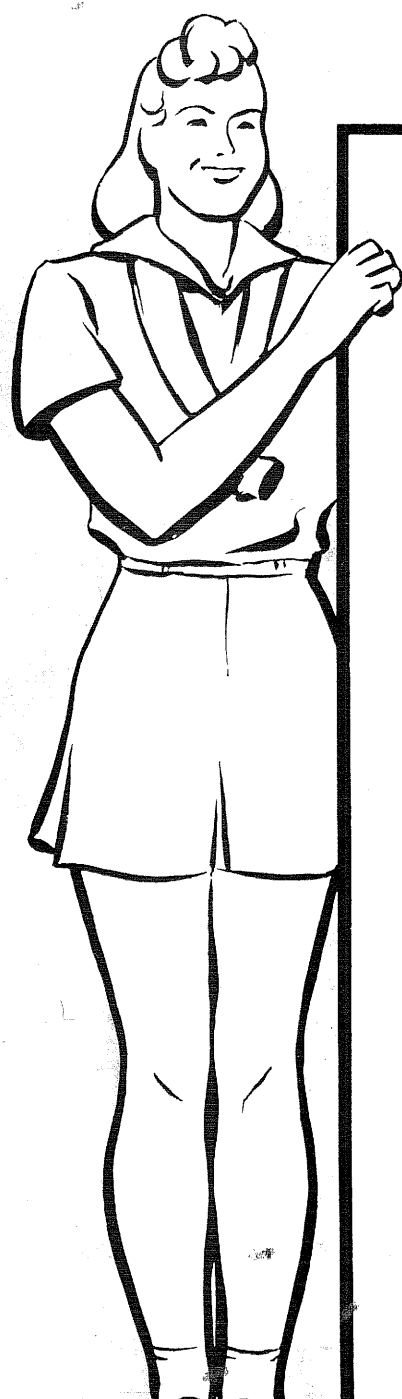


Vitality

A MAGAZINE OF HEALTH

MARCH 1942

PRICE 10¢



War Time Food



Foundations



Victuals & Vitamins



Cataract



Case History



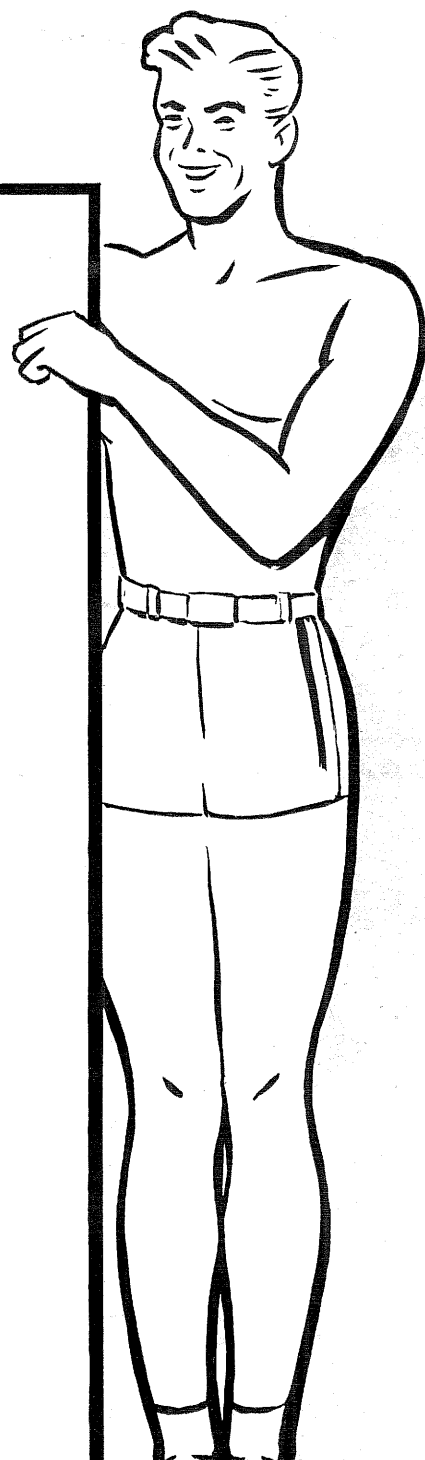
Easy to Take



Bathing the Child



Safeguards of Life





WAR TIME FOOD

JEAN T. SHADDUCK

In time of war and great National emergency, the housewife's first duty is to see that her family is provided with foods highly nutritious, simple of preparation and economical. We should strive to use the foods at hand. Learn to make the most of what we term—just every day foods; preparing them in different ways, thus being able to serve the same things often, but using different methods of preparation to make them interesting and attractive.

A soup, salad, simple entree, one or two cooked vegetables and a light dessert make up a satisfying meal.

