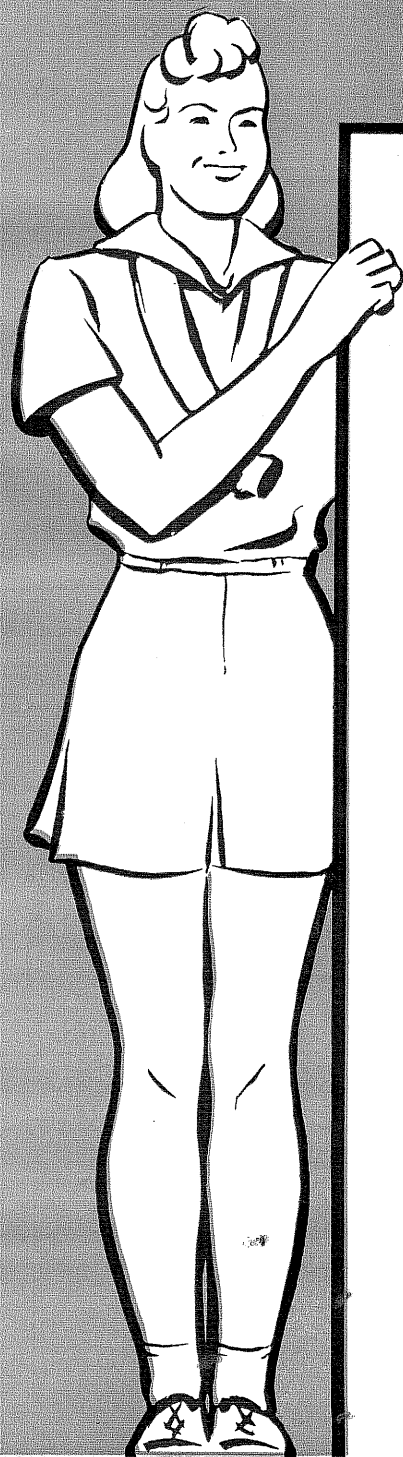


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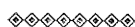
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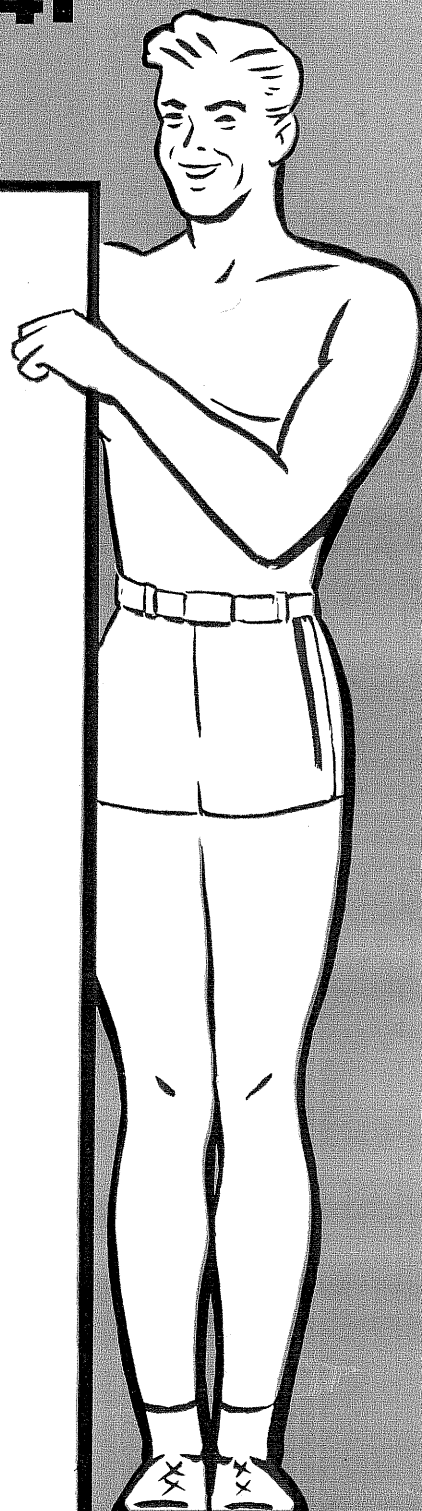
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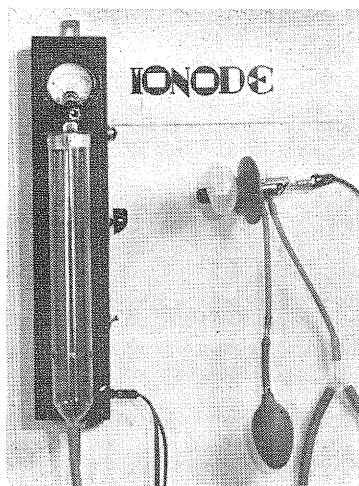
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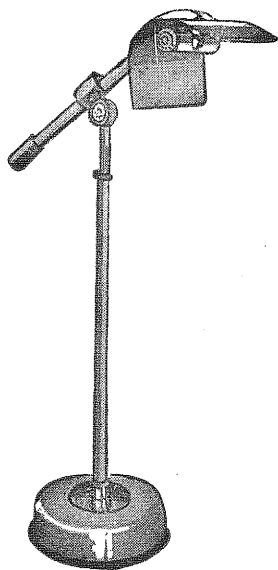
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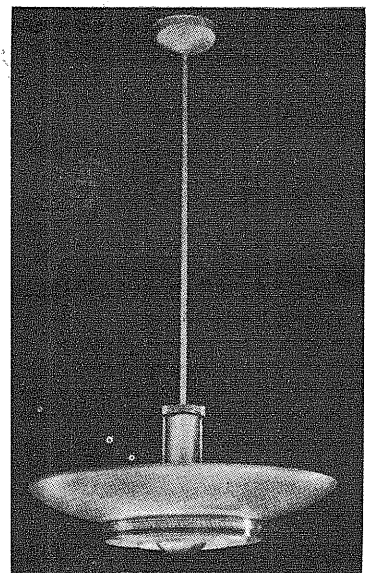


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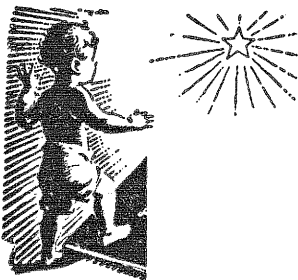
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Child Character Building

DR. MARGARET J. SCHMIDT

This is the first of a series of "Essays in Child Health" by Dr. Schmidt. There will follow articles on Balance and Posture; Sleep and Food; How Much and When; the Delicate Child; When the Robust Child is Ill; Contagious Diseases.

