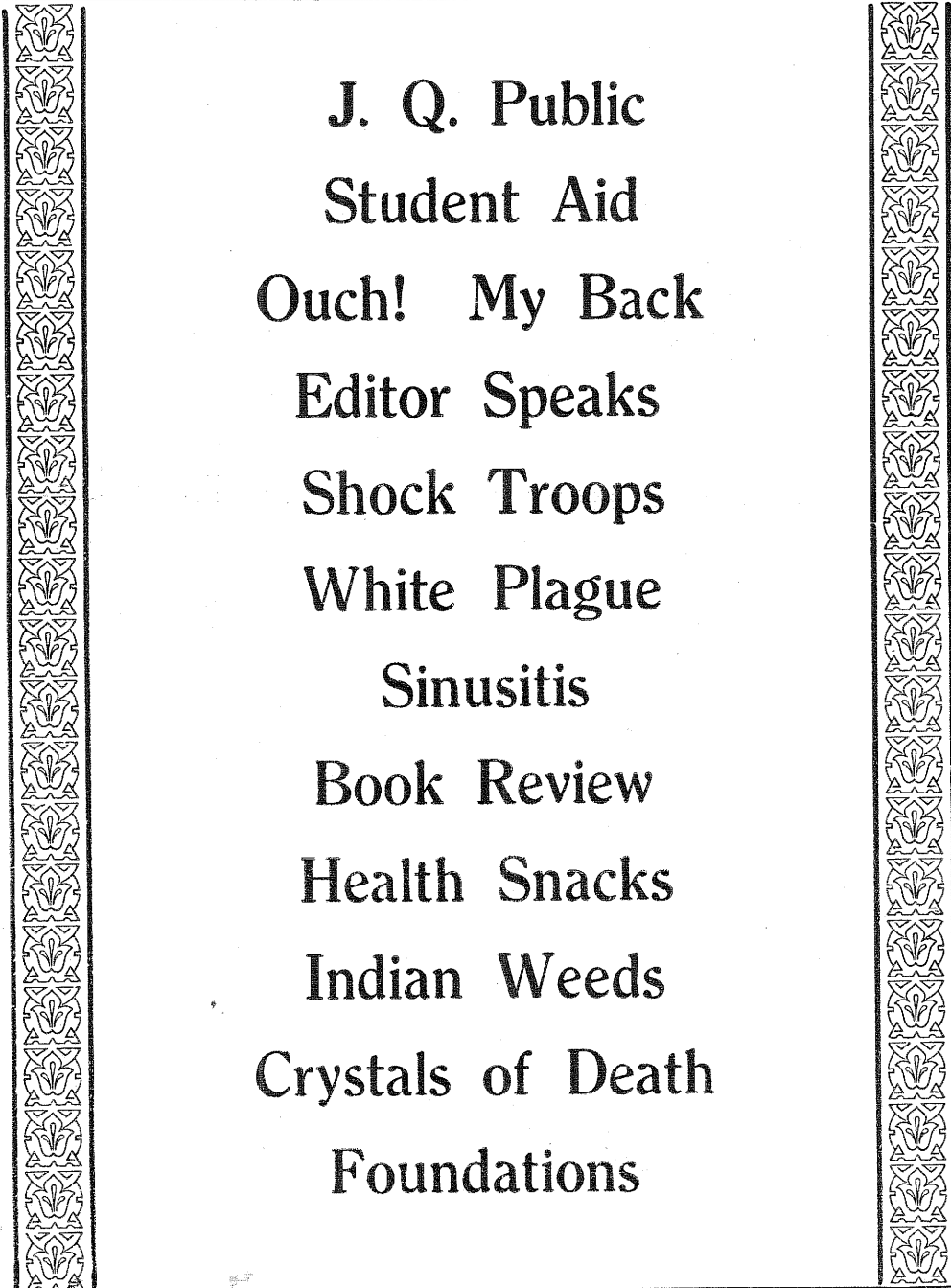


VITALITY

A MAGAZINE OF HEALTH



J. Q. Public
Student Aid
Ouch! My Back
Editor Speaks
Shock Troops
White Plague
Sinusitis
Book Review
Health Snacks
Indian Weeds
Crystals of Death
Foundations

PRICE 10 CENTS

PORTLAND, OREGON

MAY, 1941

Are Glasses The Only Or Best Solution To Eyesight Problems?

Dr. Wendell Diebold

Osteopathic Physician

BE 0441

411 PLATT BLDG.

All those who wear glasses wish they didn't have to!

Strangely enough, most of them don't! Seems almost unbelievable, but it is true. For there is a newer, better, more scientific method of taking care of defective eyesight—a method that really strengthens the eyes and RESTORES vision and eye ease.

This remarkable method of correcting defective vision and making glasses unnecessary, was developed after years of study and research by Dr. W. H. Bates, the noted New York oculist.

It is not an experiment. It has been used successfully in tens of thousands of cases, and is being practised by many physicians in this country and England.

You will recognize the name of Doctor Bates as the discoverer of one of the world's scientific miracles . . . Adrenalin. Even more of a miracle than Adrenalin is his system of treatment to restore normal vision without glasses.

His method is surprisingly simple, and is based on the scientific principle of strengthening the eye muscles so they will function properly and focus without strain. This is accomplished by corrective relaxation, treatments for bodily health, and special vitalizing rays of the sun. No surgery is employed. No drugs of any kind are used. And there is absolutely no risk or danger of any harmful effects to the eyes, as is the case with glasses.

What happens when one starts wearing glasses? From time to time it is necessary to change to stronger lenses in order to see comfortably. This in itself proves that glasses do not bring the eyes back to normal condition. Instead of helping and strengthening them, glasses but make them weaker. In fact, it has been the rule that once a person starts wearing glasses, he is doomed to them for life.

Glasses are merely a mechanical device to HELP defective eyes see, just as a crutch helps a person with a defective limb to walk. They do not cure or overcome the defect. They do not RESTORE normal vision. A toothache remedy may stop the pain, but it does not make a decayed tooth sound. Neither do glasses bring back the eye to normal condition.

And from the standpoint of attractiveness and appearance, what a disadvantage

they are! Although opticians have tried in every way possible to fashion spectacles attractively, it is generally recognized that they detract from, rather than add to, one's appearance . . . and that, in the majority of cases, they make the wearer look older.

Socially and in business, perfect vision is a priceless asset. Eyes that see clearly and quickly without strain add to one's alertness, charm, personality and vigor. You should be able to use your eyes freely . . . to read all you want to . . . even the finest print . . . with ease and without any headachy after-effects.

And this new method has enabled thousands to do it . . . to enjoy a more pleasant and fuller life through better vision WITHOUT GLASSES.

As a result of it, many who have worn glasses for a large part of their lives have been able to discard them. The common, as well as the more complicated and serious eye defects, have been successfully treated this new way. Far-sightedness, near-sightedness, old age, sight, astigmatism, eye strain, cross eyes and even cases of cataract and glaucoma have been corrected.

It does not, as one might suppose, require an extended period to secure good vision by this method. Nor is it expensive. In the average case, results are secured in a comparatively short time and with only a reasonable outlay.

If you wear glasses or think you need them; if your eyes "get tired" or you feel the slightest shortcomings in your vision, you owe it to yourself to find out about this achievement of ocular science. Learn what it can accomplish for YOU.

WHY GLASSES

Q. What are glasses?

A. They are lenses which make objects appear larger or smaller . . . nearer to or farther from the eye.

Q. What are glasses supposed to do?

A. Correct vision.

Q. Do they correct vision?

A. They correct the deficiencies of vision, but not the error of refraction.

Q. Why not?

A. Because they do nothing for the eye itself. They merely change the size and distance of objects.

Q. Do not glasses focus, and thus help the eye?

A. Glasses focus rays of light, but they do it at the expense of the ocular muscles. They help the eye

to see, but they do not help the eye itself.

Q. How do we know glasses cannot correct vision?

A. Because they must be changed periodically, and each time replaced by stronger lenses.

Q. What does this prove?

A. That the eyes have become weaker.

Q. What does it further prove?

A. That the glasses have failed to strengthen the eye itself.

Q. Are glasses unnecessary, then?

A. In the majority of cases, they are not only unnecessary, but actually harmful.

Q. But you see better with them?

A. For the time being, yes. But the eye grows weaker. For they add to its strain.

Q. Where does the cause of poor vision lie?

A. In the eye muscles, the shape of the eyeball, the defects of the optic nerve and mental lesions.

Q. What is eye strain?

A. Eye muscles, like all other muscle work in pairs. One relaxes while the other contracts. If either muscle fails to relax properly, it throws extra work on the other and causes strain.

Q. What causes myopia (nearsight)?

A. One set of the muscles fails to relax sufficiently for a proper focus.

Q. What causes hyperopia (farsight)?

A. The opposite set of muscles fail to relax properly.

Q. What is presbyopia (so-called "old sight")?

A. Presbyopia is the inability of the muscles to focus rays of light at the near point at times, due to weakening of the muscles, insufficient circulation and hardening of the crystalline lens.