ONION SOUP

Remove outer skin from six to eight medium onions and slice in rather thick slices, cover with water and boil slowly until tender, press through sieve, retaining water in which they were cooked, season to taste, add top milk and a piece of butter. Thicken with a teaspoonful of butter and a tablespoon of flour well blended. When serving you may garnish with minced chives, a sprinkling of cheese or tiny bits of tried out bacon.

SALAD BOWL

Here you may use your imagination, your family's preferences and the vegetables on hand.

Have your greens fresh, crisp, cold and dry. Use as many greens as you can, preferably pulled apart with your fingers; use wafer thin slices of carrot

or grated as you like it best, cubed celery, green pepper strips, shredded cabbage, in fact, any and all raw vegetables you like and have on hand. Make a dressing of oil and lemon juice, a dab of sugar and salt. Add just before serving and toss. Dress up the bowl with spring onions and little red radishes.

LIVER ROLL-UPS

Get as many slices of young beef liver as is needed. Parboil liver for one minute, drain, cool and season—spread with dressing and roll up, wrap a piece of bacon around, sprinkle with flour and brown in bacon drippings. Add a little hot water, cover closely and steam until tender.

Dressing

Usually a cupful of crumbs will be enough for three slices of liver. Saute the crumbs in butter, adding seasoning of minced celery tops, onion and parsley.

Serve liver rolls with small new potatoes dipped in butter and rolled in minced parsley.

The above is a stimulating meal, so let us not spoil its effect by serving a heavy starchy dessert. Let's make fruit knives fashionable again! Bring on a bowl of fruit and a tray of little thin whole wheat wafers and thin slices of medium sharp cheese. This is a perfect ending for almost any meal, try it and prove it to your own satisfaction.

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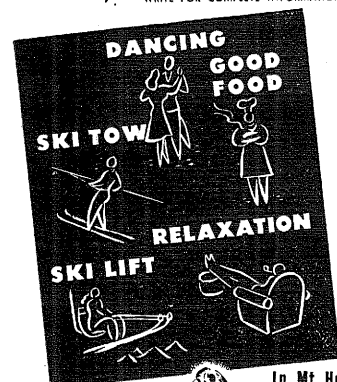
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Say you saw it Advertised in VITALITY...Please—

Your Foundation

DR. ANNA M. FINSETH

When a beautiful new building is opened for inspection, people flock to see and admire. If the style of architecture is new or radical some one is usually present to explain why this is thus and so. Unless these people who admire the building could be present occasionally during the construction of the building they would have no knowledge of the type of framework and reinforcements necessary to retain this look of solidarity and beauty throughout the years to come. The cross-beams and corner posts and joists and whatnot are covered with lath and plaster to fill in the hollow places and these in turn are all covered with the more beautiful material.

Have you ever given thought to the fact that just so is your body formed? We have our framework, the bones. These are covered with muscles, ligaments and fascia which in turn are covered with skin. Let us at this time look more directly at the back of the human body. The spine forms the corner post with the ribs taking the place of cross-beams.

In a house the corner posts rest on the foundation. So also with the vertebrae or spine. It, too, rests on a base which in reality is part of the spine but which does form a foundation since it is reinforced by the hip bones. If the foundation of a house sags in one corner the strain comes on the timbers above.

How frequently haven't we seen cracks in the plastering in a room upstairs. Seemingly nothing wrong with the room as the doors and windows function perfectly but the crack or cracks are there, so somewhere there is a strain otherwise the plastering, too, would be intact. The foundation has receded enough to form a tugging or pulling on some joists, or two by fours.

The base which helps form the foundation of the spine is not the level "straight across" affair of the house but it is a triangular bone of 5 segments curved in itself, which normally has a slight tilt to it. Nature has given it this tilt to form the proper angle for the vertebrae directly above — these forming an interior curve. Above this we have a more prolonged posterior curve in which the ribs play the part of reinforcement similar to the cross-beams. Above the ribs comes another curve compensatory to this other — the part we call the neck. If therefore the base or foundation stone of the spine

is tilted too much anteriorly we get a condition called sway-back. To compensate for this sway-back we get a more pronounced curve posteriorly and a greater angle in the neck. Let us take a look at the "lath and plaster" of the back. Here we have five layers of muscles — the lowest layer consisting of 12 muscles connecting the ribs and vertebrae and hip bones — the next layer doing likewise. The third layer acts more as guy wires to the shoulders, neck and head and also to the lower four ribs; the next layer performing much the same action only having its pulling tendency in other directions. The uppermost layer forms a flatter surface balancing hips and shoulders and acting as a foundation for the skin.

If when the base or sacral bone gets jolted enough to tilt or rotate or tip or perhaps a combination of two or three abnormal angles there must naturally follow a strain or tugging upon many, if not all of these sets of muscles.