Dr. Schmidt is regarded as one of the foremost child specialists in the non-medical ranks and Vitality is glad to welcome her to its contributing staff. The doctor has agreed to answer questions on child training and child health. Communications should be addressed to Margaret J. Schmidt D. C., 4324 Wallingford, Seattle, Wash.



The Child—"A lovely being, scarcely form'd or moulded, a rose with all its sweetest leaves yet folded."

Character Building

What has character building to do with the health of the child? Well the latter is largely a matter of good health habits and we cannot build these without influencing moral conduct. In the first place it demands self control and this is the first requisite in any person of good character. Parents must have it if they expect to teach it to their children. Child training is first of all parent training. Train yourself then you will have very little trouble with those who are subordinate to you, be they children or adults.

Regularity and moderation are as important to child health as they are to infant health. No matter how good some particular food tastes we must not eat too much of it. No matter how much we want to stay out in the rain without bothering with rubbers, we must not do it. No matter how much we like to read or look at pictures without bothering about proper lighting, we must not do it. No matter how much we like to stay up until we are so tired and cross that no one can live with us, we must not do it.

What if we do not like vegetables, we must eat them. What if we do not

like to take a nap, we must do it. What if we do not like milk, we must drink it. What if we do not want to obey at the first call, it must be done. You see it is all a matter of discipline. Obedience is the first rule of discipline.

Be sure, my dear parents, that by your own example you merit the obedience of the child. If you are lax in a certain matter you cannot well enforce that rule upon a child.

Never give an order without thought. Never give an order without seeing to it that it is obeyed. Never give an order which you do not want obeyed. Never make fun of a child after he has obeyed an order which you have given carelessly. All these things are very confusing to the child's mind, and disastrous to the discipline. Always insist that the child obey quickly but not blindly. The child whose mind is slow must be given more time than the child who is alert. Always insist quietly but firmly. Never raise your voice. (Self control). Let the quality rather than the volume of your voice convey intensity. Do not confuse the child's mind with detailed explanations.

The next requisite is patience. Remember we mean patience, not laxity. By your own calm, patient repetition you teach the child to also be calm and patient. When directing play or work do it with energy. But when giving an order or correcting a child be calm and patient but firm and keep on doing it day after day. Answer all questions even if you say, just because it is. Children put many statements in question form just to be assured that they are right in what they see.

The result is well worth while in the return you get in love and confidence from your children. We know for we have five of them grown.

We are often asked, "When should a child begin to help himself?" At two years the child should eat with a spoon or fork, drink from a glass which he picks up from the table and sets back carefully. He should also be able to put stockings and shoes on, with help from mother in straightening the stockings and lacing the shoes.

However this does not come at once. He must be allowed to try every day with mother supervising and helping. This takes time but it is effort well spent because the child is learning all the time.

We have said there should be a grandma in every home where there are children. Grandmas usually have time to help and teach children these things. They must not however do the work, otherwise the object is defeated.

At this age too the child begins to put his toys away. And he should have a special place to put his clothes. If he helps to put them away in their proper place when he comes in from play and also when undressing to go to bed he is acquiring habits that will be valuable all his life. Little shoes should be set nicely side by side and little socks hung over them so they will air. They should never be tucked into the shoes because they will be damp. Dresses and coats should be put on low hooks. Undies too must have a special place.

Children should be around where mother is most of the time. They will save mother many steps, and how they love to help! By the time a child is four it can help set the table, sort the laundry, bring the vegetables from the refrigerator porch, bring the paring knife and carry the waste to the garbage.

And it is just play when properly taught. Mother and sonny or mother and girley are having fun. Never say to a child, "my but you are working hard" rather say, "we have had a busy time, we are both pretty tired, aren't we? I think we both deserve a rest, what do you say we both take a nap?"

Mothers should never become servants of their children. There is an old saying and a true one, "If you make a footstool of yourself, do not blame the children if they put their feet on it."

If this plan is followed the mother will have time to spend with the child in its play out of doors. There will not be so much running on the street or to the neighbors, because the child will be happy at home. A busy child is always a happy child. A naughty child is usually one who does not know what to do. Left to his own initiative he gets into mischief.

Dr. A. V. Wehoffer
CHIROPRACTIC PHYSICIAN
1734 S. E. 39th Ave. LA. 6000
Portland, Oregon

3-R's of Health

DR. C. C. DUNHAM

There are three basic fundamentals in the care of the body's health. They are to have the body mechanically adjusted, physiologically clean, and dietetically balanced.

One of the basic foundation stones of drugless philosophy is the fact that the body is built around a skeleton of bones with many joints, held together by ligaments. This frame is covered and supports the organs and muscles of the body. In this day of the automobile and other means of fast transportation we as a people do not get enough exercise to keep the body physically fit. Physical fitness is a condition in which there is tone and proper function of all parts. In this lack of tone it is easy for the body to become maladjusted in many ways.

We can now see how the frame can be maladjusted in one or more of its parts. This maladjustment is responsible for pressure on the nerves and blood vessels thus causing a condition of disease. A diseased condition in one portion of the body spreads to the whole in time. Thus we can see that the first fundamental of caring for the human body is adjustment to insure correct balance.