Q. Do eye muscles respond to treatment?

A. Yes, the same as any other striated muscle.

Q. Is this treatment the way to help eye strain?

A. Yes.

Q. What can be done for crossed eyes?

A. Crossed eyes are the inability of the two eyes to function together. Frequently the cause is that one muscle is too long, or the other too short. Or, one may be too weak and its opposite, too strong. Again nerve paths may be blocked, interfering

(Continued on Page 15)

Whispering Campaigns

Ignorance, Bliss or Folly.

By Dr. J. W. Noble

Sometime ago a lady came to my office for professional advice. In the course of the conversation she remarked that she was coming to a non-medical physician because she had tried all the orthodox methods and was still in the same state of ill health as when she started her medical career. She also stated that she would have gone to a non-medical physician ere this, but there were so many wild tales about them that she regarded them as "Quacks of the first water."

She entertained me for some time with stories as to the ignorance and illiteracy of chiropractors and naturopaths, of people who had broken bones after treatments and of others who courted disaster by furtively entering a non-medical doctor's office, but the one that intrigued me immensely was to the effect that it was illegal to have a non-medical man in attendance when a person was critically ill or at death's door.

The above story is quoted for the purpose of showing how misinformed many people are as to the scope and legality of the non-medical professions.

In order to clarify any doubts as to the legality of the non-medical therapy, let me remind you that every licensed chiropractor or naturopath must pass an examination which is conducted by qualified doctors who are appointed by the governor of the state, in which he is taking the examination. Once the applicant has passed such an examination and received his license, he is then qualified, not only legally, but by training, to take care of an acute illness, maternity cases, or if he is called too late, to sign a death certificate and everyone concerned may be assured that they have violated no law, written or unwritten, in calling in a non-medical doctor.

As to scope, the non-medical field encompasses all modalities of use in the healing arts except the use of high-powered toxic drugs and major surgery.

Drugless therapy was developed upon the premise that the indiscriminate use of drugs and surgery was wrong and harmful and in my opinion that premise is correct. The non-medical physician's greatest value to suffering humanity is due to the fact that he can and does, by the judicious use of natural therapeutic measures, prevent the indiscriminate use of drugs and radical

surgery and their sequelae. One cannot be dogmatic, however, and feel that his, or her, method of therapy is the only one in existence, but must realize that if his, or her, method was 100% perfect, no competition could exist. I sometimes wonder if orthodox medicine (as a group) has ever thought of that?

When we realize (and who doesn't) that the practice of medicine and surgery is a very lucrative business, the reason for organized opposition and dissemination of malicious propaganda against non-medical therapy becomes apparent. In other words, organized medicine and so-called philanthropic public health groups, instead of being the benevolent benefactors and protectors of the health of Mr. and Mrs. John Q. Public, are merely trying to protect themselves economically. This of course, reduces the entire struggle from the lofty plane of philanthropy to the sordid level of profit and loss.

That two groups (both medical and non-medical) whose sole purpose is to minister to ailing humanity, should be engaged in a struggle of this sort is deplorable, not only because it is needless, but those who are in need of skilled therapeutic aid are many times so doubtful as to the type of doctor to employ that they allow their malady to become so serious as to preclude recovery.

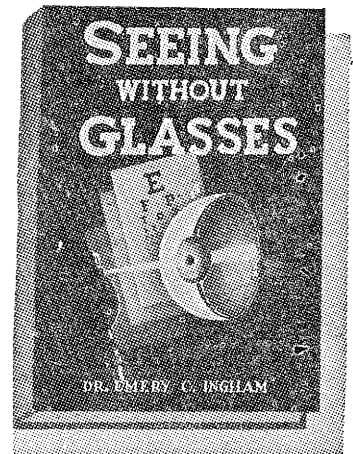
The ultimate in public health service will be reached when these opposing groups of doctors merge their collective knowledge and therapy and honestly strive to aid the sick instead of using them as a sort of no-man's land where no one dares venture lest an enemy sniper (figuratively speaking) lays him low.

The trend of conversation with patients, other doctors and friends, leads me to believe that public opinion will, in the near future, bring about a much closer co-operation between doctors of different schools, resulting in untold

benefits to the public.

This article is in no way intended as an attack on the general medical practitioner, but is an attempt to throw some light on the reason for the struggle which is ceaselessly going on behind the scenes. The average medical man, as a rule, a credit to the community in which he resides, but is under the domination of a handful of unscrupulous hatchet men who dominate the American Medical Association, who are attempting by their machinations, to sabotage and scuttle any and all opposition, whether it be the government's attempt to provide therapeutic attention to everyone through socialized medicine or non-medical opposition which is attempting to reduce the use of drugs and radical surgery.

BOOK OF THE HOUR



PRICE — \$3.00

Satisfaction guaranteed or money refunded within 5 days.

Write Vitality, 1536 S. E. 11th Ave. or

DR. EMERY C. INGHAM
610 Broadway Portland, Oregon

HAY FEVER

Use DPS Formulae 53 containing (per capsule)
12,000 USP XI Units Vitamin A
3,000 Sh-Linn Units Vitamin F
Fractional Amounts Vitamin D
300 Milligrams Fatty Unsaturates

Vitamin A builds less-permeable tissues and corrects stratified epithelium. Vitamin F, as the anti-allergy factor, with other fatty unsaturates, lubricates the mucous membranes and restores resilience. Rhinitis specifically points to these needs.

DARTELL PROFESSIONAL SERVICE
Northwest Office . . . Portland, Oregon

ATTEND THE STATE CONVENTIONS

Student Loan Fund

By Anna M. Finseth, D. C.

In 1936 there were six members of the NCA who saw the vital need of a fund for helping worthy students in financial straits. These six of whom Dr. G. O. Walters of Tacoma was elected chairman, got their heads together to devise ways and means to secure funds, as no funds in the NCA were available for this much needed cause. They inaugurated three plans by which a worthwhile fund could eventually be built.

The first plan was to develop a small penny seal containing the Chiropractic emblem which could be used at Christmas time, as well as all the year through. This seal to be used on all mail matter would carry the message of "Health Through Chiropractic" all the months of the year. Are you doing your part in using these seals, dispensing them to your patients and friends for their use, either by gift or sale, and urging them to thus spread the gospel of Chiropractic? Or are you using other seals that will mean nothing to your science?

The second plan to raise funds for this worthy project was by Tag Day at our conventions. Special tags were printed carrying a suitable message and 10 or 15 minutes are secured or allotted by the officers in charge in which several persons, students at the colleges or others, contact those in attendance at the convention and obtain free-will offerings from \$.25 and up. Tag Days have been conducted at our NCA conventions for several years save this year when the special effort was put forth to raise funds for the Palmer Memorial at Port Perry, Ontario. Tag Days at many of our eastern conventions have been very successful.

The third plan was to raise funds by direct donation. The worthiness of the Loan Fund was made known through our NCA Journal and through circulars to our Chiropractic profession and shortly cash gifts began coming in various sizes, one as large as \$200. At the present time through these three plans of acquisition, a fund of approximately \$6000 has been accumulated. All funds are sent to the NCA treasurer who also dispenses all these monies.

Students eligible to be helped must be up to standard in scholastics, character and show proof of ability to repay within some reasonable time. Six per cent interest is charged besides

a subscription of \$5.00 to a Guarantee Fund. This guarantee fund is a special fund built up by subscriptions from all who borrow from the Loan Fund as a protection. The amount of the subscriptions is 5% of the sum borrowed. If any borrower from the Loan Fund defaults in payment for one reason or another, this Guarantee Fund makes up the loss to the Loan Fund. As Dr. Walters said: "After making up any such losses we mail out refund checks to all subscribers of the Guarantee Fund of all there is in it for that year. If there are no defaults all will receive a complete refund of all they subscribed to it, otherwise they receive a pro rata amount. In this way our Loan Fund will always be protected and remain as a permanent revolving fund, helping student after student. In a few years we may not need any more funds. We are gaining constantly. We have quite a sum in the Loan Fund now ready to be loaned out to students now under consideration by the committee.

The schools having students which have received help so far are: The Palmer School, Texas College, Missouri, Carver, National, Logan, Universal, University of Natural Healing Arts and our own Western States College. Most students receiving help are senior students who need extra financial help in order to graduate or those who need help in starting a practice. Have you done your part every year in buying these seals to help spread the message of Chiropractic wherever the mail goes? Think it over!

HILL MILITARY ACADEMY

Investigate the Advantages of
Rocky Butte

PORTLAND OREGON

"An Excellent School That Will
Co-operate with Drugless Doctors"

E. O. WILLSON, PH. N., D. M. D.

Graduate in Chiropractic and
Naturopathy

Practice Limited to Dentistry

For Appointment AT 3403

Postal Bldg., S. E. Cor. 3rd & Wash.

