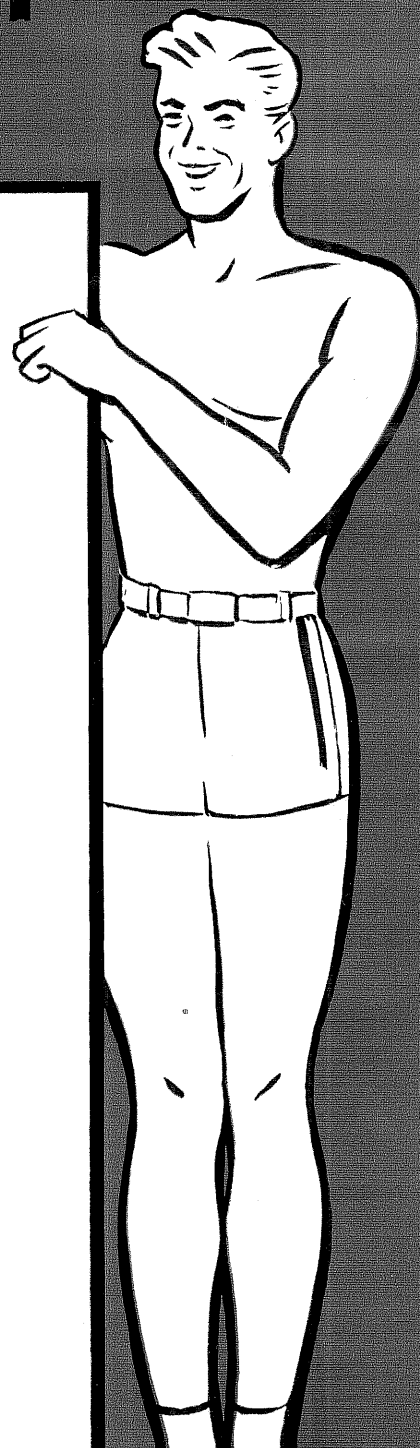


Vitality

A MAGAZINE OF HEALTH

OCTOBER 1941

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Common Cold



Buyer's Rights



Child Health



Sciatica, Bane of Humanity



Colitis



Health League



Care of the Stomach



Nature's Drinks



More About Diabetes

German Soldier Scientifically Fed

The performance of the German army in Poland, Norway, Holland, Belgium, and France was not due to antifatigue tablets (drugs) but instead to a vitamin and mineral-rich special diet with the proper balance of protein, fats, and carbohydrates: thus reports the leading publication of the food industry, **Food Industries**.

The article discussing the subject is entitled "Foods That Aided Blitzkrieg". It reports among other things, "To the lowly soy bean, the German High Command attributes a great deal of the success of the army ration. The basic components of canned meat and sausage which featured the World War ration have been replaced by an ersatz known as 'Edelsoja.' "This is a soy bean flour which is added to soups, bread, pastry, and macaroni. It provides the soldier with his balanced needs of protein fat, and mineral salts without the use of meat, milk, or eggs. In his haversack the German soldier can carry a three-day ration of soy beans, and reserves are not difficult to deliver. With a supply of soy bean rations the German High Command feels confident the army can march anywhere without grave concern about its subsistence.

The German military diet is not entirely without meat, but what is available is made to go a long way. For instance, to some sausages artificially germinated soy beans and rye grains are added. These germinated grains contain Vitamins B, C, E, and A. Powdered and frozen vegetables were used extensively. Dehydrated cabbage, carrots, and spinach were compressed into brick form. In every army kitchen could be found the traditionally loved

sauerkraut but in a considerably different form. Now it was dried and compressed into cubes, but nevertheless it was still popular among the soldiers. Vegetable juices were used to take the place of fresh vegetables. They were made into a dough or paste and served as noodles. Dried fruits, whey, milk albumen, lecithin, etc., were worked into the diet in various ways. That the German High Command realized the major importance of its army ration is in evidence in this report, which, while not complete in every detail, nevertheless serves to acquaint us with the basic considerations.

It is apparent that the German soldier is well fed and that his campaign performance is remarkable. Without adequate and well-balanced rations, his performance would not have been possible.

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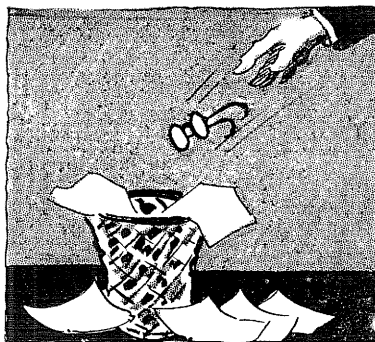
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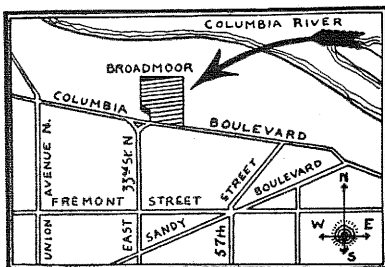


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Common Colds

DR. G. A. STERNBERG

Not long after our part of the earth (the northern hemisphere) has begun its tipping away from the sun, making our days a little shorter and our climate a little cooler, we find ourselves surrounded by sneezes, coughs, hoarse nasal sounds, and flaming red noses. We say to ourselves, 'Must I go through this same process year after year, or is there something I can do to protect myself and eliminate the danger.' It is a serious thing both from the stand point of health and economy. Statistics say that more working hours are lost each year by this one ailment than any other disease.