The second foundation stone is physiological cleanliness. This is a broad subject which we will touch upon but lightly. External cleanliness is essential, however, let us say that every American citizen realizes the necessity of hygienic habits.

Internal cleanliness is another problem in the way of life. It is necessary to keep all the organs of excretion in good working order to insure health. For the sake of those who do not know what they are, let me name them: the lungs (which excrete carbon dioxide and water), the kidneys (which excrete urine), the skin (salt, toxins, and water), and the colon (food residue and other waste products). If any one of these organs does not function properly, it throws a great load upon the others.

The laxative habit is one of the great American pastimes. It weakens one of the vital organs of excretion to the point where it never works for itself.

There are many ways of stimulating the organs of excretion by natural means that are much more effective than the drug habits. Massage, sweat baths, properly applied enemas, and many

other methods to be used by your drugless physician.

The foundation stone is dietetic balance. This also is a big subject so we will touch upon it lightly. It has been said that "man is what he eats". This statement is more true than we as a whole realize. Each cell in our bodies is made up of certain elements, and the only way we get these elements after birth is by eating.

There have been many systems of dieting brought forth in the many years of man's existence upon the earth. It is my strong belief that there has been merit in all of them. The matter of diet in health is much different from the diet in disease.

The diet is of prime importance in combating disease and should have the supervision of an expert. Much is said concerning vitamins these days; they are undeniably essential. Another major consideration is the subject of minerals. The body cannot exist without proper mineral balance. Lack of minerals is one of the first sources of disease. Protein, carbohydrate, and fat balance also are very essential in the diet of disease.

There are many good books on diet on the market if a person is really interested. In disease the diet should be regulated by a person who knows what he is doing. Your drugless physician is a person who is qualified to help you.

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A Seasonal Malady

DR. VIRGIL MacMICKLE

We should like to discuss with you a very common trouble, and yet one which seems to baffle many of the best minds in the Healing Arts. It is just the common cold, or rather that peculiar seasonal cold which afflicts us about twice a year. Its principal characteristics are a general malaise, that is a feeling of debility, plus a running nose, a headache, and general stuffiness. It usually begins with a tingling in the upper part of the nose followed by a loud and prolonged sneeze. Examinations of the secretions conducted by competent investigators reveal only the bacteria which are common to the nasal passages of practically every person. There does not seem to be any particular or specific bug in the picture.

Of course, we are all most interested in what to do about a thing, rather than the theories which seek to explain it. While we shall come to this in a moment or two, we should like to trespass upon your patience to discuss a theory which has been recently formulated and which may perhaps throw some light on the cause, and consequently the control of this common nuisance.

The originator of this theory maintains that bacteria change themselves suddenly by what biologists call a mutation. That is, the simple, harmless, more or less friendly groups, to which every man is host, suddenly and without warning, become virulent and dangerous. This is due, he says, to the presence at various times of the year and in various parts of the country of emanations of radium rays from the rocks of which the mountain chains are composed.

While this is interesting, it still is in the realm of theory, and although we may agree with the idea that harmless bacteria do become by mutation deadly and vicious, we feel that it is not so much the emanations of the gamma rays, as the particular condition of the individual harboring the germs which is responsible.

From our point of view, an infectious cold arises because of the creation in the body of a condition which encourages bacterial growth or change. This is brought about by the retention of waste products in the fluids of the body, that is, of the ash which results from the explosion of energy as cells live and carry on their daily work. When such

a condition is local, it is undoubtedly due principally to interference with nerve supply to a part and consequently, improper blood supply.

Given these two major factors, the processes which keep bacteria from getting out of hand are inhibited and trouble begins. We are down with a cold.

Prevention of course, should be our first care. We should particularly at this time of year exercise intelligence in our dietetic habits. This does not mean that we should run after fads and fancies, but that we should refrain from eating too much or too little. That we should select our food for its fuel value, as well for its color and taste. Vitamin A and B in particular should be stressed.

We should exercise. And again a note of warning. Regular exercise adjusted to our age and vital condition must be the order of the day. Not a strenuous outburst which may deplete our reserves and thus invite disaster.

Exercise should be regulated so as to produce a steady rhythmic flow of the body fluid. This will sweep away the toxins which daily tend to accumulate: it will also rouse up the lungs, the liver, the kidneys, the skin, and the excretory organs in general.

We should also remember that we are vertebrates, that is, possessors of a backbone. This is originally a flexible column upon which the weight of the body is supported. Upon this flexibility our vitality largely depends. Because of the habits which civilization engenders, this column tends to grow less flexible, to become more and more rigid and our guard is down. The portal of entry to disease is flung open.

Such loss of motion may effect the whole of the spine or may be localized. In any event, it must be restored to normal by intelligent adjustment if disease is to be warded off.

The above simple rules will if followed properly build up and maintain a defense against our seasonal cold, and of course, it is a thousand times more comfortable to avoid rather than to have to treat a cold.

Should you, however, fall a victim to this malady, we can give you no better advice than to see your non-medical physician at once. For the sake of your future health, and out of consideration for those with whom you come in contact, do this, and do it without loss of time.

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GOITRE

DR. C. E. STEWART

"Of very common occurrence and apparently becoming more frequently met with," says a great authority, speaking of goitre; and, alas, this seems to be true. In spite of the very earnest endeavors of a hundred different agencies and the independent researches of countless private practitioners, "thick neck," as it is called in every day language, continues to persist amongst us.

There are several kinds of goitre. Some forms show increase in size and lack of function of the thyroid gland, while others, by far the more dangerous kinds, show little or no enlargement but very much greater activity for, of course, it is the thyroid gland which gives rise to goitre.

This gland, situated on each side of the trachea or wind pipe, is one of the most important organs of the body. Children born without a thyroid never develop beyond an infantile condition and generally remain idiotic during the short span of their lives. It controls the speed at which the cells which compose the body operate.