PORTLAND, OREGON

Hear Ye! Hear Ye!

This is merely—and happily—sounding of glad tidings to about out of every ten persons in this country. For there are fully that many roughly about ten per cent—who hard-of-hearing in greater or less degree, who, therefore, are; to the extent of their defect, cut off from social contact with their fellow men, and are entitled to know and, if they choose take advantage of what science done to mitigate both their own plight and that of others who have to convalesce with them. Nay, the matter goes even further than that; for it includes only the capacity of the afflicted participate in discussion or to enjoy "sweet sounds of nature" or the bison of music, but their very safety life and limb—when the signal of horn, whistle or bell is not heard.

We refer, of course, to the hearing aid—not that old-fashioned, cumbersome, deafness-announcing gadget, "ear trumpet," but the far more effective contrivance of latter-day science. These hearing-aids, regardless of brand or trade name, are of two types: (a) the air-conduction, which fits into the ear canal; and (b) the bone-conduction which fits over the mastoid behind the ear. But whichever type the "audiometer" or comparator test proves necessary, the wearer can rest assured of four things: first, that, because of convenience, he himself will soon find it no burden to wear; second, that, because it does enable him to hear, will again experience the satisfaction of hearing; third, that, because of inconspicuousness, others will hardly notice it; and, fourth, that, because of efficiency; others will treat him as a normal person—not as an "ear cripple" to be sympathized with nor as one the "handicapped" to be pitied—avoided.

For DEAFNESS

ACOUSTICON

Successfully Sold for 39 Years
For best hearing, plus dependable service, obtain the new Perfected Vacuum Tube Acousticon.

- Lighter
- Smaller
- Fully Guaranteed
- Budget Payments
- Trade-in Allowance
- Nation-Wide Service

A proven success for movies, lectures, business, social contacts.
PHONE OR WRITE FOR FREE ACOUSTICON COMPARATOR TEST

Acousticon Institute

917 American Bank Building
BE 4552. J. N. Taft, Distrib

Ouch! My Back!

By Dr. C. E. Stewart

"Ouch! Well I read about it in the books, but now I know definitely that man is a true vertebrate." It was the voice of a ribbon clerk out of a job doing a temporary shift with pick and shovel on one of the numerous projects. Painfully he straightened out, groaning the while, both hands upon the lower back.

Yes, man is a true vertebrate, but, unlike most of the phylum, he stands upright. That is to say, his body is built around a more or less vertical column. He is what he is by virtue of this condition and, by the same token, while the normal spine makes true health possible, the majority of diseases—from fallen arches to typhus—inflict a terrible beating upon that same structure. The back is generally either sore, rigid or tender no matter what the nature of the malady.

Small wonder then that there is confusion in diagnosis. Quite often patients and doctors confound the symptoms with the disease. They complain about lumbago or rheumatism when, as a matter of fact, the back pain is a reflection of inflammation lying deep within the body; a stricken internal organ or gland or other structure.

It is well because of these facts to find out just what is wrong before one decides "to get along" with a lame back. It may be that one is trying to dally with something that is dangerous and which gets progressively worse. As an example—backache may come from, amongst other things, poor posture, occupational strain, pregnancy, abdominal weakness following childbirth, after long exhausting illnesses, foot diseases, kidney disease, colon inflammation, gastritis.

Whatever the original cause, however, the mechanics of backache are the same. At bottom lies the fixation of the movable vertebral segments. This may come about in two ways; indirectly, by muscle strain arising from inflammation of internal organs or directly, by over-reaching, lifting heavy loads, exposure to cold after overheating and so forth.

It will, perhaps, be wise to elaborate a little upon the indirect kind of fixation. Almost everyone knows that blood supply to an organ is the direct means whereby its health is maintained. If the supply of blood slows down or fails, or if, on the other hand, it runs too fast and too much, the internal organ so afflicted will fail to function

properly.

Now, when anything happens, say to the kidney, and there is distress, a signal for more blood is sent by way of the nervous system to the centers distributing that vital fluid. The nerves in connection with this organ are the means whereby action is made possible and, thus, become over excited. They originate inside the vertebral column and, because they are also connected with the muscles which support that structure, these in turn become contracted and rigid. This, naturally, produces a fixation of the spinal segments involved and we have a sore back at that point.

So, these minor fixations and sometimes displacements called subluxations must not be overlooked if correct treatment is to be applied. Once they occur, they in time produce irritation of the spinal nerves and, thus, a kind of vicious circle is established—Lumbago, it is generally called.

Such a chain of events can only be broken by skillful manual adjustment and, although this is sometimes painful, it must be done if speedy recovery is to be made. Let there be no mistake, salve rubbed on the contracted muscle, heat or electricity will give temporary relief, but that fixation must be broken down if one is to get well.

Not all lumbago is of this kind. There is a variety quite frequently seen which is produced by muscle fatigue or rather by making muscles, habituated to mild exercise, suddenly do a spell of heavy work. This has been jocularly called "gardener's backache." Naturally, it is seasonal. In fact, it is one of the heralds of spring.

Too often the amateur gardener, fired by the gleaming beauty of the seed catalogue, hies him forth to get the soil in shape. Like Father Adam before him, he delves with might and main. Bending down to snatch a vagrant weed, he suddenly straightens up only to experience an excruciating pain in the lower back. The overwrought muscles have failed him and he takes to his bed, where he remains sometimes for weeks before he is able to get around again.

The important thing here is that, although the trouble appears to have come on suddenly, really there has been a fairly long period of preparation. A lapse of time has occurred, during which there has been a decline in

strength or tone. Something has stealthily broken down the integrity of the back muscles.

A careful examination should show just what the destructive agent may have been. Perhaps, long before there had been a minor accident causing a fixation of the lower spinal segments. Mayhap a twist of the body at golf or some other sport had swung the pelvis round too far and it had not returned to normal. It might have been that the daily routine of occupation; sitting on one side only of the posteriors all day; working a treadle or brake with one foot only, or just the plain atrophy of disuse was at the root of the matter. These are what doctors call the primary or contributing causes. The actual lumbago is really an effect of these brought suddenly into play as we have seen by undue strain on muscles already weakened.

The space at my disposal is limited and yet one ought not to close without mentioning a form of backache which develops suddenly, but which, in reality, is due to a faulty formation of the segments of the lower spine. This trouble afflicts young people, sometimes even athletes. Usually, the person so affected is quite unaware of his difficulty until X-ray reveals it. Then, of course, if the forward slipping of the last vertebral segment has occurred, it must be adjusted, since it will not return to normal of its own account. The patient must also be instructed how to handle himself to avoid repetition of what is a very painful experience.

A great deal more might be said about lumbago but, this must come to a close with the admonition that, no matter what may appear to be the cause, there will be found spinal fixation and this must be eliminated if the cure is to be anything like permanent.

SWIM

Picnic and play every day at Jantzen.

DANCE EVERY NIGHT

Old Time Dancing Sunday Afternoons



Jantzen BEACH PARK

DANCE • SWIM • PICNIC AND PLAY

VITALITY

A MAGAZINE OF HEALTH

A monthly magazine devoted to interests of the non-medical physicians and the welfare and health of their innumerable patients at large.

EDITOR

VIRGIL MacMICKLE, N. D., 327 Park Bldg., Portland, Ore.

ASSOCIATE EDITORS

HARRY V. REEVES, D. C.....2000 S. E. 7th, Portland Oregon
 ROSS H. ELLIOTT, N.D. D.C. 508 Times Bldg., Portland, Or.
 RALPH I. SHADDUCK, N.D. 807 Dekum Bldg., Portland, Or.
 J. W. NOBLE, N.D., D.C.....600 W. 26th, Vancouver, Wash.
 W. A. BUDDEN, N.D., D.C.....1536 S.E. 11th, Portland, Or.
 C. E. STEWART D.C.....12 West 1st, Gresham, Oregon
 ANNA M. FINSETH, D.C.....507 Dekum Bldg., Portland, Ore.

Publication Office Address, 1536 S. E. 11th St. Portland, Or.

Volume 1 Portland, Oregon May, 1941 Number 5

The Tolan Bill

This bill, re-introduced by Rep. John H. Tolan at the opening session of the 77th Congress, on Jan. 3, 1941, is designed to correct an existing injustice to employees of the U. S. government, who, under the provisions of the United States Employees' Compensation Act, are restricted to the employment of physicians and surgeons and osteopaths. H. R. 1052, as the bill is called, would correct this injustice by amending Section 40 of the existing Act to permit Federal employees to seek the services of chiropractic physicians also.

In line with the sentiment, if not the exact wording, of H. R. 1052 is a resolution, adopted April 4, 1941, by the Willard Anderson Post No. 2471, of the Veterans of Foreign Wars, addressed to "The National Encampment of their 1941 sessions," petitioning that great national body to memorialize Congress to "enact legislation authorizing drugless physicians in the Chiropractic field, to practise in all government hospitals; and enable Compensation Commission claimants to choose such treatments; and enable indigent claimants receiving partially financed Federal aid to choose Chiropractic treatments when desired and needed, in addition to medical and surgical treatments."