In most cases of sickness we find one of the causative factors is our inability to adapt ourselves to our environment. In other words if our thermal mechanism in our body could meet the challenge of a draught on the back of our neck, changed quickly enough when we went from a heated room into a cold one or out-of-doors, or if the little glands in our mucus membrane lining our respiratory tract, would keep the mucus membrane moist enough at a time when the air we breath is lacking in the proper amount of vapor we would be better equipped and better protected against colds. Now we are capable of meeting these changes within certain limits but it is outside this limit that we are unable to keep up with the change. There is probably a score of ways in which we may bring about the onset of a cold, however one or two examples can serve for them all in a way of explanation. For example a person is caught in a rainstorm and his clothing is not the type for protection; his hair gets wet, his shoulders, his feet, his ankles—he is literally soaked to the skin. Outside of being wet he feels fine for awhile and may even enjoy it, but this man has quite a long way to go before he will be able to change from these wet clothes into something warm and dry. This cooling effect on the body is met by a reaction produced by man's nervous system and blood supply. The body will send a larger blood supply to the cooling surface (head, shoulders, ankles, feet) and wherever the temperature is falling. The man is feeling fine now, he has a warm glow. He is breathing deeper, his heart has increased its rhythm enough to keep a fresh supply of blood in the vessels near the skin. He is really glad to be alive and doesn't mind the rain in the least. But the picture will

soon have to change and an opposite reaction take place, for the cooling effect is giving the nervous system a constant stimulus and the nerves constricting the vessels in the abdomen and thorax forcing blood to the surface are going to become fatigued. The size of each blood vessel is controlled by nerves; they may relax the blood vessels to allow more blood to pass through or may constrict and allow very little blood to pass. So, soon the warm glow produced by an increased blood supply to the surface will give way to an occasional shiver and an action we know as goose flesh. This is the turning point and the first in a series of events ending with all the well known symptoms.

Where does all this blood go that was a short time ago on the surface? There is only one place that it can go. That is way in deep into the abdomen, thorax, and cranial cavities—for the blood vessels in those localities are dilating due to the fatiguing stimulus. The dilation becomes so great that the veins and capillaries are engorged with blood. The increased blood to the mucus membrane starts an over-production of mucus. The nose begins running, the throat begins to fill up, and if the cold is severe enough the trachea and bronchial tubes have an over abundance of mucus. The eyes begin to water because the little tear ducts are pressed shut obstructing their drainage into the nasal cavity. The mucus secretion has produced an ideal location for bacteria to thrive and they begin to grow and multiply at a rapid rate. The bacteria in turn calls the white blood cells out en masse, for a

feast, for the white blood cells, (leucocytes) as you know, are the scavengers of the body destroying foreign matter and organisms. So, to the mucus added white blood cells, bacteria along with fibrin and elements of the blood plasma.

Many times a process very similar to that going on in the head and chest will take place in the abdomen affecting the stomach and bowels. The congestion or engorgement of blood interferes with the secretion of digestive juices and the bowel becomes sluggish resulting in an increased absorption of water from the food which becomes dry and hard due to the dehydration. The dehydration and hardening process leads to constipation another event that makes the man feel miserable. One more symptom brought about is the loss of sensation of taste and smell which are closely related and due again to improper function of our intricate nervous system—for the gustatory and olfactory nerves carry the stimulus from our tongue and nose to the brain to be interpreted there into sensations of smell and taste. In the meantime while the blood is engorging the internal organs the muscles, joints, and even our skin becomes sore due to lack of the washing action of the circulation—the waste products are not carried away and a new food supply does not arrive. This accumulation of wastes (acids) makes our muscles ache and go into a state of partial contraction or stiffness. This is especially noticeable along the back and the places where the greatest tenderness exists will correspond with

Continued on page 15

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Buyer's Rights

Elizabeth Rawlins

The buyer's greatest right is to a reason for purchase. The average shopper has her reason well in mind before she starts, but the person buying Vitamins is confused by A B C's and vulnerable to sales talk. In almost every instance she is "sold" and has no chance to "buy". She doesn't know "why" certain Vitamins, certain combinations, certain potencies, certain brands, or any other "why". And she rarely asks her doctor.

Nor can she become an authority by acquiring advertising pamphlets, heeding radio propaganda, or by attending "free" lectures.

Don't misunderstand me. There's food for thought in all such media. But no manufacturer disseminates information to fit competitive merchandise. His story fits his stock. Therefore all advertising is biased.

Your doctor doesn't bear this bias. His professional career rests on results. He will never wittingly advise an ineffectual therapy. As he gets you well today,—you'll call again when necessary. He'll do his best, and use the best, and for everything he does he no doubt has a reason.

As times and markets change, and as Scientific Nutrition grows up from a baby into a big boy, the doctor will demand that his pet manufacturer keep abreast of the times, else doctor'll spank and business will fall off.

The doctor is better qualified to determine the potentialities of a product by the printing on the label than the patient. Yet a pathetically large number of unwell people persist in prescribing for themselves from the plethora of pamphlets piled in prominent places in 80% of public shopping spots.

The woman who pores over ads in search of something "new" for her very bad skin, and flits from five-dollar night cream to five-dollar tissue cream will, if pressed by her doctor, reluctantly purchase some Vitamins (of her own selection) and feel them a bargain...at fifty cents. She wonders why her doctor advised "that other brand."

So she uses her five-dollar night cream and her fifty-cent pills and nothing happens to anything except her state of mind which goes from bad to worse.

Lady be good! Reverse the investment and buy five-dollar Vitamins and fifty-cent creams. You might be surprised.



And another woman, busily wielding an eye-cup, or taking that before-the-date siesta with lotion packs over the optics. They're not clear, sparkling, alert, or lovely, so she's doing something about it. Yet those optics would pop if her doctor should say: "A good liver is just so much eye-wash," and tell how to get one.

Only a good interior fosters a fine exterior, and you can paint a good face only if you have the right foundation.

Occasionally the patient does ask the doctor's advice on the products, but here again the doctor's technical appreciation and terminology may fail to put across an explanation sufficiently simple to give the patient a clear understanding which would enable her to intelligently and persistently carry out his advice until the objective was attained. Too often this leads to a "one-bottle-user" who, having gained no permanent benefit, is poor recommendation for the doctor, his advice, or the Vitamins. Yet that same patient, a reasonable adult, being advised to "drink more water" or eat more vegetables" would hardly do so for a month and then quit, smugly confident that she had fully cooperated with the doctor.

And tho we've named these products all kinds of conservative things like "dietary supplements" "nutritional adjuncts" and supportive foods" the layman too

often regards them as immediate cures and miraculous panaceae, and it is with sympathetic albeit sad attention that I hear a person say: "I took two Vitamin B tablets and honestly, Miss Rawlins, I never felt better in my life!" or another one says: "I've taken that Vitamin B all week, Miss Rawlins, and I can't see much change..."