The gland produces and pours into the blood stream an essential substance called thyroxin, the proper amount of which keeps the body functioning normally. A little too much, however, causes an increase in the activity of the cells of the body so that the victim is actually living too fast in the real sense of the word; while a fall of the amount of thyroxin below normal slows the body action, a sluggish and morbid condition thus arising.

The ordinary large goitre develops, as a rule, from a slight failure of the gland to deliver the proper amount of thyroxin to the body. The number of centers in the thyroid which should ordinarily do this work having failed to do so, nature increases them thus causing, of course, an increase in the size of the gland itself. This condition is progressive and growth continues until one day a hardening begins to occur which long continued results in the obliteration of the gland itself and its replacement with hard fibrous tissues.

The opposite type of goitre, the so-called toxic or poisonous kind which is by far the more dangerous, has a different origin. This usually starts as the result of fright, over work or prolonged worry. The thyroid gland seems to be speeded up by such conditions and fails to return to its normal rate of function.

Thus there is continually poured into the blood stream an amount of thyroxin which would be proper in the presence of great exertion but becomes a mere poison during periods of quietude.

The continued presence of this extra amount of thyroxin speeds the heart, increases the action of the skin, excites the nervous system, irritates the intestines and disturbs the stomach; long sustained it literally "burns one up," a condition which the body cannot endure for very long.

Numerous efforts have been made to control goitre by mass action, for instance in several cities drinking water has been treated with iodine in the hope that since the majority of people seem to fail to get enough iodine by other means they would thus automatically obtain it. This not a good thing. In the first place it is not certain that it is a want of iodine which produces goitre, and in the second, if it is so then those who in the present rush of civilized life are already secreting too much thyroxin would be harmed rather than benefited by such methods.

The better way is to make sure as to the kind of goitre one is suffering from and have your non-medical physician outline the treatment which seems necessary. The moment that the thyroid gland shows signs of increasing its size is the time to act, it is a signal that a disturbance is developing in the body which calls for correction. Such a disturbance may be due to incorrect spinal posture, to failure to eat in an intelligent

manner, to ovarian disfunction in women and to accident or previous acute illness.

Of toxic goitre we may say that it is much more easily prevented than cured. The conditions which give rise to it are long sustained worry, auto-intoxication either through chronic constipation or failure to exercise properly, sluggish liver, chronic digestive disturbances, frayed nerves and emotional excesses. Keep calm, keep cool, keep clean externally and internally, be moderate in all things, see your doctor now and then for a check up, see that a certain amount of iodine containing foods are included in your dietary and you will materially aid your body in preventing goitre and controlling the action of the thyroid gland.

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Common Sense Vs. the Knife

DR. ROSS H. ELLIOTT

Common sense has been referred to as a most uncommon element, but with increasing frequency nowadays, it is rising to the occasion and saving the happy individual who has the courage to use it, much pain and discomfort as well as financial strain. To illustrate our point it seems appropriate at this time to review a specific case which has just been under our treatment as it fits in detail the more generalized treatment of the subject the writer discussed in the March issue of this magazine under the caption, "Appendectomy—a Blessing or a Curse." It was shown at that time that appendicitis is being cured today without resorting to the knife even by doctors with years of surgical background. The report of one M. D. stating—that in the treatment of over four hundred cases of every type and degree of appendicitis, including nineteen ruptured cases, not one case was lost and no operative treatment was used. And now to the story behind our competitive title, "Common Sense vs. the Knife". About eleven A. M. on the morning of August 5th, a very excited mother came in with her seventeen year old boy. She, with the assistance of a friend had brought him to Portland from down near the coast. Upon examination we found the syndrome of symptoms revealed by the patient were quite typical of the usual onset of a so-called attack of appendicitis, which up to about the turn of the century, when some surgeon discovered how easy it was to go in and take out a certain little organ, had been more commonly known as bowel obstruction. There had been intermittent vomiting during the night, diffused pain and tension over the abdomen which was relieved some by drawing up the legs, temperature 101.6, pulse 124, a history of constipation with the last evacuation nearly forty-eight hours previous.

No food had been taken since the previous evening and no appetite, which was well enough because all food was to be taboo until the temperature returned to normal and other symptoms cleared. Treatment began with a very light colon irrigation of the lower bowel with an easy in and out flow of the solution so as to avoid creating pressure on the inflamed area by dilation of the colon. The temperature of the water was kept at 92 degrees to aid in absorbing the body heat. This treatment was repeated four times at three hour



intervals, each time working a little higher in the colon. Cold compresses were applied to the abdomen during the intervening period following spinal adjustment to relieve abdominal tension. The drinking of small amounts of water at frequent intervals was encouraged. At eight P. M. the temperature had dropped to 99.8, a good nights rest followed and at ten the next morning the temperature was normal with but slight soreness over the abdomen. A high colon irrigation was given and the patient started for home about mid-afternoon feeling a bit weak but well on the road to complete recovery. Fruit juice was advised as the only food for the following twenty four hours and then a gradual return to a balanced diet. This case clearly typifies the usual appendicitis attack and is there one to doubt this boy would have escaped the operating room had he come under the average surgical observation. Thirty two years ago the writer himself escaped the knife only by declining the surgeons request that he be immediately rushed to the hospital, and thanks to the same treatment outlined above is still enjoying normal functioning appendix.

Anyway, isn't it good common sense to assume these wonderful bodies of ours are equipped with the proper protective and corrective mechanism to overcome such disturbances if given the proper chance, without immediately starting

to cut away some part of it. We are told that surgery is a definite science, but is it. To be sure surgery has developed very definite technique for all types of operations, but if Dr. Charles Mayo was correct in stating that nine-tenths of the internal operations that are done today never should have been done, then this is at best a badly misapplied science. Two kinds of surgery we will always have use for, and more power to such. The orthopedic man, who corrects deformities, and the emergency surgeon, who repairs wounds. To this sort of surgery we may take off our collective hat for its work is all to the good always, or at least its objects are above criticism even though the method may sometimes be wrong. It is the abnormal curiosity about the interior cavities of the body that has done so much to harm surgery and the public, and if some way could be devised to curb the growing tendency to open these hermetically sealed body cavities on the slightest pretext, it would be the best thing that could happen for surgery itself, and infinitely better for the too frequent victim. Deaths from operation, whether occurring on the table or dating from the operation, are so common that we give them little notice. They cause scarcely a ripple of interest outside the immediate family. Nature must cure if the condition is amenable to cure and the sooner we reach this unassailable conclusion the better it will be for all of us.