Naturally, VITALITY is heartily in favor of such Federal legislation so far as it goes. But we feel that it should go farther and include the right of Federal employees to seek the services of ANY licensed physician. For example, Oregon and ten or dozen other states have laws licensing Naturopathic physicians; in the great state of Washington what corresponds to the Oregon Naturopath is known as a Sanipractor and—or it used to be and, we hope, still is that—in Ohio and perhaps other states the type of non-medical practitioner is licensed as a Mechanotherapist. The essential point is—and we are sure that the overlooking of it, both in the Tolan bill and in the V. F. W. resolution, was sheer inadvertence—that when any state recognizes any school of the healing arts by granting its practitioners license law, the recipients of Federal monies whether in wages, salaries or aid or whether in hospitals or out of them—should have the unquestioned and inalienable right to employ the licensed physician of their choice, no matter what his school of healing. To allow less than this is to put professional self-interest before the general welfare—a thing that the general public will bitterly resent. To restrict the application of the proposed amendment to Chiropractors, only, is not merely to alienate other licensed schools of healing but to enlist their active opposition as a factor of which our common enemy will be quick to take advantage, to defeat the proposed amendment.

No, we are sure, from our wide acquaintance with intelligent Chiropractors and our knowledge of the decency and general public interest of their motives, that this failure to include other licensed schools of healing was thoroughly unintentional, and that they will be more than glad to include within the provisions of the proposed amendment such clauses as are necessary to protect the general public welfare and the interests of other licensed schools of the healing art. And with these emendations of the suggested amendment—we, VITALITY, are more than glad to do our best to enlist the widest possible support, both lay and professional, for such a bill.

STATEMENT—Vitality does not necessarily endorse the statements made in the advertising in this publication and it not to be held responsible in any way for anything that appears therein. A free expression of opinion is desired and every attempt is made to avoid mistakes but it is not to be held responsible in case of error. The views expressed in the articles are those of the individual writers.

Shock and The Shock Troops

The rapid development of mechanical warfare has raised a number of new problems with regard to the physical fitness of the soldier.

The control of infectious diseases has been attempted by way of wholesale immunization. It is maintained that this is successful and therefore compulsory vaccination is justifiable. The logic of this seems a little warped when we contemplate the numbers of new recruits who are down with measles and scarlet fever, but we shall leave to the advocates of this method the task of reconciling these odd facts.

Our concern here is with an altogether new set of difficulties which will prove quite obdurate to the wielders of the immunization syringe.

We refer to the spinal trauma which must be the inevitable result of handling the new machinery. If the news reels are any criterion, the bouncing around in tanks, blitz-buggies and armored cars which seems necessary to modern training will produce ailments aplenty. The crop of subluxated spinal joints, twisted pelves, raised ribs, disrelated first cervicals and fifth lumbar will constitute a serious menace not only to the present but to the future health of our young men.

It is well known today that such minor injuries may if not corrected produce nervous disorders, lay the foundation for spinal arthritis and various internal functional disturbances. Let there be lowered nerve action because of spinal joint fixation and whatever internal organ is connected by nerve pathways with such a joint will begin to decline in efficiency and ultimately become sick.

The situation calls for skilled attention. There are in this country today some 20,000 trained men and women, doctors of Chiropractic and doctors of Naturopathy who have specialized for years in the correction of just such ailments.

There are many ready to volunteer. Let them be given a commission and organized in a special department under their own superiors. A group of non-medical physicians so brigaded would keep the troops fit and avoid that aftermath of illness which seems inevitable, if nothing is done about it.

It is time to break with traditional conservatism and make adequate arrangements for the new. This is 1941 and already it is later than we think.

—W. A. B.

The White Plague

By Dr. H. V. Reeves
Chiropractic Orthopedic Specialist

Tuberculosis is an infectious process, it may be acute or chronic, and is caused by a specific micro-organism, the tubercle bacillus, and may exist in the body without functional disturbance (quiescent tuberculosis), or with symptoms and disability (active tuberculosis).

There are three types, any of which may cause the disease: (1) Human, (2) bovine, from cattle, (3) avian; from birds. The disease in man is practically always the result of infection by the human or bovine bacillus.

Raw cow's milk and its uncooked products—butter, cheese, etc.; are the most likely sources of human infection from the bovine type of bacillus.

The dejecta and excreta of tuberculous human beings, are the common, primary cause of human infection, by the way of pus from superficial abscesses and fistulae, urine, feces and sputum. Sputum is the greatest source of infection. This is due to the fact that the secretions coughed up are formed in the lungs and bronchi, where there are more open ulcerations than in any other part of the body. Naturally they carry any bacilli in their midst, and their disposal is not attended with the same care as other dejecta. The flying droplets and spray, from coughing and sneezing, contaminate the air and all nearby objects.

The tubercle bacillus is one of the most resistant micro-organisms known. It will withstand low temperatures for weeks, and dry temperature as high as 212 degrees Fahrenheit, for hours, burial in the ground and exposure to putrefying agencies for months, and, if protected by a mucoid coating, it may resist destruction for several years. About seven hours continuous exposure to direct sunlight will destroy the bacillus.

Human contact with any object harboring the tubercle bacillus may cause the infection. All that is needed is that the bacillus be introduced under the skin, nails, etc.; or enter into the body through the orifices or passages. When the organism enters the system it can begin infection anywhere. The tubercle bacillus usually enters the body by way of the mouth or nose. In nearly every case it is by ingestion or inhalation, or both.

The ingestion of the bacillus may be by hand-to-mouth from contact with the contaminated urine, feces or spu-



tum, or by contaminated food or eating utensils, from kissing and by fondling. Infection by inhalation may be from wind-borne dust from dried sputum or excreta, breathing air directly infected by a tuberculosis patient.

There are two general classes of factors relating to the receiver of the infection, that have a true bearing on the disease: (1) Inherited factors, and (2) environmental factors.

Inherited factors: Tuberculosis has long been known as a family disease, it recurs in families generation after generation.

The inherited factors apply to individuals and also to races. While no one is immune, some races are more immune than others. The Jew is strongly resistant to active progress and death, after infection. The Irish are not. An atavism is not uncommon. Anomalies of structure should not be forgotten. The inborn peculiarities and tendencies are of particular importance as to the progress or impendence of the disease after the infection has been established.

The Environmental Factors: The experience or conduct of the individual has much to do with the development of a high resistance to the tubercle bacilli, as is the case in non-tuberculous diseases. This may affect the body's ability to resist subsequent infection by that disease. Injury, overwork mentally or physically, occupation, posture, depressing emotions, diet, upset of the glands during puberty, pregnancy or menopause, temperance, dissipation, air, sunshine, clothing, etc.; may act as environmental determinants. Economics play a part. There is a rising incidence during financial distress and a lowered incidence as the family earnings rise. Physiological strains, causing direct or indirect disturbance of relation between tissue and tubercle, or causing disturbance of function, of or between organs and tissue. Any factor within or without that upsets the equilibrium of the body controls will give rise to a higher in-

cidence, and unfavorable progress the disease. Example: (1) Psy fear, anger, shock, hatred or other oppressive emotions. (2) Nervous control—subluxations, direct or indirect injury to the nerves, lack of motion necessary for proper nerve function. Chemical control—Endocrine dysfunction, lack of vitamins, etc.

Symptoms of tuberculosis arise after apparent recovery from pneumonia, influenza, common colds, bronchitis, measles, etc. Pregnancy, child abortion, kidney diseases, diabetes, fevers, fractures, dislocations, injuries, etc., may cause a quiescent case to break forth into an active case of tuberculosis.

The symptoms of pulmonary tuberculosis are quite variable in the stages. The victim may be only indisposed, and feel that it is a slight cold. As the disease progresses there is a greater indisposition, morning or evening rise of body temperature, loss of weight, night sweats, cough, etc. Coughing, dry or with sputum, may be the only symptom to appear for a while, and a misdiagnosis of bronchitis, or a cold, may be made. There may be other symptoms of lobar pneumonia present. The symptoms of tuberculosis are: (1) Toxemia, (2) nerve reaction, (3) the tuberculous process. Suspicion should always be viewed with suspicion. Health check-ups, with x-ray, clinical and laboratory methods in proper order. If you do have tuberculosis, adjustments of nervous system and chemical control of the body may be accomplished, together with prescribed diet, exercise, rest, sun and rigid hygiene, if you would preserve your health.

RAW VEGETABLE JUICE

Properly made in an immaculate plant—from choice vegetables with scientific equipment and conscientious service. You will enjoy our fresh Raw Juices. Carrot, Cucumber, Spinach, Parsley, Beet, Apple, etc. Phone for a sample. We deliver.