Both these people need a thumb nail sketch of Vitamins, their purposes, and the expectations we may place upon them. The second speaker is much less dangerous to deal with, for he is more nearly right and undoubtedly the more observant. That first speaker must be unsold on his faith in Vitamins and on the buoyant good health he so promptly acquired. He must be convinced that altho perhaps some bodily chemical change may coincidentally have taken place, he did not get better on two tablets of B. He may now be in the pink, but if he's allowed to continue to think that a small dose of organic Vitamin B is a panacea, he'll raise hob with all Vitamins, all brands, all methods of natural healing some day when a new pathology defies that "two tablet cure."

This was to have been a discussion of some of the reasons for some of the purchases which patients must make from time to time. It seems to have culminated in anything but.

The synopsis message herein is to the effect that any doctor will willingly pass judgment on the patient's independent efforts at self-diagnosis and self-prescribing, and there are innumerable instances of painful enlightenment as to how you, the patient, have spent lots of dollars on shopping forays, buying merchandise which, while food for thought, was never "Food against disease."

Ask your non-medical physician next time if what you're doing is worth the price.

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CHILD HEALTH

DR. MARGARET J. SCHMIDT

BALANCE

We speak of balance first, since every condition in this phenomena, which we call life, has a physical basis. Good body structure and good body balance are the first requisites to health. Granted that we have good body structure we can, and should, acquire good posture which means perfect balance. Balance is health. Balanced muscles, balanced body chemistry, balanced gland function, plus balanced diet, equal HEALTH.

Posture

From the time a child sits up and stands the mother or nurse should observe its posture. Posture is an index to the child's condition. If there are indications of extremely faulty posture, a Chiropractor who specializes in this work should be consulted. However, faulty posture is often due to habit. From the time the child understands and imitates he should be taught by word and example how to stand, how to walk and how to sit. Most children do these naturally. However, an injury may cause the favoring of a leg or an arm. Bad habits get started and unless corrected lasting harm is done.

Perfect posture, perfect posture
Do not slump, do not slump
You should grow up handsome
Hide that hump, hide that hump.

How To Sit on the buttock, not on the back.

In the first place, if there is a choice, select a chair which in some measure fits the body. If the seat of a chair is too high or too deep it is impossible to sit gracefully. Sitting gracefully is the key to perfect sitting posture. Mothers, to be sure to have small chairs for the little ones. Then you can say, 'Get your chair and sit down' and expect the child to do it gladly because he will be sitting comfortably.

In a comfortable chair or divan it is quite proper to lean back or recline, and either is a graceful pose. In a straight chair or stool it is much less tiring to sit erect with the feet on the floor. Etiquette permits crossing the legs. It is not the ideal posture however and if same leg is always thrown over the other it will cause pelvic distortion, with its many aches and pains in later life.

Appendicitis, dysmenorrhea and sciatica are some of these. These last few statements are especially for the elders

whose example the little ones are always following.

Childrens games should be supervised so they do not form fixed habits. Those who like to sit and play quietly should be encouraged to run and jump. Those who prefer to play strenuously must be taught to read or otherwise amuse themselves quietly during some part of the day.

How to Stand

To stand easily without tiring place the feet squarely on the floor, about four to six inches apart, with the inside of one foot, the line from the great toe to the heel, parallel with the other foot. The knees should be straight but not tense. The middle of the body at a line with the hip should be perfectly balanced over the feet. The abdomen should be slightly drawn back to prevent too great a curve in the lumbar region of the back. The chest should be well up, the head held so as to make the body as tall as possible. Slight swaying as a ship might sway on a calm sea relieves the stress of the muscles and prevents strain. But the weight should not be too frequently shifted with a sagging of the hips and shoulders. This denotes carelessness, low vitality and lack of poise. Parents should notice when a child is standing as straight as he can and whether one shoulder is higher than the other. Make this test: place a book under the foot on the side of the low shoulder. If this brings the shoulder up, a lift should be worn in the shoe until the short leg has grown as long as the other. Now if

placing a book under the foot does not level the shoulders then there is distortion somewhere in the spine and this should be corrected. The Chiropractor specializes in correcting such irregularities.

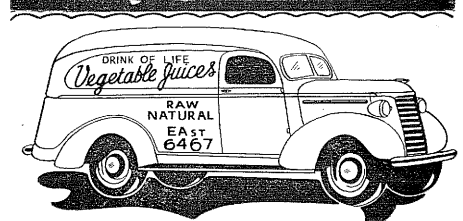
How to Walk

In this day of general interest in athletics every boy and girl is anxious to be strong and healthy, to have good feet and to walk correctly. When the child understands that he will develop strong leg muscles and that it will keep arches of his feet from falling and

Thinking, breathing, digestion, assimilation and elimination are influenced by balance. Body balance depends in some measure upon correct walking because the feet are the foundation.

causing weakness and pain he will readily follow instructions about foot posture.

Continued on page 12



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Sciatica, Bane of Humanity

DR. C. E. STEWART

Sciatica is a veritable harriden amongst the diseases which afflict humanity. It seems to the sufferer to appear without cause but, once established, the victim is hag-ridden sometimes for months. In severe cases even the movements of the sciatic nerve itself cause exquisite agony.

In order to get a clear idea of this disorder, perhaps it would be well to nod briefly in the direction of the anatomy of the chief offender. This nerve is the largest in the body. It leaves the spine at its lowest section and goes to the skin and muscles on the back of the leg and foot. It is really composed to two nerves which join together in a common covering.

On its way down to the foot it also passes under and between large muscles and several bones any of which may by pressure produce the inflammation which we call sciatica.

The causes of this disorder are there-of two nerves which join together in a fore to be found somewhere in the anatomical arrangement around it or in disturbance of the nerve itself. We must not overlook the fact, however, that it may come from inflamamtion of neighboring internal organs or even remote local infections.

Along the spinal portions of the nerve for instance changes may occur that are likely to start the thing going. There may be fixations of the vertebral segments, that is, the moveable sections of the spinal column, may by becoming subluxated disturb the branch nerves which come from the cord and unite to make up the sciatic. There also may be tumors, either of bone, bringing pressure, or on the nerve itself, or in some neighboring internal organ. Inflammation too, from congestion as the nerve passes downward causing strangulation at the nerve roots.

Then lower down, this terrible neuritis may arise from disorders of the rectum. There may be piles, fistulas or sinuses. The urinary bladder also suffering from a chronic inflammation may because of a thickening wall, set up sciatica. In the male, prostate disease or enlargement is frequently a source from which this trouble may arise.