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WASTED MONEY

It would seem at first glance that the number of rejections for military service in the United States indicates an appalling condition of ill health amongst our young men.

According to Britten and Perrott in "Causes of Physical Disqualification Under the Selective Service Law" these rejections from all causes ran as high as forty-three per cent.

A clearer light is cast upon the matter when the figures are broken down into the various categories of reasons for such rejection. These are:

Totally Unfit: 28 per cent.

Defective dentition; 8 percent.

Visual defects and eye disease; 5 per cent.

Heart and blood vessels; 3.19 percent.

Skeletal and muscular diseases; 3.17 percent.

Ear, nose, throat; 2.95 percent.

Hernia; 2.02 percent.

It will be seen from the above that, with proper care, a good many of these cases may be restored to health. They do not, apparently, offer an insuperable barrier to modern methods of treatment.

The large number of totally unfit, however, constitutes a problem of itself. It is true that the requirements have been kept at a high level in order to avoid the painful situation which arose amongst those who were mustered out of the first World War army. It is also probable that at least one-third of these cases are of congenital or hereditary origin or are the result of our all too numerous accidents.

One cannot help but feel, however, in the light of the above, that the vast sums which have been expended for child health, pre-school clinics and public health activities in general have been, in large part, wasted.

THE BODY A BATTERY

"There are four types of body electrical currents," according to Dr. R. S. Schwab of Harvard Medical School. "One is a small direct current in which the cells act as a B-Battery. Second is an alternating current wave that accompanies contraction of muscle tissue. It also occurs in connection with activity of nerve fibers. Third is the type 'associated with the more highly developed types of contractile tissues, such as the heart. This is used to operate the electrocardiograph, important instrument enabling physicians to diagnose hearts ill.

The fourth type of body electricity is that associated with the complicated tissue that makes up the central nervous system of animals. Here, as the function is continuous during life, the ganglia and brain cell tissues are ever-active electrically and show no periods of rest in the manner of muscles and nerve. Each brain cell does not actually beat alone, but by a system of interconnections they keep each other stimulated to activity. These 'chains' of neurons make up the bulk of the brain and spinal cord of man and animals.

The number of possible combinations of neurons is represented by the number 1, followed by 2,783,000 zeros, which is greater by far than the number of electrons and other elementary particles in the entire universe, according to astronomical estimates.

These currents require extremely delicate recording equipment, but they show waves of different kinds which have been very useful to physiologists in studying the cells of the central nervous system.

The number 1, followed by 2,783,000 zeros would fill six, six-hundred page books full of zeros, that is just the figure itself; but each zero represents again nine more individual numbers, squared to the 9th power, so that if all possible numbers were written out, it would probably fill all the libraries in the United States.

BEWARE! POISON!

Cadmium poisoning is one of the latest hazards of civilization. A report of five cases published in the Journal of the A. M. A. points to a situation which should be remedied without delay. In the meantime, one should be on guard to avoid the painful and sometimes extremely dangerous illness which cadmium poisoning produces. There is vomiting, nausea and belly pain.

After all, it is quite simple. It seems that some refrigerators have ice cube trays which are lined with the above named metal. It also appears that "lemonade" powders, punch syrups, acid flavored gelatin desserts and even pure lemon juice when poured into these trays become contaminated. A combination of acid and metal results which is extremely poisonous and which produces a severe gastritis.

Do not, therefore attempt to use the dividers and freezing tray in your refrigerator for the making of frozen acid fruit confections. If and when such dainties are needed, mix and freeze in glass containers. A stomach ache may be the result in any case, but at least it will not be an inflammation arising from metallic poison.

Light On Syphilis

Syphilis has been dragged into the light of day with a vengeance. It has come under the influence of the modern demand for information on disease. It took courage to flout the taboos, but with the aid of up-to-the-minute propaganda methods and the enthusiasm of public health officers bent upon dramatizing the situation, an investigation into the prevalence of this disease was embarked upon.

There was need of this because the hush! hush! method which carried on its work by posting stickers of almost malignant nastiness in toilets and public comfort stations, resulted in the spread of fantastic ideas as to the nature and occurrence of lues venerea.

Some of the wise ones did not help. They said with appropriate gestures that syphilis was everywhere. It was universal; a polluting stream coursing through the germ-plasm of the human race and spilling over into the animal kingdom. It wasn't much good to watch out either, they said, the bogey-man had you anyway.

Well the figures are in now and altho they are bad enough they remind one of the old adage of the mountain laboring and bringing forth a mouse. It is of course a very nasty mouse, a foul and stinking mouse, a mouse only fit for extermination, but still a mouse. "The average prevalence rate for syphilis for the United States as a whole was three per cent for the years 1935-1940," say the authorities.

The relief with which the average man will welcome the good news of the three per cent should be tempered with a stern resolve to get rid of the foul thing altogether. There is much work to be done and all who are able should lend a hand.

People are apt to believe, perhaps because of the emphasis which has been put on them, that the various tests comprise the sum of the task. This is far from the truth. The tests are only diagnostic and are uncertain at that. There are only two promising ways in which the problem may be attacked. One is the constant spread of sound information on the nature and effect of the disease, together with ways of avoiding it, and we have fortunately gone a long way in that direction.