SCHAPPERT'S FRESH FOOD JUICES

1255 S. W. Taylors Ferry Road
ATwater 3523

Dr. Augusta V. Wehoffer
CHIROPRACTIC PHYSICIAN
1734 S. E. 39th Ave. LA 6
Portland, Oregon

Sinusitis

By Ross H. Elliott, D. C., N. D.

We must first know something of the location, structure and normal function of the sinuses if we are to intelligently discuss the factors causing sinusitis. Four main accessory sinuses or air cells are intimately associated with the nose or nasal chamber. The Frontal, Ethmoidal, Sphenoidal and the Maxillary. The literal meaning of sinus is a hollow space and the accessory nasal sinuses are just that—cavities surrounded by mucous membrane covering the subjacent bony walls. The two frontal sinuses are just behind the eyebrows. The ethmoidal sinuses are really several thin walled cavities connecting with each other and situated deep in the nose and just in front of the sphenoidal sinuses. The maxillary sinuses are the largest of the group and are located in the cheek bones. The sinuses are all connected with the nose through small openings. The function of the sinuses is to help warm the inspired air on its way to the lungs as well as aiding in moistening and cleansing the air. They also aid in giving the voice its resonance and tone quality by acting as sound chambers. It's a strange fact, but as man becomes more civilized his chances of becoming a victim of sinus difficulties have increased. This leads to but one logical conclusion, that some present or absent factors in man's living habits are to blame, for back of every effect there must be a cause. Some parts of the anatomy of most individuals are inherently weaker and more susceptible to disease than the remainder, and from whatever cause the vitality becomes lowered, trouble is apt to develop in this area of lowered vitality. There are many ways of course, in which this condition of lowered vitality may be brought about—but insufficient sleep, too little or too much exercise, various types of nerve stresses, and improper habits of eating are the most common ways in which the body's resistance to disease is lowered. The dietary mistakes are of greatest importance because they are practically universal in scope and are usually repeated three times a day.

The chief error is eating far too much of the kinds of food which produce acid. The more refined the foods, the more acid forming they become and when we consider what makes up the



major part of civilized man's diet we find that refined, devitalized foods occupy a large part. The acid forming foods are protein and carbohydrates. Proteins are essential to life and health as they provide the body's building material, but the quantities consumed by the white race are way out of proportion with the body's requirements. Milk, nuts, all kinds of animal flesh and cheese are protein foods. Two ounces a day of protein foods is about the amount the body requires and any excess of this amount can do only harm because extra work is imposed upon the eliminative organs to excrete the useless acid ashes. The general term carbohydrate includes starches and sugars. These supply the fuel and energy requirements of the body. Most of these starches and sugars are acid forming and the grain starches are doubly so when refined. If the total volume of the food taken does not contain more than 25 per cent of the acid forming foods, the body will be able to get rid of all the ashes without difficulty. But when a large proportion of the diet is refined starches and sugars, with excessive quantities of proteins added, the body is soon burdened with its own unlimited wastes. A lowered vitality and a susceptibility to sickness will result from these accumulated wastes in the body, and while Nature makes noble efforts to keep the body functioning normally, eventually the sinuses, as well as other parts of the body, become clogged with the residue. Catarrhal discharges from the mucus membranes of the body indicate the colon, kidneys, skin and lungs are no longer able to get rid of all the poisonous wastes and Nature is attempting to supplement their over-worked condition with new avenues of elimination.

Germs are rather particular where they grow but when the ideal breeding grounds is provided they can multiply with lightning rapidity. Favorable conditions are frequently present in the

nose, throat and poorly drained sinuses. The first pre-requisite for a good breeding ground for germs is the presence of mucous or a catarrhal discharge. The second is warmth and moisture. The inflamed sinuses provide both of these with the result, a simple catarrhal sinusitis soon becomes a purulent sinusitis. A secondary absorption of the toxins arising from the proliferation of the germs accounts for many unpleasant symptoms experienced by sinus sufferers. As germs are not the primary cause of sinus trouble, any attempt directed at their extermination without removing the cause of the catarrh can result only in failure. Temporary relief may be afforded by irrigating the sinuses, which tends to clear the catarrhal background upon which the germs thrive. Operations also may give relief by establishing improved drainage of the catarrhal mucous. These measures, however, in the majority of cases are only temporary, as most sinus victims will testify. The real cure must involve the correcting of the cause of the catarrh. This can only be accomplished by making sure the food intake is of the proper kind, and in correct amounts and combinations, so as to maintain the normal alkaline-acid balance of the body. Sinus trouble, as well as most other diseases, is the result or a deranged chemical state of the body, due chiefly to dietary mistakes and faulty elimination. We cannot, therefore, expect to treat the local symptoms, ignoring these facts, and expect satisfactory results.

When every individual suffering from sinus trouble realizes his condition has been brought about by himself and is willing to be guided through a routine change of living habits, his prospects become immediately brighter, because the cure lies in a better knowledge and application of basic physiological principles. He will be helped to this better understanding in conjunction with the latest non-medical methods of treatment.

Restwell Sanitarium

MABEL COLEMAN

At Briarwood, Seven Miles South of Portland on Macadam Road.

1 Mile North of Oswego

Rt. 1, Box 553

BR 5241

Oswego, Oregon

The Dissector's Corner

By W. A. B.

The Genesis and Control of Disease

G. S. Weger, M. D.

Resting his case upon the contention that toxemia in all forms is the basis of practically all disease, the author develops his thesis with skill and conviction.

He does not claim that toxic conditions must arise always from external factors, but gives generous scope to such items as emotional stress and self-indulgence.

"The theory," says the author, "that there is a background of toxemia and enervation in all disease seems to me, from every angle of approach, the most tenable and reasonable solution of many of the perplexing problems of medicine."

There is an introduction, "The Future of Medicine," by Sir James MacKenzie, which is a masterly review of this absorbing subject, while the book itself is packed with worthwhile information on symptoms and treatment.

Beginning with a short, concise outline of the fundamental sciences of anatomy, physiology and function the work proceeds to discuss the genesis of the countless diseases which afflict mankind.

The author has been generous enough to devote nine pages to definitions and nomenclature, an innovation which might well be copied by all who essay the writing of tomes on specialized subjects.

Dr. Weger is to be congratulated upon his tolerance. He takes the wider view than other schools of healing than medicine have done yeomen service in the attack upon disease. Chiropractic and Osteopathy are not condemned, but discussed with candor and wisdom.

As an aid to practitioners of the healing arts, this work can be recommended, although the strictly orthodox will find no comfort in the statement that "—The almost universal practice in treating disease is to attack the symptom or, in other words, the effect of living without due regard to nature's mandates. Apparently we do not realize that, when we treat disease, we thereby assume the power to amend the law, a power which is not within our province."

Cloth Bound, 675 pages. Published by Phillips Printing Company, Los Angeles' California.

Microbes by the Million

Hugh Nicol

"Undoubtedly the greatest contribution recently made to positive health are the bio-chemical findings about vitamins and it is established in a general way that sound nutrition impedes the onset of many microbe-borne diseases."

"The virulence of pathogenic (disease producing) organisms and susceptibility or resistance of its host are cognate. To impute disease production to microbes is to consider only one aspect of an impact."

The above paragraphs, picked at random from Dr. Nicol's book, give a clear indication to his way of thinking about bacteriology. The doctor apparently believes with many other enlightened people that disease is altered vital function and that ALL of the series of events leading to an outbreak of sickness are necessary to produce the result.

Not that he argues the matter; far from that. An author who heads his chapters with quotations from Alice in Wonderland would hardly be possessed of a combative nature in any case. On the contrary the book is written for the ordinary reader and one comes upon interesting facts and searching questions as one finds colored pebbles on the sea shore, practically without effort.

The delightful and thought-compelling chapter on the Puzzle of the Heated Haystack, for instance, while revealing a mighty drama of life and death, introduces in the most informal way a penetrating discussion on the great problem of immunity.

Says our author, speaking of epidemics—and the haystack, "The question that is still unsolved is not only why did ten die"—in a typhoid outbreak—"and hundreds fall ill, but why did thousands fail to get the disease? You will note that it has been left to a non-medical bacteriologist to propound a fundamental question about health."

The book is well worth reading. Published by Penguin Books, Limited, and sold in this country for 25 cents, paper covered.

Recipes For Health

Ardath Welsh

People are funny, yes, adults as well as children, about eating food just because it is good for them. Difficult is usually experienced in getting even a member of the family to eat all the vegetables they should. It may not be the fault of the vegetables but the fault of the cook who lacks imagination preparing them. Vegetables may come unappetizing by overcooking by using too much water in the preparation.