A very potent cause of sciatica is constipation. Not as so many people think, from the absorption of toxins, but from impaction and pressure. Fecal matter accumulating in the lower bowel

will if there is mass enough enter into direct contact with the nerve. There is a portion of the rectum which is particularly vulnerable and by way of which the trouble may get started.

The fallopian tubes, ovaries and womb are also to be suspected of producing this terrible affliction. Fibroid tumors, malposition of the uterus will also bring it about.

Now as we come further down the leg we find sciatica arising from falls or blows or from arthritis, while behind the knee it may occur from enlarged blood vessels, joint inflammation or rheumatism.

These as we have seen are all local causes. We must look, however, to the general condition of the body. First as to posture, this is very important, the position of the pelvis as a whole may be at the root of the matter.

Then there are the toxins, diabetes for instance, which poinsoning the body as a whole, will give rise to a very stubborn sciatica, and, of course, there is the kind occurring as the result of alcoholic over-indulgence. Sexual activities carried to excess may also be responsible.

And so it would appear that the causes of sciatica are many and some of them very serious. Self treatment is sometimes effective if a person will take proper care of his diet and apply heat

to the seat of the trouble, but this is only the case when we have what is called neuralgic sciatica.

The other kind, the true neuritis, is a thing calling for expert attention. An inflamed nerve may, if not relieved, become completely wasted. That is, the stuff of which the nerve is composed will shrink and degenerate into a thin, knotted cord quite useless so far as functioning as a nerve is concerned.

This means a wasting of equal proportion amongst all the skin and muscles which the nerve serves. That is, practically all of the back of the leg would be wasted and shrunken.

Thot, of course, is something to avoid. It therefore follows that if after a few hours or days the sciatica does not disappear, you should see your non-medical physician or anyway see some sort of a qualified doctor.

We say non-medical physician because the type of training he has received fits him especially to wrestle with this kind of trouble. Internal medicine is not much good in cases where there has been a definite change in the relation of the sacrum to the rest of the pelvis or of the spinal segments one to the other. And above all insist that your physician have you X-rayed. Countless mistakes arise from failure to do this and mistakes are costly.

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COLITIS

DR. ROSS H. ELLIOTT

Not long ago this word was rarely heard but in late years it has become almost a household term because of the increasing numbers who suffer with this complaint. Formerly, dysentery, diarrhea, constipation etc., seemed good enough names for different types of colon troubles but it is now known that any of these manifestations are but indications of some degree of catarrhal inflammation of the colon wall so the suffix—itis, which always means inflammation of the part referred to, has been hitched onto colon and we have the more practical term. Colitis is a catarrhal type of inflammation of the colon wall and all catarrhs are expressions of the body's effort to rid itself of waste matter through the mucous surfaces. When the condition involves the nose it is called nasal catarrh, or more specifically, rhinitis. When the location is the bronchial mucous membranes, it is referred to as bronchitis. The name simply referring to the structures involved. Colitis then, is just one of the many catarrhs that affect humanity when out of condition. The symptoms of this very disagreeable form and location of Catarrh, in an active state are many and varied although mild cases may manifest but few symptoms or even escape altogether. Bilious attacks, sick headaches, mental depression, nervousness, irritability, fatigue, mild or severe pains, running off at the bowels or perhaps obstinate constipation with or without mucous in the stools, are some of the symptoms which may be present in severe conditions. The appetite may vary from voracious hunger to nausea at the thought of food. The usual impression is that colitis must be accompanied by mucous in the stools. This is not the case however except in certain types and degrees of what is called mucous colitis, when vast quantities of mucous may be shed daily and even regular casts of the colon may be passed in the more severe cases, looking much like a large worm. In considering the causes of colitis we must not forget the causes of all catarrhs, which are to be found in the manner of taking the daily foods. We eat far too much concentrated animal protein, such as meat, eggs, fish, fowl and cheese; and far too much of the refined foods, white bread, pastries, white sugars and candies, all of which have for the most part lost their alkaline salts. We habitually take our various foods without



any thought as to their compatibility in digestion, as by eating starches and sugars, requiring an alkaline media for complete digestion without fermentation, together with the meats or other concentrated forms of protein, which require acid conditions for digestion, and as the stomach cannot possibly be both acid and alkaline at the same time and cannot do two diametrically opposite tasks at the same time, the incompatibility which we have created upsets the digestion, and fermentation and acid formation result.

As the acid rises in the body the alkaline reserves decline as does the function of every organ, and when this lowering function affects the colon, as it is bound to do, the elimination work gets behind, the food residues remain in the colon too long, fermenting and putrefying until far too much of this irritating debris is absorbed, which still further lowers our alkaline reserves, with still further depression of function and we begin to suffer from a vicious cycle. As stated before, the catarrh of the colon is caused by the same mistakes that cause other catarrhs, but in the case of the colon it is still further aggravated by the presence there of so much decaying material, and it is small wonder that of all the catarrhal surfaces of the body that of the colon is apt to be the worst. Absorption of decaying matter from the colon quickly find their way to the liver and liver congestion soon results. Even cirrhosis, with or without gall-bladder infection, often follows years of colonic catarrh. In treating, we find some advantages as the colon is one organ that may be reached directly by means of a cleansing flush applied as an enema or better still as a colon irrigation making it easiest of all the mucous surfaces to treat. And this is good therapeutic practice in spite of an edict put forth some years back against the use of the colon bath,

declaring its use tended to paralyse the colon or deplete its function. Whoever the author was of such an opinion, obviously he had had very little or no experience with colon irrigation, for the very opposite of this is true. The irrigation does not cure, but it does artificially the work of the colon until a changed habit of eating restores it to normal activity again. And even though it may be true that recovery from colitis, as from its symptom, constipation, can be brought about without the use of colon irrigation, yet it surely is in line with Nature's efforts to empty this sewer each day till Nature is again able to restore the normal rate of movement. And even if this condition might possibly be improved without the use of the irrigation, it will recover much sooner and certainly more pleasantly with the use of this very needful crutch. If you consult your physician with bowel complaint and you are told that you have colitis, don't be influenced to take medicine, as no medicine has ever been discovered that will do this or any other catarrh the slightest good. If you find it impossible to be treated by a physician using Natural methods, better treat yourself along the lines indicated below and you will soon realize you do not have to have colitis, as it was self created and can be cured by reversing the habits that caused it. Take an enema consisting of as nearly three quarts as possible, of slightly cool water, containing a heaping tablespoonful of common baking soda. The entire three quarts should be injected at one time if possible, so as to thoroughly distend and completely empty the colon at each application. Continue this routine daily for two weeks and then reduce the amount of water to two quarts and substitute for the soda, the juice of one whole lemon. Continue this with as much lemon juice as is comfortable until regular daily stools occur before time for the enema, which will indicate the colon is again ready to resume its normal responsibility without the aid of the flush. Rest is advised according to the

