He will arch his back.
4. When he begins to make headway encourage him to creep. This is one of the best exercises to develop the hip and shoulder muscles.

Teach him to creep when it is time just as you would encourage any other good exercise. When creeping, the great sling muscle in chest, shoulder and back becomes strong and stout. The gluteal

muscles (which with other muscles) stabilize the body when standing, push the body forward while creeping. Thus they receive an exercise which they get in no other way.

At an early age a child should be accustomed to a play pen. He will roll and stretch and pull himself up in it. He is also out of harm's way. A child's bed, in which the mattress has been covered with oilcloth and then a sheet, makes an excellent pen for the very small child. The toddler must have firm footing.

Children from two years up should have swinging bars, ladders, ropes and turning bars to play on. This develops strength, accuracy, stability and it dispels fear of high places. It also makes children cautious. It teaches them the danger of annoying others who are performing on apparatus. Children must be supervised until they are familiar with the manner of using the apparatus. There will be a fall occasionally but that is no reason for discontinuing so valuable a practice. Children will have falls in some of their play. A fall, no matter where it occurs, must never be

neglected. Sometimes what seems of slight importance may prove very serious.

Continued on Page 10



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SAFEGUARDS OF LIFE

Continued from page 8

to do so means that the dangerously loaded vital fluid is fed into the heart muscle, over the valves and into the lining. The kidney also is called upon to do more than it should. The consequence is that they both weaken and, unless the liver is restored to health, the kidney and the heart become affected.

The same story is true of the kidney. Let it be attacked by some illness and a constant stream of untreated blood is pouring into the heart and into those vessels of the liver which carry nutrition to that organ. Now, it is the turn of the last named and in time they also become sick and begin to adversely affect the body. Here also this abnormal escape into the urine may occur.

It is clear, then, that albumin in the urine may arise from a number of causes; some only temporary and of no great significance, others of considerable gravity.

Heart disease, liver complaint, kidney infection or failure; these are the causes in which quick and proper action should be taken. Honest and competent urinalysis will go a long way toward making clear the nature of the case. The wise patient will insist that his doctor includes this in his examination.

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CHILD HEALTH

Continued from page 9

A seven month old child fell from a couch. He vomited, but this meant nothing to the mother. To the experienced person it would have been a warning. Ten days later the baby was dead. The death certificate read, "Death due to internal injuries as a result of a fall." The internal organs are very well protected by the spine, chest wall, ribs and abdominal muscles. It is almost impossible to injure them in such a fall. It would take a severe blow or contusion. What very likely happened was that the spine was injured. This caused pressure on the nerves which supply the internal organs. This may cause disfunction, hemorrhage, even intestinal paralysis. This, then, was the cause of death.

If a child sustains a fall, observe these symptoms: Does he vomit? Does he bleed from any of the orifices of the body? Is he unusually drowsy? Does he complain of pain in head, stomach or bowels? Take him to a non-medical physician immediately. It may save you much sorrow.

A child of eight came crying into the office with severe pains in the stomach region. She could not straighten up. It had occurred when the child tried to catch a high ball. A subluxation at the eight dorsal vertebra was discovered. This was corrected and immediately all pain and distress was gone. Clinical cases like this are so revealing they cannot be discounted.

Therefore the need for chiropractic orthopedy.

God has given us just one set of servants who obey our every command. These servants are our muscles. Be-

hold how they can be trained! Intricate dance steps can be executed. The pianist performs what seems impossible. When one member is lost others can be trained to do the work. Is it not then logical that we give our children the benefit of exercise for strengthening their muscles in a general way? Special attention should be given muscles which seem to be weak. Non-medical Physical Hygiene is the culture of all the muscles, especially the weaker ones. Sports training and competitive games strain the body to the utmost. They often cause a breakdown because they disregard the limitations which may be in the body. Many schools are now giving corrective gymnastics. All children should have the benefit of such procedure.

Next article: Learning How to Walk.

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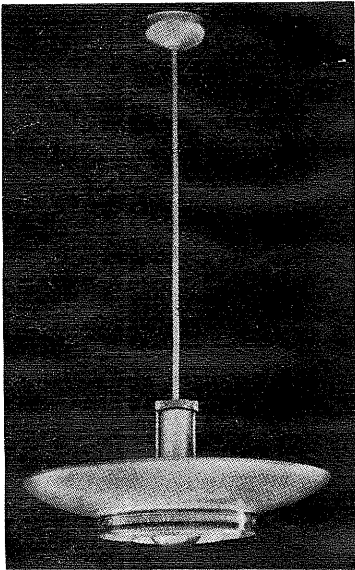
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