Sometimes one finds a hip bone very much lower than the other. There must be a compensatory higher shoulder. Other times thru some fall, or jar, or misstep, or jolt in auto one finds one hip considerably farther anterior than the other. The strain on the muscles involved may reach way up into the neck area, even down into the arms. Through years of misplacement or tilting of the sacrum one finds a "disappearing" buttocks, a protruding abdomen and a decided question mark formed by the upper part of the back. Think of the constant strain of all muscles in such a case. Not a beautiful

figure and surely not one radiating energy and vim. Your chiropractor can help remake your body into a thing of beauty and a joy forever.

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No matter how rich you are, or how much you eat, you may not be getting enough vitamins for sparkling health and energy!



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3. More VITAMIN C than in 3 servings of carrots and peas
4. More VITAMIN D than in 3 servings of beef liver
5. More VITAMIN G than in 4 servings cabbage or spinach



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Case Histories from the H. R. Foundation

It was the early morning mail that brought the wistful appeal from Kimball, Minn. "Gentlemen:" it said, "We do not know you but we have been told that you care for sick people who are without funds and who cannot get the kind of treatment you administer in any other way. Now, we have the utmost faith in your methods and we are asking that you send some one of your doctors to look after a sister of ours who is ill-unto-death. She has," (here followed a long description of her symptoms together with a statement to the effect that the visiting physician had given the case up.)

"Our sister," the letter continued, "lives in Washington, and Oh! if you will only get someone who uses your methods to see her, we are sure that she will get well and that God will greatly bless you."

There was a good deal more, but that will suffice to show the state of affairs. Now, it is the settled policy of the office never to turn a deaf ear to a genuine cry for help. Here was a case which, in the nature of things, could not be overlooked. True, the clinical staff (greatly overworked as it is) could not be called upon because the institution cares for ambulatory cases only; here was a bedfast case.

The foundation is in touch, however, with the ablest physicians of the various schools of non-medical healing thru-out the Northwest, and a few moments conversation over the phone brought to the aid of this distressed soul the services of one of Washington's foremost practitioners.

"Will I take the case?" his voice came ringing across the wire, "Of course, a pleasure!"

Time passed. In the busy rush of the daily routine such cases become mere matter of record. "Improved" read the terse reply to our inquiries, until on February the 12th last, the matter was brought sharply to our attention by another letter from Kimball.

"Dr. A. Budden, Dear Doctor:" it said, "Since our sister is now well and able to do her own housework, we feel that a few words of appreciation are due you for your part in complying with our request to send her a Chiropractic physician.

"You certainly chose well in sending Dr. X...., who literally snatched her from death's door after those in attendance had given her up and those nursing her had watched her shrink to a skeleton.

"Sister may never realize how near the end she was: but a year ago in March, the weekly bulletins were grave in the extreme and each family expected she never would live to see her birthday in April.

"Day by day, as the weeks dragged by, each ring on the phone meant a telegram. Slowly the summer went by, bringing news of improvement, followed by news of a bad spell when she would lose all she had gained.

"Near Thanksgiving Day, a sudden change took place and since then she has gained steadily in weight and strength. Mere words do not express our appreciation of such untiring efforts as Dr. X.... has put forth in this case."

And, thus, the letter ends, but no mere words can express the deep abiding joy which shines through the script and which gleams from between the lines of this epistle of thanks.

The office is glad to have been of service to this family so happily restored to the joy of living. Vitality is glad to give the story to the public, and, as a badge of good faith, will readily give the name of the doctor who so splendidly upheld the traditions of his profession to any who may ask for it by mail.

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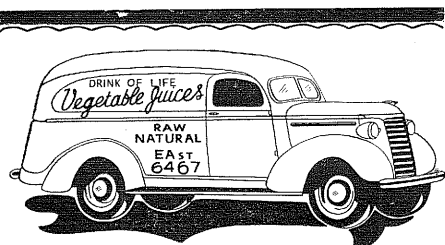
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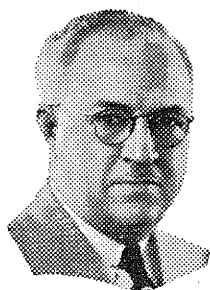
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Victuals and Vitamins

Elizabeth Rawlins

So many people have challenged my belief that you cannot establish any diet which will provide therapeutic amounts of Vitamins that I'm impelled to hunt up some charts on the Vitamin content of foods and cite illustrations. It's a headache for which I can imagine no better cure than aspirin and Esquire.

One source of today's information is Henry Borsook, Ph.D., M.D., Professor of Biochemistry, California Institute of Technology and the other carries the Seal of Approval of the Committee on Foods of the American Medical Association. You'd think that such capitalized titles would preclude the possibility of error.