SAVORY CARROTS

8 young carrots
4 tbsp. butter
1 tbsp. minced onion
½ tsp. salt
½ cup sliced, stuffed or minced olives
½ tsp. sugar
⅛ tsp. pepper

Cook whole in one inch boiling salt water (½ tsp. salt per cup) for 10 to 20 minutes or until tender. Rub off under running water. Cut into quarters lengthwise. Melt butter in covered saucepan; add minced onion; cover and simmer for five minutes—do not brown. Add salt, olives, pepper and sugar. Then add carrots; heat thoroughly and serve. Serves six.

BRAISED CELERY

3 bunches celery
1 onion, peeled and sliced
1 carrot, scraped and sliced
Few grains of pepper
2 tbsp. butter or margarine
1 sprig parsley
1 cup beef bouillon
1 tsp. salt

Wash celery and remove top leaves. Cut each celery head lengthwise through heart, making 6 pieces. Cut pieces in half if necessary to fit casserole. Arrange the onion and the carrot with the parsley in bottom of casserole. Lay celery on top, dot with butter and sprinkle with salt and pepper. Add bouillon, cover and bake at 375 degrees for one hour. Serves 6.

PIQUANTE SPINACH WITH BEANS

2 lbs. spinach
3½ tsp. salt
½ cup butter or margarine
2 cups minced, cooked beets
1-3 cup lemon juice
⅛ tsp. pepper
4 shelled, hard cooked eggs, chopped

Wash the spinach and cook until tender with 2 tsp. salt and without adding water. Drain and chop coarsely. Melt the butter and heat the beets in it. Add lemon juice, pepper, 1½ tsp. salt. Chopped spinach and eggs and reheat. Serves 6 to 8.

Tobacco Friend or Foe?

By Dr. A. Budden

"Tobacco is an Indian weed
And from the deville did proceed
Thus think; and smoke tobacco."

Old Song.

The oft disputed battle between those who favor the use of the weed and those who despise it ebbs and flows across the years. Some women's organizations have from pre-war days denounced smoking and even sought legislation against it. Time was in some states that one could not purchase cigarettes at all and other forms of tobacco were dealt out only grudgingly.

The first chapter of the world war, 1914-1918, however, saw a complete defeat of the anti-smoking cohorts. The anguish of battle and piteous gasps of dying men were supposed to be made easier when accompanied by a drag from a fag.

At the base hospitals too, soldiers overcame the pain of healing wounds and operations without anestheasia to the accompaniment of cigarette smoke, if and when said cigarette was drawn into glowing life by the lips of a nurse or good looking W.A.A.C. Just as bobbed hair, necessary at the front to avoid cooties, became a rage at home, so smoking of cigarettes, supposed to produce relaxation after the toil of battle, leapt overnight into public esteem.

The manufacturers of "pills", anxious also to help win the war, rushed into the breach with heroic-size posters and magazine ads depicting beautiful young women smoking with a dash and eclat never yet achieved by woman-kind, for, as every male smoker knows, one of the most painful things about a woman smoking is her complete lack of proper technique.

It is, perhaps, interesting to note that the rise of tobacco into favor amongst women and the consequent enormous increase in sales began at about the time that the myth of the prohibition of alcohol was with us. The erstwhile exclusively manly art of smoking became common property with the vote and other appurtenances of citizenship. Gone was that fine old retreat from too much female company, the smoking room, with its rare quips and Rabelaisian stories. The women not only invaded the sacred precincts, but abolished them so that, now, the odor of stale tobacco rises rank and forbidding in every public place; hotels, trains and busses are foul with this slightly nauseating effluvium and there is no more in the land a place where into the non-smoker may duck in an effort to escape. Tobacco is

everywhere.

Now, what is to be the effect of this universal habit? Is tobacco a menace to health and right living? Canon Kingsley to the contrary, notwithstanding, the answer seems to be in the affirmative.

A great deal of scientific investigation has been done in late years on this subject with the result that the hazards of smoking or chewing—in the form of snuff or otherwise—are pretty well known. Certainly, tobacco is poisonous. Who does not recall the deathly illness which overtook one up behind the barn or on the park benches after one's first smoke? Such dreadful unhappiness could only have come from the attack of a powerful poison.

Of course, there are grades of tobacco and the lowest are the most deadly. Few people ever enjoy the flavor or stimulation of the choicer sorts despite the bland assertions of the pseudo-Oxford graduates who disclaim from the loud speakers.

Tobacco is a poison and, whatever else it may be, it is not a cure for sore throats, notwithstanding the advertising section of the medical journals or the treble inanities of "little Johnnie". Tobacco is just tobacco and, until recent years, was nothing else—but of that more anon.

That it attacks the blood vascular system seems certain. Scattered through the pages of the scientific journals is plenty of evidence that it weakens the heart muscle by affecting adversely the small arteries that feed the great pump. Becoming smaller, they constrict the blood supply to the heart and thus begin the process that leads to missing beats and heart fatigue. This is not all. Spread throughout the blood system, tobacco or its extracts reduce the size of the arteries in general and, thus, tend to raise the blood pressure.

Another of its more sinister effects is that it produces a more profound reaction in young people than in the old. And, in the case of neurotics, it tends to exaggerate their jumpiness and increase their already embarrassing timidity.

Cases are cited upon the best of evidence—Journal of the A.M.A.—of the death of young children from swallowing a relatively small quantity of snuff, while one demise was reported from blowing bubbles through an old and ripe tobacco pipe. It need not, apparently, be taken by mouth to do its fell work. An enema in which a small quantity of tobacco had been boiled proved fatal to

the unfortunate victim and "There is enough poison in a cigar"—brand not stated—"to kill two grown persons if injected directly into the circulation," another researcher states.

So, there we are. Surely, the above ought to be enough to banish smoking forever from amongst us, but so perverse is human nature and so seductive the lure of our lady nicotine that more and more the incense rises and greater and greater grow the tobacco fortunes.

However, of late years, alas, a new menace has arrived for those who find good cheer in the relaxing glow of a dime cigar or temporary dulling of taunt nerves in fretfully pecking at the ever-present cigarette. Research along the line of toxicology has shown beyond a shadow of doubt that "all the tobacco in the American market contains arsenic in a form which may be taken up by the human body."

This is news, indeed. Lead arsenate is used almost universally by those who grow tobacco for the purpose of destroying the parasites which infest the leaf. The difficulty is that in the process of manufacture, it cannot be eliminated because it sticks to the plants. It cannot be washed off, for in doing so, the tobacco is spoiled.

The United States Department of Agriculture published the results of an investigation in 1934 which stated that tobacco smoke contained arsenic. Consumer's Research followed later with an analysis of five brands of cigarettes. This report said that the amount of arsenic found was too high for the safety of the heavy smoker.

There is also plenty of evidence to show that itching, burning skin rashes sometimes afflict those who consume too much metallic poison with their tobacco. And, finally, where patients are under treatment with arsenic compounds, the result of the addition of this substance by way of smoking can be grave indeed.

Thus, the story goes. The jovial old soul with his long clay pipe stuffed with good ripe Barbados has vanished. The southern cavalier placidly puffing—if southern cavaliers were ever placid—his long cheroot is no more. In those glad days poets could say,

"When all things were made, none were made better than tobacco. . . . There is no herb like it under the canopy of heaven."

"Today," says science, "tobacco is no friend of man, whether in cool clay or long cheroot, it is a poison made doubly dangerous by the addition of arsenic."

Foods That Make You Grow Old

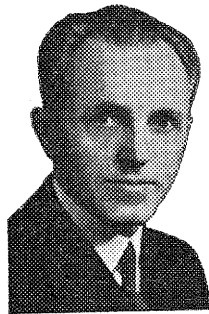
Ralph I. Shadduck, N. D.

Twins alive and healthy at one hundred and twenty years of age. So reads the story in a recent article in the Physical Culture magazine. The average length of life in America is around sixty years, yet these two colored gentlemen of the deep South have succeeded in doubling the average. Why sixty years for most of us and one hundred and twenty years for these two citizens? Have they partaken of some "elixir of life" denied the rest of us; have they finally discovered what Ponce de Leon so vainly sought for in his futile search for the "Fountain of Youth?"

Science has long thought that given a sound heredity and favorable conditions of living man could well double the "three score years and ten" allotment of life so long accepted, as the average best, man can hope for. The fact that these one hundred and twenty-year old men are just ordinary fellows and are in no sense different from the rest of us, should fill our hearts with high hopes for long and healthful lives. It can be done as these two living examples have so convincingly proven.

The story of these men's lives reveals clearly that an abundance of raw and cooked fresh vegetables constituted a large proportion of their diet from the very beginning. Nearly all vegetables are solvent in nature, a point which will be explained later on in this article. Manufactured, processed, refined pickled, pulverized, sulphured and other artificially treated and degenerated forms of food and drink are notably absent from the diet of these venerable members of the human family. Their diets have always lacked the disadvantages of our modern food perversions.