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EDITOR

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

ASSOCIATE EDITORS

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

BUSINESS MANAGER

A. GOLDSTEIN 1536 S. E. 11th, Portland, Oregon
Publication Office Address, 1536 S. E. 11th St., Portland, Ore.

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Headache and Love Making

Migraine headache, the most dreaded of all forms of this common ailment has engaged the attention of doctors for many years. Known also as sick headache, it manifests itself in various shades of misery from slight distress to the agony that drives men to madness.

It is generally agreed amongst non-medical physicians that the immediate cause of migraine is a partial closure of the window which opens between the lateral and middle ventricles of the brain.

These ventricles, as is generally known, are full of cerebro-spinal fluid and it is thought that the closure of the aperture between the two mentioned above produces abnormal pressure and headache. Anyway treatment based upon the above theory is generally successful in relieving the pain.

Now comes Dr. Wolff of Cornell Medical College and offers a new line of remedies. Love making, music, literature, plastic arts and holidays of not more than one day at a time are suggested.

Dr. Wolff classifies migraine as "A matter of personality and how it is used" and further suggests that it affects "perfectionists and hard driving ambitious people." Two-thirds of the victims had also been "goody-goody children and those who harbored strong resentments." In other words, it is a matter of nerve strain or disagreeable emotion.

This is all pretty vague and no particular credit to Cornell Medical College although much more pleasant than the remedies generally in use for migraine. It must be confessed, however, that there might be some difficulty in taking a dose of love-making whenever headache threatens; unless Dr. Wolff knows of a method of invoking Dan Cupid which does not require team work.

Malpractice & the Military

Curious situations arise every now and then in the administration of a government organization as large as that of the United States.

Thus, a selectee who believes himself injured by an examining doctor because of false diagnosis or treatment may sue that doctor for malpractice.

No less a person than the Judge Advocate General of the army has said so: holding as he does that "members of the army are entitled to the same civic rights of action between one another with reference to suits for mal-practice or negligence as they would have in civil life." Thus speaks one section of the government.

But observe what another branch says. The Selective Service system has it that in the event of such action against a doctor it would do all in its power to secure the best legal and expert witness services available without cost to the defendant. It would also in the event judgment was obtained, present a bill to Congress requiring the Federal Government to pay such damages as may have been assessed. That is to say, the service not only would not penalize a doctor for negligence or damage to a patient but would seek to cushion the usual penalties by providing money to pay them—from the taxpayers of course.

The case of the enlisted man is still more peculiar. He may bring a suit for mal-practice against an army doctor but winning it will be quite another thing. In the first place, he will find the case usually transferred to the federal court with a federal district attorney defending the doctor. However, this branch of the government seems to feel that its responsibilities end here, for it will not pay damage should they be levied against the physician.

This, one must agree, complicates the matter considerably since it relieves the government of any excuse for interfering at all. Here are two government employees quarrelling over a private matter. It is true that they occupy the relation of officer and subordinate but that should not be permitted to weigh in this kind of case. The one sues the other under the civil code which generally reserves such affairs to the state courts.

It would seem, in all fairness, therefore, that the matter should remain in the court of origin. It would look much better—if the government feels it must intervene—that it do so as a referee, and if it must provide counsel that it do so for both of its employees.

As the matters now stand—if indeed there has been mal-practice—the federal authority appears as seeking to protect carelessness and over-sight in its more highly placed employee, from the penalties which law and equity permit, and that at the expense of the more lowly attache.

Education of A Non-Medical Physician

Educational requirements for graduation from accredited schools of chiropractic or naturopathy have been set for some time at four years of nine months each—a total of 36 months of intensive training. Entrance requirements are now graduation from a standard high school, but indications are that two years of liberal arts will soon be added.

This has not been accomplished all at once or without considerable effort. In fact, the men responsible for the advance of the non-medical healing arts have encountered and overcome obstacles which would have dampened less ardent spirits.

The history of this rise may be compared with that of the rival school. When medicine was young in this country, educational requirements were low indeed. There were no stately buildings, no stream-lined laboratories, no glittering hospitals. Such institutions of note as the Oregon Medical School sheltered its primitive equipment in a three-story wooden residence. Rush Medical in Chicago, now a vast pile of modern buildings, housed its few students in a small shabby house. They were good schools, of course, but it is necessary to remember these things when the educational status of the non-medical system of healing is under discussion. There is a marked tendency to make comparisons not justified by the record.

It ought to be kept in mind that a considerable number of quite competent physicians never attended school at all in the formal sense. They learned their profession as assistants to practicing doctors—and a grand way too. Recalled also should be the fact that less than half a century ago even the best of medical schools required only two years of six months each for graduation.

As we have said, the situation in the field of chiropractic, naturopathy and kindred systems developed in much the same way. There was this difference, however, that whereas medicine being first was encouraged by the willing and eager cooperation of the public, the non-medical schools have had to prove that they were indeed necessary.

And, being able to do so, they have made great progress. Beginning with two years of six months each for a degree they soon added another to make it three.

Here they paused for stock-taking and to better organize themselves against the unceasing attacks of their elder brother, medicine, now grown fat with public funds.

Anon, growth began again. Soon the better schools were demanding three years of eight months each, then nine months—twenty-seven in all. They stiffened their entrance requirements and registrar's offices began to look more shrewdly at pre-requisite records. Finally, as stated above, they reached the goal of four years.

They still lack the splendid building and superlative equipment of the medical schools. That this will come in the next few years there is no doubt. The public will soon awaken to the fact that the institutions of the new methods they patronize so generously are as worthy of state support as is the older school. After all, there is no particular reason why the taxpayer should pay to educate a doctor, but if he feels that it should be done, there ought to be no discrimination as between systems.