Both charts are set up with the expectation of helping you mend your (Vitamin) ways without concentrates. Both are 1941 publications and should be compatible. But the conflict is delightful.

The AMA says that four ounces of liver contains 6885 units of Vitamin A, but Borsook maintains that it has 46,000 units. The AMA says that four ounces of beef contains 75 units of Vitamin B-1; Borsook says 45 units. The AMA says that an ounce of butter contains 462 units of Vitamin A, but the Professor says it has 945 units. The AMA drinks milk containing 114 units of Vitamin C per quart. Borsook's has 380 units per quart. The AMA says that a one-ounce slice of whole wheat bread contains 40 units of Vitamin B-1; the Professor's has only 27 units. The AMA has an egg (yes, indeed!) which has 208 units of Vitamin A per ounce, but the Professor's egg has all of 600 units per ounce.

This could go on forever. Those people should get together. One's been buying at a "cull" market; the other's been shopping on a farm!

The foregoing statistics are expressed in identical unit measurements and corresponding food quantities. The charts have been designed and set up for public consumption with no qualifying allowances for seasonal or geographical variation, nor has there been any data provided to account for the vast difference of opinion.

Both claim that there's Vitamin A in carrots. I maintain there's none. There's carotene, a pro-vitamin, which must be converted into "A" by the liver. But what about those deficiency diseases involving the liver and inhibiting its conversion power? You'll eat carrots 'til the cows come home and no good



will come of it if it remains carotene for which the body has no use. So we'll agree that carrots contain no Vitamin A.

Both authorities will cling fondly to the fallacy that there's Vitamin D in sunshine. Tch-tch. The secret has been out for some time now. There is no D in sunshine. There's an ultra-violet ray which comes in contact with the dehydrocholesterol of our natural body oils and activates it for reabsorption into the system in the form of Vitamin D-3. It's mean to disillusion them but we must all stop dreaming sometime. And some of us have a better quality dehydrocholesterol and more of it than others—a fact to be considered when blandly prescribing sunshine and scorn-ing supplements.

Now as to the pretty little sign against the butcher's tray, naming the B-content of the beef. Does it make you happy? Or do you stop to question whether that particular cow pastured in placid meadows, at peace with the world, on greens and foliage well-nurtured by crop rotation, enriched by rich soils, guarded against adversities (cows have them too) . . . or whether she grazed on a rocky knoll, nibbling puny pale grasses, made uneasy by a nearby mill, tormented by the highway traffic, wintered in barns on diets of yellow, without green ensilage, pushed and jostled from month to month,—to finally become a nervous wreck, a poor Vitamin B-deficient old soul whose only good to you and me is for her taste, medium rare?

And vegetables! We know!—those of us who, as kids, lived on a farm and had to go out (barefoot, to save the vines) and pick the tomatoes green as grass, to sell to the country buyer, who sold to the city broker, who stored them on ice for weeks and then shipped them west, where again they were refrigerated, to later be sold to a wholesaler who sold them to a retailer who kept them on display with a thrice-daily sprinkling until YOU came along and said: "Oh, don't they look good, and so FULL of Vitamin!" . . . Little did you know we'd grown tomatoes in that same patch for years and years, and had picked them with prickly feet many weeks ago when they were tough, green, undergrown, immature, half-starved, and a back-breaking job. But the chart had said . . .

And those conditions still exist, despite our consoling "times-have-changed" platitudes. Any shipped-in produce must be harvested before its growth is complete.

There are too many sections of the country producing edibles, under too many different types of growing conditions, in too many kinds of soil and under too greatly varied habits of crop rotation—for anyone to legitimately set up fixed rules regarding the Vitamin content of foods.

Changing the diet to exclude the less valuable foods, and incorporating into it the foods of known values whose palatability excites your digestive juices and sensory pleasures is as dependable a course as worrying over questionable charts whose ambiguities and contradictions will simply induce a mental disturbance requiring the care of a painstaking specialist whose services you'd never have needed if you hadn't fretted.

Never permit yourself to become the victim of a fixed idea, for the mind has then reached its saturation point. We can maintain a good mental elasticity without a priorities rating.

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Stomach Substance.....	½ grain
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Volume 1 Portland, Oregon, March, 1942 Number 14

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Jean Shadduck Joins

"Vitality" is delighted to welcome Jean F. Shadduck to its company of contributors. Mrs. Shadduck will conduct a column on the preparation of food as it should be done by the modern housewife. It is felt that this will be one of the best read portions of the magazine.

The presiding genius of this new department has a world of experience both in the public and in the domestic culinary sphere. At one time manager and chef of one of the most successful restaurants in the west, she is also an able practical housewife. Guests have been heard to remark after one of her dinners that they now know the meaning of the word ambrosia.