Unquestionably the out of doors life of these men contributed in no small measure to their good health and length of life. One of the brothers states that never, at any season of the year, are the doors of the house in which he lives, closed. Fresh air night and day for a very long lifetime has supplied food oxygen in ample amounts and undiluted with gases, smoke and dust such as is found in most modern industrial cities. Fresh, clean air, we know, feeds the tissues and cleanses them as well. The wholesome exercise required by these men in the business of earning a living has compelled normal breathing as contrasted with the shallow breathing which constitutes the practice of far too many modern Americans.



Natural foods, simple in nature, out of doors living, plenty of exercise, plus restful sleep, peace of mind resulting from honest and constructive living, these make up the pattern of life which has brought more than a century of good health to these two unusual characters.

Science of course will study in minute detail every factor which has contributed to the ability of these men to live so far beyond the century mark. and from close scrutiny of the diet habits of these men as well as other vital factors, science will learn something of value for all of us, or should I say, something of value to those of us who are constantly looking for new truths and new values. Food, we must be reminded, is what we are made of. We make long lives or short ones, by and with the foods taken into the digestive tract. So let us proceed with the analysis of this particular instance of longevity and find if we can something of definite value that can be incorporated into our individual lives.

Is "living long" a magic something that comes to an occasional fortunate man or woman? Not so! Any apparent magic involved is purely a result of good heredity plus good and adequate food and other normal factors within the environment. Some ten years ago I was lucky enough to come into possession for a short time of a six hundred-page book written by Sir Alexander Haig, member of the British Medical Society and Royal Society. The book represented some thirty-five years of research in chemistry, as related to diet and health and some of the basic causes of disease, of growing old, etc.

Sir Alexander became convinced that the business of growing old was largely one of filling up with crystalline substances. He found that human tissues in every part part of the body became more or less clogged up with crystals.

Mind you, his work was based up constant laboratory analysis of the most exact nature. Some foods, learned, carried an excess amount of factors which produced crystals in the body. He listed these foods for our guidance. He proved to his own satisfaction that these crystals could be eliminated from the body with what he called "solvent foods," thus restoring flexibility and youthfulness to the tissues. Youth then, to Sir Alexander was a matter of eating large amounts of solvent foods and very sparingly of the crystallizing foods. It is my personal conviction from an extended experience in prescribing diet for nearly every kind of a case under the sun, that Sir Alexander Haig has made one of the most important contributions to science of the last hundred years.

Common Observation proves that one grows older much of the flexibility of the body is lost. Youthful elasticity disappears as one ages. This, Sir Alexander believes is due to the accumulation of various types of crystals in the ligaments and muscles. Poor functioning of the heart, liver, pancreas, stomach and other vital tissues he believes due in part to the blocking, irritation and interference of crystals which have settled in these parts. Sir Alexander does not maintain that this crystallization process is the sole cause of disease, nor does he claim that solvent foods are the exclusive cure for all ailments. He well as the other scientists fully recognizes the need for a full or balanced diet containing all of the Vitamins, minerals and other food factors which go to make for complete nutrition.

This scientist's experience with the "solvent diets" in thousands of cases proved that tissues of the body would regain flexibility and youthfulness when properly fed. Such has been my own experience in a great variety of cases I have learned to depend greatly upon solvent foods plus the correct selection of foods high in Vitamins and minerals plus a strict restriction of acid and crystal producing foods, in slowing the aging process and bringing the people back to health. There are few cases which do not yield to a system of this kind. Quite a number of non-medical doctors, several hundred in fact have been using this system of dieting with their patients and report satisfactory results.

ATTEND THE STATE CONVENTIONS

Foundations of Natural Methods

By Virgil MacMickle,

The foundations of natural healing rest of course within the body itself. For all healing depends upon the organism's own powers of recovery and its natural tendency to recover. And these are as ancient as the organism itself, which is far more ancient than any school of healing. For millions of years the human organism and its pre-human predecessors, like every other living thing, has had to struggle to survive and perpetuate its kind. And not the least part of that struggle has been its never-ending battle against disease. If it hadn't learned, millenia ago, to put up a very excellent battle it would never have survived long enough for doctors to have developed. It follows, therefore, that when doctors or the "primitive medicine men" or shamans—first came upon the scene and started to practise the art of healing they were confronted by an organism that had already done magnificently without them, and that had, as an ingrained part of its very biological nature, a tremendous capacity for resisting and overcoming disease.

So strong is this tendency even in modern man that some noted authorities estimate that he would still recover from about 85% of his ailments spontaneously and unaided. Accepting this estimate as being reasonably correct, a number of questions spring to mind,

only a few of which we shall tackle here. One, what are the factors within the organism that go to make up this tendency to spontaneous recovery? Two, can we so manipulate these various factors as to prevent disease? Three, can we so manage them as to raise the percentage of recovery; can we so assist them as to make recovery more certain, more rapid and more complete, and with less misery during illness and less ill consequences after it?

To find, or to try to find, the answers to these questions, and then to apply those answers in a practical way has been, and is, the special task of doctors. It has not been an easy task. On the contrary, it has been an exceedingly arduous one. For not only did many of the answers have to await the advent of modern science, but many of the most significant questions could not even be conceived, much less intelligently framed, until the scientific approach and the scientific attitude had been developed. But the scientific approach and the scientific attitude are—well, modern. They are as but the tick of the clock in the life of mankind. Naturally, therefore, we have not even yet learned how to pose all the questions that demand solution, much less how to answer them scientifically.

But the scientific method has taught us a good deal. It has revealed to us many of the factors that go to make

up our biologically inherited tendency to resist and to recover from disease. And it has taught us how, with some certainty, to manipulate some of those factors successfully. It has shown us a good deal about how the body generates and utilizes the various anti-toxins and antibodies; about the role played by the phagocytes (matters which were discussed in the last issue of VITALITY); about the powers of the tissues and fluids of the body to fight disease; about the dependence of health upon optimal nutrition, a sound mechanical condition of the body, and a healthy mental and emotional attitude; and about a good many other factors, internal and environmental, that have so much to do with the maintenance and restoration of good health.

Each of these matters deserves, naturally, far more space than could be devoted to any one of them in an article of the length of this one. We shall, therefore, have a great deal more to say about them in subsequent issues. But for the present it is sufficient to point out that many of these factors which comprise the organism's powers of resistance and recoverability lend themselves most beautifully to successful management by natural, non-surgical methods. Which accounts for the advance, both in efficiency and in the public esteem, of the non-medical schools of healing.

Kirkpatrick Laboratories

(Incorporated)

MAKERS OF BODY CELL SALTS

403 Panama Building

Portland

Oregon

PORTER HOME

For Invalids

204 N. E. 86th Ave. SU 9828

BERTHA PORTER, Director

THE HEALTH OF THE CHILD

By Dr. Philip M. Lovell
The Drugless Treatment of Every
Common Disease from Birth to
Adolescence

Price \$2.00

WESTERN STATES COLLEGE

1536 S. E. 11th Ave.

Portland

Oregon

Office Hours by Appointment

Office Phone ATwater 1598

DR. B. A. BEDYNEK

Optometrist - - Naturopath - - Chiropractor

306 Broadway Bldg. — Broadway & Morrison — Portland, Oregon

Cross Eyes Straightened

Weak Eye Nerves & Muscles

Chronic Eye Diseases, Cataracts

Glasses Fitted When Needed

Body Posture Correction

Ear, Nose & Throat Diseases

Sinus, Mastoid Disease

Tonsil Treatments

SUMMER COURSE WESTERN STATES COLLEGE

MASSAGE

CONTINUOUS CLASSES DAY AND NIGHT

The demand for Masseurs trained in recognized institutions is increasing rapidly. It is your opportunity.

CALL REGISTRAR

1533 S. E. 11th Ave.

PORTLAND

EA 8919

Equity and the Barber

By Dr. A. Budden

A bill for the advancement of education amongst barbers appeared recently in the Oregon legislature.

It proposed that, before a person essayed the study of the tonsorial art, he or she should possess a certificate of graduation from a standard high school.

The bill caused a good deal of amusement, but not amongst barbers. It reminded them of a somewhat similar measure which was advanced in one of the more forward-looking law making bodies. This gem demanded that the customer should be protected from the "toxic or dangerous breath of the barber."

Said a professor of that art to this challenge, "What about the grief the barber has to put up with? What floats up from the customer's food trap ain't no bed of roses."—or words to that effect.

The same apt reply applies to the Oregon proposal. Argument for the bill consisted of assertions that, since the customer had to listen to the barber's conversation, it ought to be worded in high school English.

The barber has his side of this too. "If," said the man who does the shaving, "I must listen to all the bull peddled by my customers, I ought to be protected by law." And, of course, he should. The law, in mere equity, ought to require of the patron that what he has to say should be sound in logic grammatically put and rationally at par.

Personally, we prefer barbers to be good craftsmen. A ringing "have went" or "I seen it" falls upon the editorial sensorium "as snow upon the desert face"—and no pun intended—if the whiskers fall without pull or lag.