The other attack should be directed at the sources of syphilis. This is a much more complex problem. The element of economic interest enters so strongly into it that the resistance to a thorough going campaign of extermination is very fashionable. The oldest profession in the world is batten down and buttressed about by powerful interests. To unseat these requires determination, intelligence and a willingness to recognize that minatory laws only succeed in driving the trouble under ground. It is not so much a matter of sin as a matter of income. To get rid of that remaining three per cent, small as it is, is going to be a task to try the fiber of the best amongst us.

Art of Sleeping

DR. ANNA M. FINSETH

Do you know when you waken in the morning whether you have slept well or not? There are many factors to be taken into consideration when it concerns sleep.

First, the kind of place on which you recline. Some sleep on beds, some on couches, some on cots and others just anywhere. Most people, of course, are fortunate enough to have beds on which to sleep.

But, are all beds equally good? Unfortunately not. Some springs are soft, some hard. The soft spring sags toward the middle, usually endwise, other soft springs sag towards the middle sidewise as well as endwise. This sort of spring causes the most strain on the body for a person unconsciously protects himself from sagging down too much even while asleep. Because of this, there is tension on various muscles and there can be no complete relaxation of all muscles. Also, sleeping on soft, sagging springs with occupational strain from the previous day's work allows no complete rest.

The hard spring is much more healthful. The hard spring with an even give and resistance to it is good. The moderately stiff spring with coils or links allowing no special sag at any one place is best.

Then, secondly, there are mattresses. Some are made of cotton felt, some of wool, others of a small amount of padding on inner springs and still other newer models of a foamy rubber-like substance. The cotton felt mattress made with a well combed cotton makes a fine mattress if it is turned quite frequently. The pure wool mattress is, in a damp climate, par excellence. It does not mat, does not absorb dampness and is soft and retains its shape well nigh endlessly. One lady of my acquaintance had two mattresses made from pure, well carded wool about forty years ago and from the feel of those mattresses now, they likely will be good for another forty years.

Some folks who sleep on these inner-spring mattresses wonder why they get cold at night. They don't stop to think that these mattresses are "air conditioners" in so far that they disperse or let out all the heat radiated by the body unless they are reinforced by an extra pad of wool or a heavy double blanket or two. That assists in keeping

the back warm—for if the back or spine is warm, the body is much more easily kept comfortable by lighter covers.

Thirdly, do not use a couple of pillows on top of each other for your head rest. If you do, you place a constant tug on some of your shoulder muscles and middle back muscles and that is not conducive to good rest or good sleep. Try using a small pillow at the nape of the neck to take the weight or strain off the neck muscles at the same time pulling your shoulder blades together and down towards the waist line—then drop! Drop so as to relieve all tension on your back muscles and you will truly rest. Do you pull your feet up to your chin in order to get them warm? Stretch them out as far as you can, reaching for the foot of the bed alternately if you like for several times and then drop them and see if you don't feel the blood coursing down thru your legs and feet.

If you must sleep with an arc light or other light shining into your room, make a light-weight covering for your eyes with a small elastic band going around the head—preferable of black silk for the eye covering, as this excludes the light.

If your back is tired, try placing a pillow under your hips when lying face down or "three-quarter face down" just to rest those curves of your spine for a half hour or more. Then turn and lie on the back part of the shoulders but not entirely flat on your back, remembering to tuck the small pillow as a roll between the head and shoulders—and you will rest.

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Your Nerves

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These are days of economy, of organization, of efficiency. Economists, engineers, experts and research departments everywhere spend time and money perfecting ways to effect more and better means of conserving time and energy. There is a war being waged against waste, against inefficiency and against loss generally.

Departments of public health have also entered this field seeking to obviate, if not to end, the wastage of human life an effort which results from the continuance of hereditary diseases and the outbreak of infection. Splendid work has been done along this line and humanity owes a debt of lasting gratitude to those who have been and who are engaged in this great crusade against man's most persistent enemy.

There is however one side, and a very important one, of this work which has been overlooked. There is a form of wastage which is occurring every day almost unchecked, a drainage of vital elements, an exhaustion of reserve energy which takes terrific toll of civilized manhood and womanhood everywhere. We refer to the great leakage of human vitality generally known as wastage of nerve force.

We waste nerve force unconsciously, unknowingly and continually. We waste it during the day and most of the night. We allow it to slip away from us until we come near to a nervous breakdown and then, often too late, we apply for help.

This ought not to be, and a little intelligent study of the cause of such a catastrophe should enable most people to avoid it. The nervous system is not made of steel or copper wire; it is composed of the finest and most delicate tissue known to man. It is capable of endless work but will not stand endless abuse. Given a sound set of nerves at birth and with a little intelligence in the use of them, they should serve without trouble through a long and useful life.

Nerves never rest. During the whole course of 24 hours they are at a certain tension and are carrying impulses from the skin and organs of special sense, from the muscles or internal organs, to the brain or spinal cord and back again. During all this time they must be constantly refreshed, bathed with the delicate and beautiful lymph, fed with the proper food elements and, what is of



special importance, the substances which they throw off and which are quite poisonous must be carried away and eliminated from the body. First then, the nerves must be properly fed and properly cared for in a purely physical manner. If one does not eat foods which contain the elements necessary to nerve nutrition, and if one does not by exercise properly eliminate the residue of this nutrition, the nervous system tends to become weakened.

Nerves also will not act without oxygen. A nerve trunk robbed of the proper amount of this vital substance will fail in its duty and sickness will result. See, therefore, that **at all times** the supply of oxygen is sufficient and pure.

Also, most of the nerves of the body pass through small apertures in the spinal column. These tend to bring pressure upon the nerves thus passing through and in that way cause first of all trouble with the nerves themselves and sooner or later with the organs to which the nerves lead. It is the special virtue of chiropractic to have first appreciated the significance of this.