Again, we are delighted to have her with us.

Sugar Rationing

So, we are to have our sugar rationed. Well, as the song says, "We did it before, and we can do it again." Mr. Hoover introduced it in chapter one of the great drama and, heavens, how we grumbled. Afterward, it was clear that there was sugar a-plenty but, no doubt, it was wise to make proper arrangements to forestall even a hypothetical shortage.

But, this rationing is not a hardship. Sugar is not a food in the proper sense of the word and really should be classified as a condiment the way we use it. It may, in fact, become a danger to health, this sucrose extracted from the cane or the beet; this stuff with which you spoil your tea or coffee and which has made more millionaires than the red metal itself. It can and, in fact, has become a menace to health and no one will suffer from a pretty rigid rationing.

We have been using—thanks to good advertising—over one hundred pounds per capita per year and that is a lot too much. We could easily get along with fifty pounds or even twenty-five and still be more healthy than we are now with our one hundred pounds.

A great authority on nutrition said a few years ago, "All the information available seems to warrant attributing in great measure the high incident of malnutrition amongst children of pre-school and school ages, the faulty bone growth, bad teeth and faulty posture, to inadequacies in our national dietary and perverted appetite resulting from pampering and the formation of a liking for sweet foods."

So you see this is not a sacrifice we are being asked to make. It is a health measure. It is one of those rare occasions when everyone can be patriotic and make an immediate gain therefrom. Sugar is needed for more fitting purposes. Let them use it that way. It has been as much of a liability as an asset from the day when the first crusaders stumbled into Sidon chewing the sweet grass "Zucra" to the present era of candy bars and sugared soft drinks.

We are being asked to do a wise thing. Only the foolish will complain.

Human Rights Affirmed

OLYMPIA, WASH. Old age pensioners are entitled to treatment at public expense from any type of doctor or practitioner licensed by the state, the supreme court ruled today.

It held that sanipractors or optometrists legally were doctors under terms of initiative 141, the \$40 pension law, and were entitled to work on pensioners the same as physicians or surgeons.

The court affirmed Thurston county superior court decisions in favor of Jack Martin and Lydia O'Neil and against the state department of social security.

What's in a Name?

About the time Jenner was speculating on the relation of English dairymaids to cow-pox, another scientist interested apparently in other products of the female bovis brought forth Aqua Omnium Florum. This sovereign remedy against arthritis and muscle pain was made from a distillate of cow manure and live snails.

It is reported to have achieved miracles. And, no wonder. With a label like that, what could not be done? "All flower water" the name is in simple English and pretty enough at that. Who, however, would want a medicine with a simple name? There'd be no bite to it.

Acqua Omnium Florum must have sounded much better even though it did contain in the metaphorical as well as the physical sense a good deal of the golden dust so long familiar to the riders of the Western plains.

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

CATARACT

DR. W. A. BUDDEN

There is a great deal of misinformation going the rounds as to who may treat the eyes. The medical oculist claims exclusive squatters' rights. The osteopathic physician says he also has a valid claim. The optometrist feels that it should be left to him and the naturopath and chiropractor also declare their fitness.

As a matter of fact, there is no exclusive right. People discuss the matter as though the eye was not part of the body and was not subject to the same laws which govern great toes, colons or livers. To attempt to treat the eye as a special isolated organ is to deny that man is an integrated whole.

Why, there is practically no change in physical condition which does not almost directly affect the eye for better or for worse. A faulty diet may go so far as to produce blindness. A pair of fallen arches may seriously effect visual acuity. A series of subluxations in the spine will cut down the brilliance of the eye and open the path to complete loss of vision. An upset stomach, liver, pancreas, nervous system all lower visual ability. An alteration in the speed and rhythm of the thyroid gland, the adrenal or pituitary gland will affect muscular control of the eye.

Each of the schools of practice mentioned above treat these disorders and thus treat the eye. Ah, but you will say, what about cross eyes, what about that terrible inflammation, iritis, if that's the right word? What of cataract, glaucoma and trachoma? These are true diseases of the eye; should they not be treated by specialists?

Yes, of course, they should, but that means any of the physicians of the schools of practice mentioned who have specialized in the treatment of these afflictions. Medical specialists are not the only specialists. There are others, who belong to the non-medical schools who get results equal to those attained by the former in conditions not requiring surgery.

Let us take up the trouble called "cataract" and see if by wiping away a lot of mystery we can come to an intelligent understanding of the matter. A cataract is said to occur when the crystalline lens of the eye begins to darken or become fogged. This lens is suspended in front of the real organ for receiving visual sensations and acts as a protecting and focusing window.



Thus, when it is discolored or clouded we seem to be looking through frosted glass.