Dr. Leo Verbon

Hours: 9:30 to 12 — 1 to 5

Office B Roadway 2449
Naturopathic Physician

216 Park Building

Alder at Park
Portland, Oregon

All Types of Health
Products

MAIL ORDERS WELCOMED

MODERN
HEALTH FOOD STORE

—: Phone ATwater 4679 :—

932 S. W. Morrison
Portland, Oregon

CHLOROPHYLL FOR HEALING

Green Pigment from Plants now used for a variety of Diseases and Infections.

Ask us about Chlorophyll Tablets.
Get your vitamins this way.

BIO-CHEMIC HEALTH FOOD SHOP

Grand Central Public Market
East Portland, Oregon

Hancock '47'

47th and Sandy Blvd.
MURdock 9701 Portland, Oreg

HANCOCK GASOLIN

None Better

Auto Laundry, Batter
and Tire Shop, Expe
Lubrication, Accessori

"A SAFE PLACE TO TRAD.

W. K. CULVER

ALEX LUKAS

BODY AND FENDER WORKS

— General Repairing —

1721 S. W. Sixth Avenue and Montgomery
BEacon 0138

DR. CHESTER F. EASTER

DR. MABEL B. EASTER

Chiropractic Physicians
Physiotherapists

Member

Oregon Ass'n of Chiropractic Physicians
Oregon Council on Electronic Therapy
22 Years' Practice in Portland

Office Hours: 9:30 A. M. to 5:30 P. M.
Evenings by Appointment

CENTRAL EAST SIDE LOCATION

1511 N. E. 21st Ave.

Tel. Tr. 55

HOLMES BUSINESS SCHOOL

INDIVIDUAL ADVANCEMENT

Edna Steen McCall, L. L. B.

Principal

Shorthand
Typewriting
Bookkeeping

Comptometer
Dictaphone
Business Arithmetic

Commercial Law
Effective English
Secretarial Studi

Increase Your Efficiency and Earning Power
Through Specialized Training

Day and Night Classes . . . Enroll Any Time

STUDIO BUILDING

Phone BEacon 77

Subscribe for VITALIT

"O'Grady's Goat Did That"

So ran the refrain of a "poem"—a humorous, a side-splitting poem, if you please—of the "Gay Nineties." 'Twas a piece recounting, at some length and in considerable detail, the escapades of a more than usually incorrigible Billy goat who, however—if recollection be not in error—redeemed himself in the last stanza by belching forth the previously purloined and hastily swallowed red flannel drawers of some irate neighbor and so flagging down an onrushing train that was otherwise destruction-bound. Of about the same period was a song that must have been at least slightly off color, if not downright ribald, for the adults who seemed to know it never sang the words of more than one line in the presence of a certain five or six-year old chub, and then hummed the rest with sophisticated smirkiness. The articulated line ran: "O, the man on the ferryboat, he stinks like a Billy goat!"

From these and other expressions of kindred nature the lad in question got a very low opinion of goats, an opinion that was not greatly improved by later observation of a pair of mistreated Billies whose intelligent revolt against the abuse of their stupid master he mistook for sheer goaty stubbornness.

He did not then know, and neither, apparently, did his elders—whose ignorance seems not to have been greater than that of many adults of the present day—that the goat was not only one of the oldest of domesticated animals, but that it had, throughout its entire association with mankind, been one of man's staunchest and most intelligent animal friends.

Later he discovered, of course, how

colossal his ignorance had been. But he had to become a doctor and study the detailed data of scientists from almost every corner of the globe before he came fully to appreciate the fact that, whatever the failings of the Billy, from the Nanny came one of the most wholesome and nutritious foods in the world. And that, if the Nanny were kept clean and healthy and her milk served cold and fresh, goat-milk was one of the most palatable of beverages. His subsequent clinical experiences in the feeding of goat-milk to infants, invalids and convalescents but served to convince him that here was a food whose superlative health-giving properties should be made known to all health-minded persons. It should therefore occasion the reader no surprise if in the pages of VITALITY he finds frequent reference to this very excellent food-drink.

—V. M.

Eyesight Prolems

(Continued from Page 2)

fering with normal impulse. The great majority of cases can be normalized by the proper treatment.

Q. But aren't there "diseases" of the eye?

A. Certainly. Disease does attack the eye the same as any other part of the body.

Q. Aren't glasses needed in case of diseased eyes?

A. When eyes are diseased, even those who fit glasses advise operation, medicine, etc., rather than glasses.

Q. When would one need glasses?

A. Only when the eye muscle had

GOAT MILK

Guard Your Health . . .

Authorities recognize Goat Milk as easily digested, healing to the stomach, a bone builder, alkaline in reaction, and contains more natural vitamins than any known food.

Goat Milk is a perfect diet for infants, a health builder for adults.

Order Grade "A" Goat Milk
— From —
Cornell Goat Dairy
Phone BRoadway 4310
Delivered Fresh Daily to All Parts
of the City
Visitors Welcome

DR. CHAS. E. DODGE
Naturopathic Physician
AT 2663 315 Times Bldg.
PORTLAND, OREGON

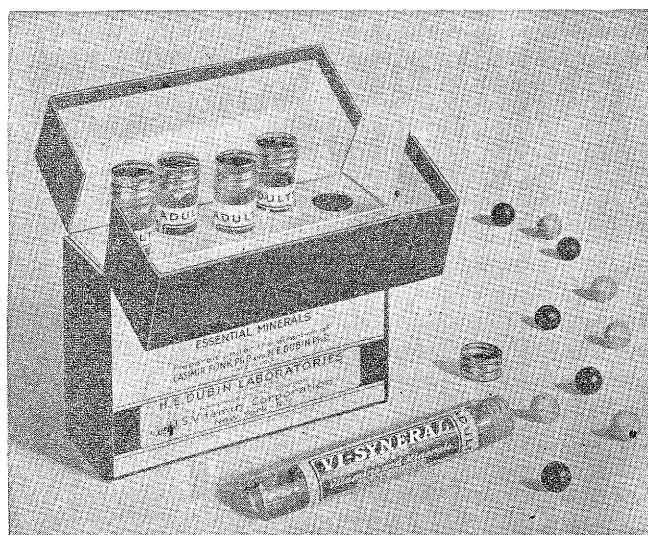
failed to relax for such a long time that it would not respond to treatment.

Q. Is this often?

A. Practically never, under 15 years of age. And seldom otherwise, except after long continued use of glasses.

Q. Is there no help for these cases of long standing?

A. Yes. In 999 cases out of a thousand, improvement will be shown with proper treatment.



Contains Vitamins A-B¹-B²(G)-C-D-E and other B Complex factors, fortified with eight essential minerals, in Funk-Dubin balances, separately packaged for adults, adolescents, infants and children, expectant and nursing mothers.

A. W. NEIHEISEL

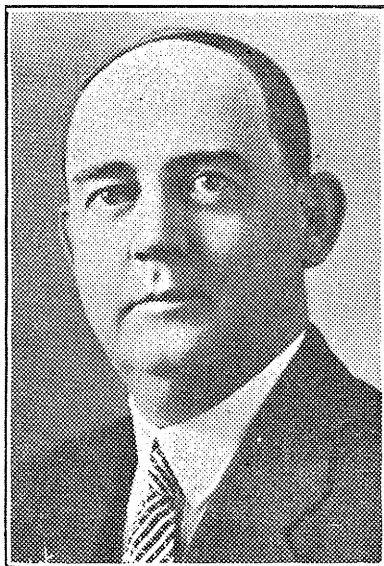
OREGON-WASHINGTON DISTRIBUTOR

6836 N. E. 27th Ave.

TRinity 7575

PORTLAND, OREGON

A Message From Dr. Reeves



Dr. Harry Reeves, head of the Department of Adjustive Technique at Western States College. Dr. Reeves is an authority in his chosen field and is credited with developing a good deal of the work in use today. He was formerly head of technique and neurology at the National College in Chicago.

IT IS MY CONSIDERED OPINION

that the basis of all good treatment of disease is manual adjustment or manipulation.

This should be obvious to all who make even a cursory Study of the matter.

The bony skeleton of man provides the framework upon which the body is built.

Good health is impossible unless that framework and the joints that make movement possible are kept in sound condition.

The action of the heart, the movement of the alimentary canal, the functioning of the brain may all be impeded by disrelation of the spinal segments and fixation of their joints.

For the above reasons the art and science of adjustment is of paramount importance and calls for the highest degree of skill, care and judgment.

Thorough training in these procedures is, therefore, the foundation of a successful practice. There are no substitutes.

STUDY UNDER LEADING MEN AT

The Western States College

SCHOOLS OF
CHIROPRACTIC AND NATUROPATHY
FOUR YEAR COLLEGIATE COURSES LEADING TO
DEGREES D. C. OR N. D.

Register Now for September Classes

WRITE REGISTRAR

1536 S. E. 11th AVE.

DR. A. BUDDEN, Director

PORTLAND, OREGON