W. A. B.

The Health League

RACHEL PORTER

The Health Education League of Portland was organized nine years ago in November 1932 as the outcome of lectures of Paul C. Bragg. It was formed by his students who wished to continue self education along the natural ways of attaining and maintaining health as set forth by Mr. Bragg and other health teachers of similar thought. The club is non-commercial and the aims of the health league are:

1. Every man his own physician.
2. Health wisdom leads to natural living.
3. Medical freedom on the same basis as religious freedom.
4. Live foods make live people; dead foods make dead people.

The first president was Wm. R. Reece, who has held this office seven out of the nine years. First secretary-treasurer was Mabel K. Alspaugh, now associated with the Modern Food Shop. It was mainly thru the interest and enthusiasm of these two that the league has been kept alive. Juanita Lennon was first Librarian.

The league now has a large membership of active members and meets the first Tuesday evening of each month at the Masonic Temple, Park and Main Sts., 8:00 P. M. Its program is primarily that of health education along the lines of natural living.

A monthly bulletin is issued which goes to some four hundred names. This bulletin announces the activities of the league and also carries up-to-the-minute items of health information. It is edited by the secretary of the league, the writer of this article.

The program each meeting is full of life and interest. The meeting begins with singing in which the aims, ideals and practices of the league are set to old and familiar tunes. Mr. Karl Brunner is song leader and vice-president. Miss Nethlie Svoboda is treasurer.

The president Wm. R. Reece gives a short talk on some current health topic and usually a short reading from some text book on natural living. One of the most effective features of the evening's program is the "exchange table" for gifts. Members bring some health item in the form of food, flowers, etc., which are placed on a table at the head of the hall. When the collection is taken—tho here it is not called a collection—those present place inside of the envelopes passed around with the song

sheets, their offering, also placing their name on the outside of the envelopes. These are placed in a hat and thoroughly shuffled and then the "drawing" begins. The first name drawn is entitled to first choice of all the items on the table. This has proven quite popular.

The main educational feature of the evening's program is an address followed by questions by one of Portland's competent instructors or practitioners in the art of natural living. These volunteer their services and since the range of subjects is usually on the use of natural methods in the treatment of disease, much good is accomplished.

The league also maintains a lending library which includes all the best known books on healthful living. Books are rented to members and friends for 10c per month per volume. These rental fees buy additional books. Miss Ilda Boehmer is librarian.

Membership is only 25c per year which goes to carry on the publicity and organization work of the league. The league is also developing a program of social activities in addition to its educational work. This consists of occasional "Health Dinners" and out of door picnics. On these occasions the members always enjoy a health menu as well as the inspirational features. A summer camp on Larch mountain is being talked of.

The league has been active in opposing discriminatory legislation against medical freedom and has volunteered health information to the President of the United States. It has formulated its principles into a "creed" which is occasionally recited at the monthly meetings. Here's the creed:

We believe in health!

We believe in health of body and of mind.

We believe in living close to Nature.

We believe in sunshine; in using our muscles; in plenty of sleep; in Nature's own foods and drinks; in good will to all; and in everything that builds the perfect man and woman.

We believe in keeping pure the blood stream of poisons from within and without.

We believe in sitting straight; in walking straight; and in thinking straight.

We believe in medical freedom on the same basis as religious freedom.

We believe that health is not a matter of accident, or of medicine, or of

magic, but of law. If we know the law and obey the law we shall be and can be only well.

We believe in Life; that Life is good; that Life wills us good health and only health, and to obedience to that Life and law which heals us we pledge our constant and earnest endeavor.

We exult in Health and we know that to the increase of our joy in health there can be no end.

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Care of the Stomach

DR. A. BUDDEN

Dietetics as a science and a popular pastime is now at its zenith. Everybody knows something about what to eat and not a few people can play the changes on the vitamins and minerals with dazzling effect.

In all of this how-de-do, however, the organ that is to wrestle with this high-powered energy containing food, the stomach, seems to be getting edged out of the picture. It appears that only a few people understand that proper combustion depends just as much on the condition of the furnace as upon the quality and quantity of the fuel fed to it. And so we shall attempt to amend this oversight with an article or two on that useful organ, the stomach.

Most people are quite vague as to the location of the ventriculus. This is not to be wondered at, because, after all it has only a relatively fixed position. Of one thing one may be sure, it is usually not in the position so neatly outlined in the popular science books.

Then, again, it is necessary to remind ourselves that the stomach is not a thing apart, but is really a bulge in a long, continuous tube. This is important because it frequently happens that what occurs in parts quite remote from the stomach may affect it just as though it were itself at fault.

Getting down to cases, however, we must first realize that there are in general two kinds of stomachs. First, the steer-horn, so called because of its shape. This belongs to the hearty, thick necked, large chested person. It usually is quite muscular and active, churning food around vigorously and thrusting it along the digestive tube. It will be found located well up above the umbilicus or belly button. It points across the abdomen from left to right. The swallowing tube which brings food to it enters at the left while the exit is at the right, close as a rule, to the bulge of the gall bladder.

The other kind of stomach is known as the fish-hook type. This is usually the digestive sack of the tall, thin, long-necked, flat-chested person. It does not have much muscle tone and hangs as a rule straight down on the left side. A narrow tube, it reaches, when the person is standing or sitting to the level of the hip bone. At its lower end it turns quite sharply upward, thus producing a sort of pouch in which food sometimes lingers for a considerable time.



Now, it is important to remember that this type of stomach cannot be raised by any kind of procedure, or is it necessary that it should be raised. It is the kind of stomach that such a person as we have described is born with. To attempt to change its position by surgery or otherwise is like trying to shorten a man by cutting off his feet.

It is true that where muscle tone has been lost attempts should be made to restore or even improve it, but there is a limit beyond which it is impossible to go. There is no magic that will turn a fish-hook stomach into a steer-horn kind. It just can't be done.

To understand one's stomach is to treat it properly and one of the things to realize is that it is under the control of powerful nerves. These are four in number, two of each type having opposite functions. The first, for instance, originate in the base of the brain and descend on both sides of the neck and ramify around the front and back of the stomach. These, when they are excited, cause contraction of muscle and induce an increase in the flow of gastric juices.

The opposite group arise from the spinal cord at about midway between the shoulder blades and oppose the first described nerves. These, when they are stimulated, cause relaxation of the stomach muscle and lessening of amount of digestive juices.

