



Healthwatch

by Steven Bailey N.D.

A subtle yet important component of the human immune system is the presence of what are called "resident bacteria." Resident bacterium are those bacterium that live sympathetically with the human system. They are considered resident due to their presence without creating irritation or disease. Not only do these "friendly" bacterium do no harm, but they actually act as one of the early immune defense systems.

Just as in agriculture where the farmer plants a "cover crop," to protect the soil from erosion and weed encroachment, the resident bacterium serve as a "cover crop" for the skin and mucous membranes. When healthy intestinal flora (bacterium) exists, the opportunity for irritating micro-organisms to set up a colony is diminished.

The resident population of bacterium help maintain health in a variety of ways. Like the "cover crop" analogy, the resident bacterium consume the human cellular secretions (sugar, proteins) such that the more dangerous organisms cannot flourish on this internal nutritive base. The bacterium also assist in maintaining a proper acid-base relationship (pH) which acts as a deterrent for many micro-organisms.

The effects of the repetitive use of antibiotics on the residential bacterial populations is analogous to the heavy pesticide use in agriculture. Our greed for short-term gain in agriculture has dictated the massive use of chemicals in the control of insects and weeds, and has resulted in many problems. We have created pesticide-resistant insects, similar to the antibiotic-resistant bacteria mentioned in part 1 of this article. We have also destroyed many of the natural balances that help control these insect populations,

such as birds and rodents, through their inadvertent consumption of pesticide-filled insects and foods. We have also created a public health concern due to the human consumption of DDT, other pesticides and/or carcinogenic agents used in the agriculture business. When people receive numerous antibiotic treatments, resident floras cannot help but be diminished or possibly completely eradicated. As a practicing physician I could not begin to calculate the number of patients who have come to me with chronic yeast infections or other repetitious infections following antibiotic therapies.

I am not trying to imply that antibiotics are "all bad," for there are clearly dramatic benefits and life-saving results obtained through their use. But, it is clear to me that there exists an overuse of these drugs in western medicine. What recurrent illness or infections represent is not an omnipotent presence of particular micro-organisms, but a weakened ability to fend off ever-present micro-organisms through a healthy immune complex.

Rather than repeating antibiotic therapies over and over, Western medicine needs to enjoin a practice of support and prevention, attending to diet, exercise, stress management, and public health matters.

If we use antibiotics in a judicious manner they can be of tremendous benefit to society, and the side effects of their use will be minimized.

Next article: Part 4, the inflammatory response, and the use of anti-inflammatory drugs in medicine. Part 5, the immune deficiency diseases, concerns with the possible overuse of antibiotics. Part 6 - Conclusion: Things you can do to stay healthy.

Egyptian Tea benefits Daughters

Dtr. Virgie Tinsley recently returned from the Daughters of Isis in Detroit, Michigan. Others attending the convention were Dtr. Gloria Brown, First Lt. Commandress; Dtr. Dorothy Vickers, Imperial Deputy of the Desert of Oregon and Deputy of line officers training; Dtr. Viola Bonner, Imperial Deputy of the Oasis of Portland; Dtr. Annette Steele, Imperial Deputy of the Isiserettes; Dtr. Mable Neal Director of the Isiserettes; Junior Past Commandress Frances Odom; Dtr. Orene Rosemon; 2nd Ceremonial Dtr.; Dtr. Daisy Calvin, Inside Spy; Dtr. Jo Ann Childs, Outside Spy, and Dtr. Mary Henderson.

Mina Court No. 142 Daughters of Isis is soliciting public participation for the upcoming Egyptian Tea and Costume contest, November 11, 1984 at the Prince Hall Masonic Temple, 116 N.E. Russell St. An award will



VIRGIE L. TINSLEY

be given for the most Authentic Egyptian costume. Entry fee for non-member participants will be \$1.00. Charity will be Negro College Fund. Interested persons may contact Mina Court No. 142, 6327 N.E. 32nd Pl., Portland, Oregon 97211.

Cawthorne targets economics

Continued from Page 1, Column 3) Margaret Carter's victory in the primary, May 15.

Could a similar process be developed for the City Council seat? Cawthorne said "No. All the candidates would have to agree to submit to a process like that, but it's too late now. The important thing is to get behind the candidate who will best represent the Black community, while representing the total population of Portland."

Cawthorne is one of the few candidates in the race who has spoken out unequivocally against the re-election of Ronald Reagan. "The only way to make economic progress is to pull the people on the bottom up. Reagan's policies have hurt Black people, women and poor people. He has operated the greatest robbery program of the middle class and the poor to give to the rich," he explained.

One of the issues Cawthorne is embracing is economic development that

focuses on creating and developing small businesses. "I would not advocate high tech at any cost because those jobs tend to be low-paying and less rewarding," he added.

Unlike other candidates, Cawthorne has not blanketly condemned the City Club's proposal for zoned prostitution. "I think the report deserves discussion."

Cawthorne was appointed to the school board in August 1979, and narrowly won the position in 1981 in a city-wide election.

"Any individual who goes before a public body to defend those people have been locked out is not going to be popular all the time. We had a very bad situation for Black children in the Portland Public Schools and my first priority was to change that situation. I acted boldly, strongly and led the charge to terminate the superintendent."

Gladys McCoy's entrance into the City Council race has sparked some to believe that she would draw votes away from Cawthorne. He called McCoy a political survivor but added, "If we can get the Black community, progressives and parents to vote I will have a solid block. Other candidates will split the votes between themselves and I will get into the runoff and win."

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