Now, let us take time to glance for a moment as our beginnings. We shall find here that this lens comes from the same source as the outer layers of the skin, the hair, the nails, the essential parts of most of the glands and all of the nervous system. That is to say, it is of a piece with all of these and is subject to the conditions which particularly affect them. Thus, as the skin grows dark and rough with age, the lens follow suit and we have a senile cataract. If we gave it a name which indicated that it was merely a growing old we should dispense with the mystery.

Now, who will say that the proper way to treat such a thing is not to seek to restore the general vitality and particularly the blood and nerve supply to the eye itself? It is true that removal or trying to increase the blood supply by causing local irritation with drugs or even fish oil introduced into the eye itself but to merely assert that the last named is the only way is absurd.

There are a good many causes of cataract. An infection may dim the crystal or it may occur as the result of pressure or fixation from adhesions. There are cataracts which appear to be hereditary or they may develop as one of the after results of malnutrition or infectious disease. Then again we may never be afflicted by them.

By far the greatest number of such cases, however, are due to lowered vitality, either occurring locally or throughout the entire body. At the peak of life the lens is brilliantly translucent. It gleams like a diamond, but as is the case with all the very highly specialized tissues, a slight taint of poison, a minor lowering in the blood supply, an eddy in the lymph drainage, a little undue pressure, a perversion of the nerve supply and the

brilliance dims, the razor-edged vitality is blunted, the intricate machinery falters. Here, in the case of the lens we may have the beginning of cataract.

Naturally, then, we should seek to avoid the development of conditions outlined above. That we can do so to a very great extent is certainly true and such a view is taken by modern doctors. To continue rather hopeless local applications without also seeking to raise the general vitality is by no means to be advised in this day and age.

We have said that the basis of a healthy organ is a normal nerve and blood supply and we make no exception in the case of the crystalline lens. As for example, assuming that the blood is in a reasonably healthy state, it still may not be delivered at the desired point in sufficient quantity or be withdrawn quickly enough after it has delivered its load of nutrition. This is the function of the nervous system. Cases occur, therefore, in which the arteries leading to the eye become constricted in size and remain so, thus reducing both the resistance of the organ to infection and its capacity to work.

Now, in such cases, the doctor who brings to bear agencies which will normalize that nerve supply will clear the case up. It may be done with drugs. It may be done by spinal adjustment, it may be done psychologically, it may be done by hydrotherapy, by exercise, by electrotherapy or dietetics.

These are the instruments of different schools of doctors. It is for you to choose which you will patronize. Your eyes are precious things. Do not trust their care to anyone who does not realize that they are also part of your body and must be treated in that way. Look for a doctor who specializes in this work according to the school of practice to which he belongs. Cooperate with him. He will do his best for you. He cannot do more.

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Easy to Take

GENEVA LARSEN

"My doctor says I must have an X-ray so that he can find out what ails me." The patient informed the office attendant somewhat dubiously. She had never been X-rayed before and it might just be that the process would be unpleasant.

Lord knows she was used to pain. That wasn't what she feared. Why! hadn't she endured that trouble in her back for, lo, these many years? And when her children were born she hadn't made much fuss. All that seemed natural, but—X-ray. Here was something else.

She trembled slightly as she followed the technician. She thought it couldn't be so bad if one person—as small as this— could work it all alone. Maybe her doctor wasn't wrong when he told her there was really nothing to it.

But then—there was the X-ray machine. It was indeed awe inspiring...so many levers and a funny looking thing that overhung the table where the technician had told her to lie down. She wished she hadn't come. Maybe the pain in her back wasn't so bad after all. Maybe it would go away. If she could only get out from under that machine, she'd go and tell the doctor it didn't hurt anymore. But it did hurt. There was a funny catch when she moved.

She bit her lip to hide the pain...and fear. The technician smiled. She wondered if she really was as cheerful as she seemed or if she was only trying to set her at ease—to get her off guard.

"Hold perfectly still now, please," she heard the calm voice say. Falteringly she stilled her trembling muscles and watched the apparatus. She heard a momentary singing as the high voltage passed through the tube. She thought her heart must surely be up in her throat as she waited for the blast to come.

"That's all. You may relax now," the technician smiled as she removed the little tray from under her and disappeared through a door opening off the X-ray room.

The patient started in surprise. That couldn't be all. Why, it only took a moment—and she didn't feel a thing. There was only that strange buzz—like the singing of the wires when a trolley is coming.

She looked at the tube above her, this time in interest, not in fear. She wondered what had really happened.

X-ray—something one couldn't feel, and yet that might reveal the source of all her pain.

She smiled as she remembered her terror. Why, if she'd known that was all there was to it she'd have had the X-ray long ago. No use to go around suffering when to find the cause was so easy.