Any or all of these conditions may in time produce nervous breakdown or at least great nervousness. They are true wasters of nerve force. But in the vast majority of cases nerve wastage

comes from nerve abuse along other channels. When nervousness begins to appear in a person who has heretofore been quite healthy, it is time to look not so much at the nervous system but for deeper seated troubles. The presence of inflammation in some internal organ, the retention of end substances in the blood stream, long sustained colon irritation from constipation; eye trouble, faulty teeth, flat feet, spinal difficulties, these levy upon the nervous system and waste its reserve force. The continuous overuse of stimulants, too late hours, worry, over-work, disturbances of the glands of the body also play havoc.

To avoid nerve wastage see that first of all you are free from internal troubles. Get a complete checkup from your doctor. If all is well, then use continuously the great power of changing surroundings. If you can afford to travel, all well and good; but if not, then you must achieve the same result by the use of your mind. When you leave the office or workshop slam the door behind you mentally as well as physically. Forget at once that there is a days work behind you and one ahead of you. **Relax**, that's the word, that is the sign-manual of success against nerve wastage. If you go to a show, take **all** of yourself there, not merely your body; live the show, forget business. If you play, play with intensity and zeal. When you sleep, **sleep**; if your nights are broken with dreams, it is generally due to improper eating, **stop that**. Let the world of your work, the world of your play and the world of your sleep be three separate worlds. Let no inkling of what transpires in the one seep into the other; let them be distinct and separate and you will achieve **relaxation**. And relaxation is the answer to most nerve wastage.

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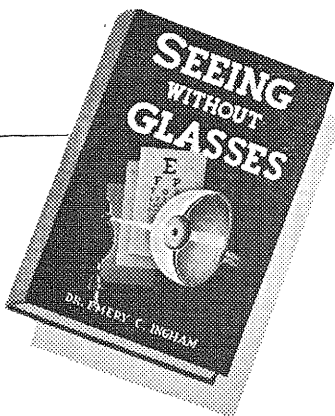
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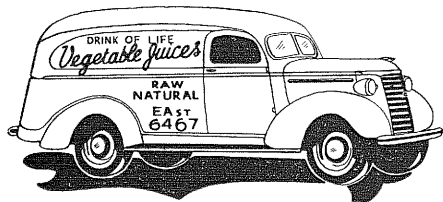
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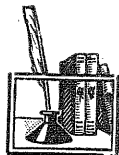
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Your Life Is Their Toy

Emanuel M. Josephson, M. D.

Here is a book full of salt and red meat. The author besides being a medical researcher of some note, is also a breaker of spears in the politico-social arena.

And, these are no windmills at which Dr. Josephson couches his lance. They are, on the contrary, adversaries of formidable power both in attack and defense.

Nevertheless, the intrepid medico charges home. Successively, he attacks and scarifies what he calls the social service racket, merchants in medicine, censorship of the press, medical research and rackets and many more.

The Christmas Seal, sold for the benefit of the T. B. Association, he declares, brings no funds to the stricken, but has been spent in some districts purely for upkeep and overhead.

He is not afraid to cast the acid of his criticism upon that sacred cow of the eleemosynary world, the President's polio fund. His cut and thrust, while not particularly deep, nevertheless, awards him some substantial portions of hide. It would appear, if the author is to be believed, that all is not sweetness and light in that quarter.

The public health organizations, the American Heart Association, the Society for the Prevention of Blindness, the Social and Mental Hygiene organizations, in fact, all those roosting places for that curious product of our civilization, the paid "social worker" rouse the doctor's wrath and excite him to acrid and tingling denunciation.

The second part of the book deals with the American Medical Association and its fight to control every phase of the relation of the healing arts to the public.

The story follows the familiar pattern. It alleges intrigue, suppression of able men who will not conform, together with vindictive determination to rule or ruin.

Unlike most writers of this sort, the author does not content himself with criticism alone; he offers a solution to the problem of medical care. He sees clearly that what he calls cut-throat rivalry and commercialism is largely responsible for the troubles of which he

complains. He offers a plan in substitution which would "make it profitable for the doctor to keep his patients well."

It is, in conclusion, a good book, worth reading and re-reading, even tho it is marred somewhat by the author's delusion that the New Deal (which he appears to hate) stems directly from Marx through Bismark and Senator Wagner to Roosevelt. A little less political bush-wacking would materially strengthen what, after all, is a real adventure in social reform. It is published by the Chedney Press, 108 E. 81st Street, New York City.

The Science and Logic of Chiropractics

Dr. J. Robinson Verner

Books on chiropractic have generally in the past fallen under two heads. They were either strictly devoted to the technique of adjustment or they specialized in what was called philosophy. In either case, they were of no particular interest to the layman.

Dr. Verner's work, however, is a horse of another color. Avoiding the pitfalls of "philosophy" and steering clear of the battle ground of "technique" he has produced what is both a brilliantly scientific treatise and an answer to the erstwhile sound criticism that chiropractic foundations were unacceptable to educated people.

The first sections of the book are devoted to clearing the ground. The author in well-handled incisive phrases, applies the test of logic and the slide rule of science to chiropractic and proves it in strict conformity with the standard requirements.

The neurological section is also a contribution of great merit. Dr. Verner shows in the most convincing manner that modern neurology supports the position of modern chiropractic; in fact has established a foundation upon which this system of therapeutics firmly rests. It is the great names of neurology that are invoked; Adrian, Gaskell, Head, Sherrington, Parvlov and others contribute to the support of the author's thesis.

RECIPES

ARDATH WELSH

WALNUT ROAST

- 2 eggs
- 1½ cups milk
- 1½ cups toasted bread crumbs
- 1 cup ground walnuts
- ½ cup cream
- 1 tsp. salt
- 2 tsp. grated onion.

Pour beaten eggs, milk and cream over bread crumbs. Let stand 20 minutes. Add other ingredients, turn onto buttered pan and bake in moderate oven about 30 min. Serve with any preferred sauce.

CHEESE FONDUE

- 1 cup scalded milk
- ¼ cup grated cheese
- 1 tbs. butter
- 1 cup soft bread crumbs
- ¼ tsp. salt
- 3 eggs.