Now, of course, it is apparent that these nerves should be active during digestion and at rest when the stomach is empty. Such a happy state of affairs is, however, only seldom the case. There are penalties to pay for our civilization and this is one of them. The nerves which contract the stomach muscle and increase the flow of juices can be and are stimulated to action by many other things than hunger. Fear, rage, worry, in fact any disagreeable emotion will

cause a flare up. Under the impulse of any of the three states named above a contracted stomach and a heavily flowing gastric secretion occurs.

Most of us of course are not constantly in a rage, but many are in a continual state of worry. Consider, then, what happens to such a person. Hour after hour, day after day, without surcease, working or resting, sleeping or waking, the stomach remains twisted in a spasm while over its surface pours constantly strong digestive juices. This is a bad situation indeed and there is great danger that an ulcer may arise from the erosive action of the juice. Digestion, of course, is also continually disturbed.

It is well to remember, also that such conditions do not always arise from fear, rage, or worry. There are mechanical factors to be considered. Strange as it may seem, small ulcers in the ears or hard wax may bring on the symptoms of stomach disease. Infected or impacted teeth, eyestrain, and certain kinds of small tumors of the neck may cause the stomach to contract and the digestive secretion to increase. There are many people who have been and are being treated for gastric ulcer who are actually suffering from one or more of the above stated minor difficulties.

We have said nothing about cancer or real ulcer. These are, of course, of the utmost importance and will be dealt with in a future issue as well also the effects arising from stimulation of the relaxor nerves. For the nonce, it must suffice that lesson number one as outlined here, in the case of the stomach be read and mastered. It is much easier to treat or cure a condition when the patient understands the anatomy of the case.

Dr. A. V. Wehoffer
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CHILD HEALTH*Continued from page 5*

Years ago we were taught to toe out. Now we teach our children to toe straight ahead, not in, (Indian fashion) but straight ahead. In this way the weight of the body is carried on the outer rim or walking arch of the foot, thus preserving the inner or spring arch. The body should not be heavy but because of its balance-centers and rotation-centers we should really bound easily up and down like a spiral spring, swaying very little from side to side. If we keep the thought of the lift of the foot in mind rather than the coming down, walking just as tall as possible then we get the correct idea.

Breathing should be rhythmic with the stride. It should be neither chest nor abdominal, but diaphragmatic, that is straight out at the end of the breast bone. Shoes are important. Any reliable shoe merchant should be able to advise mothers what to buy for their children. A few remarks may not go amiss. The shoe should be flexible, with never a stiff arch support. Muscles are weakened by support and strengthened by exercise. The heels should vary somewhat with the age of the child, but should never be very high.

By word and example parents should teach their children that walking is a pleasant as well as healthful exercise. Who remembers the time when a young man would call for the fair one, one or two hours before show time, then leisurely they would stroll in the direction of the theatre? The girls might revive this beneficial custom. It would help the young man's pocketbook as well as his health, or provide money for ice cream. And the walk home? Well the longest way round is usually the sweetest way home.

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Nature's Drinks

DR. ANNA M. FINSETH

Nature has given us so many things to use, most of which are beneficial.

Let us pause a moment and consider what we could drink if we knew something about them. All around us are plants growing which in themselves are as nutritious as the green things we buy at the markets, and more so, for they often grow on soil which hasn't been used years on end, depleting the minerals which should be stored therein.

Do you know strawberry tea? The tea from the steeping of the wild strawberry leaves has a stimulating and tonic effect on the tissues of the vital organs due to the iron and silicon which is contained therein and likewise has a cooling effect on congested tissues, assisting in lowering fever or soothing inflammatory conditions and checking fermentation thru its sodium content. Try going out on some hillside or sunny meadow to gather wild strawberry leaves, drying them thoroughly before storing for winter use.

The lowly parsley is another green which until a few years ago seemed to be allotted only a decorative feature on the dinner table being used as a garnish on the platter of meat or salad plate. Now we know that parsley contains almost all the vitamins known. The Department of Agriculture gives us the information that two ounces of properly prepared parsley thru dehydration contains as much Vitamin A as a half ton of beef. It also has two and a half times more Vitamin C than any of our citrus juices. We know it contains several times more iron than the much heralded spinach. Don't be afraid to dry whatever you have remaining of any bunch of parsley and use it for tea, steeping it for 20-25 minutes when making tea.

Alfalfa is another of those growing plants whose content was for a long time thought to be only for cattle. However

when the analysis was made of it, it was found to contain all of our vitamins in goodly percentage and also a mineral content of no mean quality. It will stimulate kidney action, promote the digestive organs to more normal action, tone the nervous system by its splendid amount of magnesium, potassium, calcium, sodium and phosphorus besides the other minerals. Many people prefer alfalfa and mint in combination in tea using about one-third alfalfa.

Another very delicately flavored tea is your common red clover. Pick the blossoms and the smaller leaves and branches any time during the summer. If the blossoms have ripened to the dry state in the fields, so much the better. Make sure all these various plants are bone-dry before storing in some dry place. Red clover is a real tonic-soothing in its effect on the digestive organs and mildly stimulating to the circulatory system. The Chinese very often utilize one half or more red clover to the balance of real tea when brewing their hot drink.

Then we must not forget our flax tea. If you want your quota of Vitamin F be sure to drink plenty flax seed tea-seed and all. Of course flax seed tea is slightly laxative but its finest feature is its ability to help eliminate mucus and phlegm from the system. It shouldn't be boiled but should be steeped for 20-25 minutes, using about a tablespoon to a pint of water. Then, when ready to drink add a bit of lemon juice or a little honey or both, according to taste.

If you like a tea with a real tang to it try watercress. It contains a fine amount of manganese and flourine, both of which will improve your resistance to disease, strengthen your memory and incidentally help you to keep young. And who doesn't want to do that?