Her thoughts turned to the technician. It must be interesting to work with X-ray. She rather thought there must be many strange and wonderful things revealed thereby. She wondered—somewhat ashamed—if the technician had realized how frightened she was. She hoped not—and yet, the young woman had seemed so calm, so understanding. She probably had had other patients just like her.

She thought she would like to ask how the machine worked. She inspected the instrument panel...a complicated looking piece of work, to say the least. Yet, the technician had manipulated it with ease.

"You may dress now," the technician interrupted her thoughts. "We'll send the X-ray and report to your doctor."

Months later she remembered her first experience with X-ray. All that her doctor had said was true. The silent, unseen ray had found the source of all her trouble and had recorded it on the X-ray plate. With this to guide him, her doctor had been able to correct the fault and there was no more pain.

Here indeed was a miracle of modern healing.

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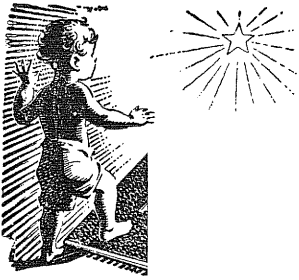
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BATHING



Bathing has become a very much abused habit. Our modern concept of bathing, like the use of so much white paint (which has a detrimental affect on the eyes) has become a fetish. In general for young and old bathing should be for the purpose of keeping the body clean. The water should be warm, never hot. Hot water has a medicinal effect as has cold water. The length of time the body is in the water also causes changes in the circulatory system. Quick cold sponging gives a reaction of warmth and relaxation, while a quick hot bath is cooling in reaction even on a hot day. However, lying for a long time in a hot bath is weakening. It should only be used under supervision of someone who understands its indications.

From these statements you see why we are not in accord with all this advice we get over the radio. Some children are soaped and scrubbed until every bit of natural oil is washed out of their skin. There is always a common sense ground upon which we can stand, the soap advertisements notwithstanding. Now for the infant, the daily bath is very desirable. A child should never be put to bed with any suggestion of soil or odor. The scalp should be kept free from any accumulation of exudate. This is better accomplished with oil, than by too much scrubbing. If for any reason the child needs especially vigorous scrubbing with soap, then a cream or oil should be used to replace the natural oils which have been dissipated. The custom of using oil to cleanse the entire body of the newborn is very commendable.

When preparing the child's bath be sure to have everything needed before the baby is taken up. Let him cry a bit. It will do him no harm. It gives his lungs a bit of exercise.

The necessary objects for baby's bath:

In a deep tray or basket one should have absorbent cotton, oil, boiled water, diluted boric acid (one-half level teaspoon of boric crystals to the cup of boiled water). These things are best kept in covered jars. Then there should be mild soap, pincushion with two sizes of safety pins and a small shallow dish for oil. There should also be a soft wash rag and towel and a bath blanket to wrap baby into when lifted from the

tub. Have the baby's clothing laid out within easy reach. The bath tub should be long enough to accommodate the baby at full length. The water should be warm, not hot nor too cold. Have a basin of cold water at hand for the final back washing. Everything we do for baby should be done in a cheerful mood. All handling should be gentle but with a firmness which even the tiny baby understands.

When washing the baby's face, it must be done gently, thoroughly and carefully. How would you like to have a great big giant rub your face up one side and down the other without regard for eyes, nose or mouth? To say nothing about getting soap into the eyes? And then follow this with a rough towel? No. That is not the way. A child who is handled carefully does not object to being washed. Proceed in this manner. Have about four or six inches of warm water in the tub. Wash face, neck, ears and head and dry them carefully while the baby is on the table or on the lap. Then put the child into the tub. The small child must always be supported. If the child is old enough to enjoy it and be safe, let him play for a little while. Do not ask the child if he has had enough. When you have decided that it is time,

soap and rinse his body carefully, being sure that all the folds of the body are clean. Without farther comment lift him to your lap, into a soft towel and pat him dry. Pay no attention to his struggles trying to stay there. All children love the water and are loath to leave it. Have ready a basin of cold water and with a wash rag wet in this wipe down the spine eight to ten times. Dress him quickly and put him to bed or whatever the next order of business is. This cold back washing is one of the most strengthening procedures which I know. Even the delicate child who has only oil bathes should have this vitalizing finish to his bath, from the time he is four months old.

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Safeguards of Life

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We saw last month that a careful doctor usually requires an analysis of the urine before embarking upon an extended course of treatments. We also discussed or rather named some of the things that may be discovered by this old and reliable method.

Amongst these was sugar and so this article will be devoted to looking into what this means and how it can be avoided.