Pour hot milk over bread crumbs, grated cheese, salt and butter. Add egg yolk beaten until thick and fold in stiffly beaten egg whites. Pour into buttered baking dish, surround with hot water and bake for 20 minutes in hot oven.

STUFFED TOMATOES

- 6 large tomatoes
- 2 tbs. chopped onions
- 2 tbs. butter
- ¼ tsp. salt
- 1 cup bread crumbs
- ¼ cup tomato juice or bouillon
- 1 clove garlic
- Parsley
- Butter

Remove as much of centers of tomatoes as possible. Mix chopped centers with onion, chopped parsley, bread crumbs, and salt in a bowl that has been rubbed with garlic. Fill the tomatoes with the vegetable and bread crumb mixture, dot with butter, and bake in an oiled pan with about ½ inch of water in it, in a moderate oven for about 25 minutes, or until the tomatoes are tender but still hold their shape.

This book should have a wide circulation. Chiropractors, if they are aware of the necessity of clearing their position in the minds of learned and educated persons, would do well to see that Dr. Verner's work is placed in the libraries of the land without delay.

Helpful Bacteria

DR. J. W. NOBLE

"Wee Creatures" was what Leuwenhock called the bacteria that danced under the lense of his crude homemade microscope. This janitor-scientist who lived in a little town in Holland many years ago was perhaps the first man to actually see these minute organisms. He believed them to be tiny animals.

Today, we know that he was mistaken and that actually the majority of these minute creatures belong to the vegetable and not the animal kingdom, although there are some that seem to fit midway between these two poles.

From the first discovery of bacteria by Leuwenhock to their association with disease a considerable period of time elapsed. Humanity had to wait for Robert Koch, a patient German practitioner, to show that the infectious diseases are generally excited by the presence of a specific bacteria. By originating new staining methods and with the great patience for which the German scientist is noted, he demonstrated the presence of the terrible *Bacillus Tuberculosis*.

Koch's discovery brought new hope to the world. Already there had been a great upheaval in biological thinking. This had destroyed or at least amended the older view that the majority of diseases were incurable because of the tissue changes they brought about. Koch and Pasteur, on the other hand, seemed to say that since these changing tissues arose out of bacterial invasion all that was necessary to overcome the worst scourges of mankind was to find something that would destroy the bacteria without injuring the patient.

The rigid test of experience, however, proved these hopes to be partly false. They failed to appreciate the effect of what is known as the "biological balance". Briefly, this great fact is that every species of living thing is so closely inter-related with and dependent upon all others that the destruction of one may throw the whole fabric of organic life into confusion.

Ever questing however men conn'ed another spect of the subject, to develop and to maintain bacteria in their proper place and quantity. This new idea was to use them instead of attempting to destroy them. It appeared first amongst the sanitary engineers. They discovered that a very large part of the kingdom of bacteria was absolutely necessary to life on earth, that as soon as organic matter was ready for disposal certain bacterial forms invaded it and began literally to break it to pieces. Thus, a dead animal was guided through all the phases of putrefaction until finally it became only nitrates and carbon dioxide. These substances are available for plant food, the plants in turn become food for animals. In this way, life is maintained on earth.

They were quick to adapt this discovery to the disposal of sewage. They found that certain groups of bacteria would reduce most sewage mass by one third, would rob it of its power to spread infection or poison and would produce an end product which could be used as fertilizer.

Naturally, these facts gave rise to speculation regarding the activity of bacteria within the body. Metchnikoff, the Russian experimenter raised the question as to whether or not the colon was a sort of sewer in which residue of animal foods were reacted upon by practically the same bacteria as those which work on dead tissue. It was apparent that this was partly true, that what has been called the enteric group contained a number of varieties that were found in the colon. From this arose the thought that the breaking down of the contents of the colon by such bacteria would produce toxins which would be absorbed through the bowel wall and poison the body. This idea had such a vogue that for a time it was suggested that portions of the colon be cut out and the gut shortened—a fate to which a good many innocent people submitted, of course with no ap-

parent benefits and notably some damage.

However, it was not long before the researchers stumbled upon the idea that if the colon bacillus could be replaced by less toxic groups, some of the troubles of mankind might be eased. This idea was rapidly extended to include the removal of the last named bacteria and its supplantation by what are called the "lactic acid group."

The marked success achieved in many cases with the technic of using instead of destroying bacteria has been put to further use in other body cavities. Experiments in changing the flora of the vagina in order to maintain the health of that organ is a notable example of this.

Normally the healthy vagina is inhabited by the lactic acid bacilli which produce an acid secretion. This provides protection against invasion by disease-producing organisms because the latter require a neutral or slightly alkaline medium in which to grow. However certain conditions notably childbirth exposes the vagina to the ravages of infection because at that time the secretion usually loses its protective qualities. Swarms of detrimental bacteria appear which not only injure the tissue but prevent the growth of the protective kinds.

Occurrences such as those described above call for proper care and in order to accomplish this the health-giving flora must be restored. Now it is not enough to merely inject these and let it go at that. The disease producers are too robust and would speedily oust the newcomers. No, the first thing that must be done is to destroy the undesirable kinds. This is best accomplished by the process called iontophoresis mentioned in last month's *Vitality*. By this method the number of disease producers is reduced to such a low ebb that when the acid formers are introduced they live and flourish like the proverbial green bay tree.

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Chiropractic is a dignified profession and one which is not over-crowded. Many states have so few Chiropractors that many practitioners have branch offices in two or three cities.

September is the best month to enter the Chiropractic Schools and Colleges as like all schools this month is universally recognized as the beginning of the school term. There are a number of excellent Chiropractic Colleges, any one of which will be glad to furnish full information upon request. Many Colleges have employment bureaus to provide employment for their students, thus enabling many students of moderate means to earn part if not all of their expenses while in school.

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