COLITIS

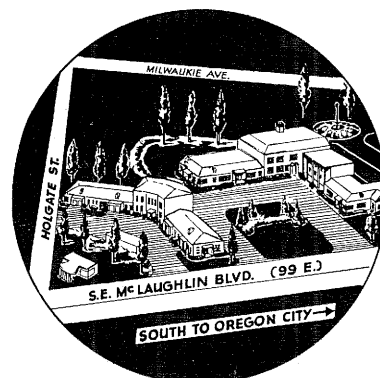
Continued from page 7

degree of weakness which may prevail, but as the colon is relieved of the catarrhal inflammation and the general toxic condition of the whole body improved, a feeling of strength and endurance will again appear. While drastic and reduced diets are advisable in severe types of colitis, the average case will make a nice recovery where the really good foods are properly selected and combined, with the colon treatment as outlined above to make sure that decaying material is not allowed to remain too long in this irritated tube. This is probably much too simple to appeal to one who believes recovery from disease a very complicated and difficult matter, involving the need for taking various kinds of medicine, with many trips to the physician. Mother Nature is a very simple and kindly old lady, as well as an excellent nurse and when we accept and follow her teachings, we soon know she is not leading us astray. So all we have to do is change our living habits, eat properly, keep the colon clean and no case of colitis can persist very long.

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More About Diabetes

DR. J. W. NOBLE

Numerous inquiries have been received by the writer concerning the article published in the July number of Vitality under the title, "Substitute for Insulin". Most of these asked the question, "Why does diabetes occur?" and, although little enough is known about this mystery, an effort to answer the question is in order.

Diabetes Mellitus (sugar diabetes) is a condition caused by pathology (disease) in certain portions of the pancreatic gland. Now, the pancreas is a long, sausage-like, structure lying behind the stomach. The head is attached to the small intestine. A tube running the whole length of the gland empties digestive juices into the bowel.

There is another secretion, however, which is delivered straight into the blood stream and this has been dramatized and sold under the name of "insulin". It is formed by small clusters of cells, known as the Islands of Langerhans and is of the utmost importance in the control of sugar.

It is rather a complicated affair, but may be stated somewhat as follows. A substance which breaks down starch is generated by the pancreas, changing it (the starch) into dextrose and finally into maltose—malt sugar. Now, another substance enters the field and converts the maltose into glucose which is the only form in which carbohydrate food can be made usable by the body.

After all these chemical changes have produced the glucose, it is absorbed through the wall of the small intestine and enters the blood which is being carried to the liver. Glucose is carried in small amounts in the blood ordinarily, but if the quantity increases above a certain point there is likely to be trouble.

In order to avoid this, nature has provided insulin, which drives the excess glucose from the blood and into storage in the liver. It takes the form of glycogen, however, and is held in keeping until a demand occurs for muscular energy.

Some of this sugar is taken up by the muscles and held in reserve so that this very precious stuff from the Islands of Langerhans dominates the glucose situation by keeping it distributed in the right places.

Thus it is apparent that if there is for any reason, an insufficiency of insulin, sugar will fail to enter the liver or the muscles and will accumulate in

the blood. There will be a high blood sugar level. Now, enough is enough and this sugar, while spilling over into the urine will also cease to be a friendly and necessary substance and become a poison.

And so the question arises, "Why does the pancreas stop producing insulin?" Aye! there's the rub. There are as many theories as there are islands of Langerhans or almost as many. Some observers believe that a low grade infection is at the bottom of the trouble. Others, that slowly growing tumors interfere with the activity of the gland, while some believe that impaired circulation and nerve supply are responsible.

I am, on the other hand, of the opinion that dietary indiscretions and insufficient intake of the so-called protective foods are largely responsible for the failure of the pancreas to furnish enough of the antidiabetic insulin. By using a diet sharply restricted in car-

bohydrates and fats but with no reduction of protein intake and supplying massive doses of vitamin B the writer has had several patients who have been rendered nearly sugar free (no sugar in the urine) and have remained that way for over a year, without taking one unit of insulin. The success obtained in these cases was highly gratifying because without exception these patients had been told to use insulin or suffer the consequences. I believe that the vitamins used in these cases increased the use and control of carbohydrates and at the same time aided in restoring the dormant islands of Langerhans to renewed activity.

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COMMON COLDS*Continued from page 3*

the nerve areas supplying the part where the cold has settled.

Now what is the answer to this problem? What can we do constructively to remedy this situation? Is the answer in some of the common cold remedies which contain ingredients to further paralyze and deaden our nervous system, or is the proper procedure found in bringing about a reversal of the steps that have gone before? Non medical physicians believe in a constructive method of remedying this situation. In the first place the nervous system should be given every chance to do its work properly by relaxing and calling a new blood supply along the spinal column, freeing all the distortions of bony structures between which pairs of nerves pass from the cord to the tissues they supply. This part of the job will call for a practitioner skilled in adjusting the bony framework of the body. He may also use other equipment by which the engorgement of blood may be forced again to the surface giving the tissues a chance to repair the damage done during the period of imbalance or unequal distribution of blood. We find that establishing the proper

nerve and blood supply is the most important step. Now what can we do at home to help this thing along? In making home suggestions we list just a few: Proper temperature of heat in the living quarters with a water container attached to your heating system. This moisture will keep the nasal passages from getting dry and irritated. Drink plenty of water to keep the proper fluid content in the blood and wash the waste from the kidneys, this also aids in keeping the bowel from absorbing all the water from the fecal masses. Water or any healthful drink is important. The bowels should be kept in good order. Perhaps your doctor has suggested a colonic treatment or has explained the proper use of an enema. And lastly, a suggestion both for preventing and alleviating congestion in throat and

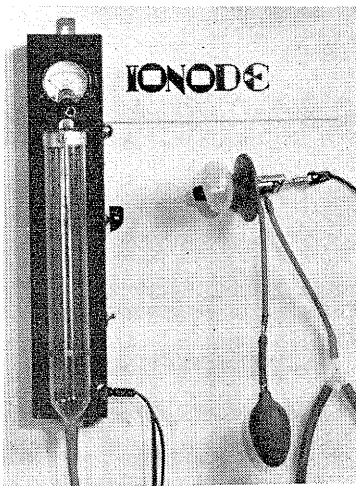
chest, is sponging with cold water over front of neck and chest as far back as a line drawn from the middle of the arm pit. Do this quickly, rub until the skin is pink, leave very little water on the skin, immediately put on a warm garment to avoid chilling. Sponging once in the morning is good for the prevention of colds. When the congestion has already taken place the sponging should be applied every two hours. The action here is again to the nervous system drawing the blood to the surface but eliminating the chilly effect and fatiguing action mentioned before. Try this water treatment for prevention and relieving colds. You will be surprised with its effectiveness.

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