First, how does sugar get into the urine? The answer is that it comes through the kidneys (which should hold it back) and they, of course, get it from the blood. It is, then, really with the blood sugar that we have to deal first. Sugar is necessary to the body, of course, and particularly to the action of muscle. Without it there can be no true muscle action.

This means that this substance must be made easily available to the muscles for when they are called upon to do work sugar must be at hand in an easily usable form. The body gets the sugar in the first place from the food taken in by way of the mouth. It is picked up through the walls of the small intestines and absorbed into the special blood stream known as the portal circulation.

Then, in company with everything else, it enters the liver where it is changed into usable sugar and a part sent on into the general circulation. The liver stores the rest. So we have three pools of sugar always present in the body: one in the liver, one in the blood stream and one in the muscles. The latter being in volume about equal to the amount in the liver.

Now, the liver cannot use the sugar; only the muscles will do that. It follows that there must be sufficient exercises to burn the available muscle supply up and thus keep the amount in the blood and liver from becoming a nuisance. This use of sugar depends upon something else, insulin. This substance must be present if there is to be an even distribution and consumption of sugar. Should it fail to appear, there will soon follow the symptoms of that dread disease, diabetes. However, we must remember that there is a limit to the consumption of sugar by the muscles and if we eat more than we can use it is bound to accumulate in the blood stream.

Glancing for a moment at the kidneys, we find that these filters have a special barrier for keeping sugar

where it belongs and not permitting it to escape from the body. This barrier we call the threshold and, of course, like any other of its kind, it can be overflowed. The physiologists use the term in this way. They may say that this man's kidneys have a high sugar threshold. That is to say that this vital substance does not easily get through the kidney barrier. Another person may have a low threshold which means that he has weak kidneys, at least, so far as penetration by sugar is concerned.

Then again, during emotional strains or attacks of worry the thyroid gland will get to over-doing things and send too much of the substance it ordinarily manufactures into the blood. This fluid has the effect of opposing insulin and, thus, temporarily, there will be sugar in the urine.

A badly working liver may upset the sugar storage and control and, thus, force the kidney sugar threshold. Athletes after great strain and scholars going through examinations generally show some sugar in the urine for a day or two after the event.

There are strictly physical factors, too. A heavy blow in the back or stomach area may produce this trouble. Faulty diet, incorrect posture, sometimes even fallen arches, may be at the bottom of the difficulty.

Of course, the action of the kidneys depends if they are properly formed in the first place on a good nerve supply. If then there has been an accident, even a minor one will produce the effect, and the spinal segments have been affected, sugar may appear in the urine.

This will be due to the fact that the nerve supply to the kidneys has been lowered, which, in turn, will affect the blood supply, which again will make the kidney action weaker and less effective.

Thus, it will be seen that there are many causes of sugar in the urine, some of slight importance, some of very grave significance. One should not, then, jump to the conclusion that one has diabetes if the sugar test is positive. That would be wrong and dangerous. The thing to do, if you are sure that the test has been properly made, is to seek out your non-medical physician and have a thorough examination. Under any circumstance, sugar in the liquid wastes is not normal. It is often possible, however, to correct it by simple means. It should not be permitted to become worse for, while sugar in the urine is not necessarily diabetes, diabetes always shows sugar in the urine.

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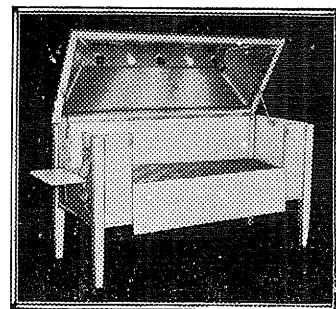
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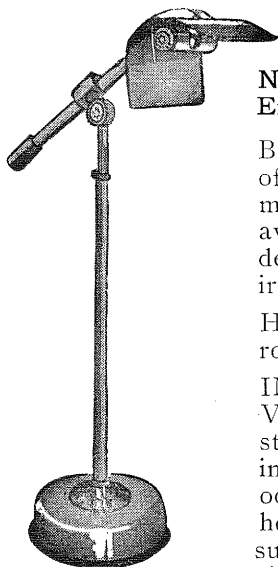
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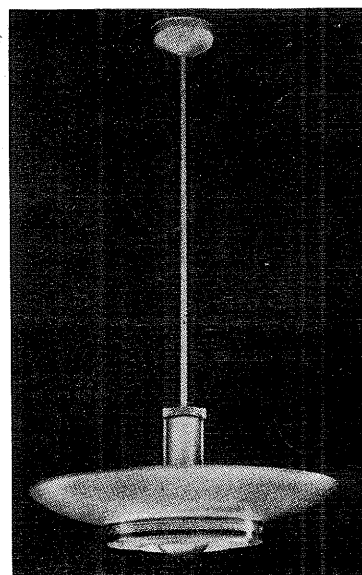
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