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Presidential Possibilities

Senator Warren G. Harding

By G. Gould Lincoln
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"There's a divinity that shapes our ends, rough-hew them how we will." So says William Shakespeare, through the mouth of Hamlet. Others call it fate, chance, luck. Whatever the agency, something seems to have been at work in the case of Senator Warren G. Harding of Ohio. When he left college he began the study of law—in a lawyer's office, as was frequently the custom in those days. From this he gravitated into insurance, and finally into the newspaper business, where he stuck. Had it not been for the fact that the Marlon (Ohio) Star, a then diminutive daily newspaper, a liability rather than an asset, fell into the hands of Dr. George T. Harding, father of the senator, and some associates, Senator Harding might never have entered upon such a career. I have this from the senator himself.

From the business of publishing a newspaper, Senator Harding, as so many other publishers have done, took to politics. He was elected to the office of State senator, lieutenant governor, and finally, candidate for the Republican nomination for president at the coming Chicago convention, tells the story of his success in public office—so far. The sequel remains to be told next June.

Warren G. Harding was born on a farm—his grandfather's—where his father then resided, just outside the village of Blooming Grove, Meigs county, Ohio, November 2, 1872. He is in his fifty-fifth year. He was the eldest of eight children. His father in those days was a hustling young country doctor. Harding is still active in professional practice, although he is 76 years old.

Senator Harding comes of Scotch and Dutch ancestors. His forebears settled in this country in colonial times. His early days on the farm of his grandfather were much like those of other country boys of the time. He worked at various chores and helped harvest the crops. His vigorous physique today probably is largely due to his early outdoor life. As a boy he was fond of sports which kept him in the open and he was always one of the first at the swimming hole and at the winter chills left Whistons creek. Warren Harding attended the village school until he was 14 years old, and then entered the Ohio Central academy at Iberia. He stood high in scholarship when he graduated. Now and then during his college course young Harding, as so many other men have done, turned and worked for money to help him on his way, sometimes cutting corn, at other painting barns and driving teams. When he was 17 he taught a district school for a while, and then worked in the village brass band. Senator Harding says that it was in the band that he attended his first political meetings. When he left college at the age of 19 his father moved to a country town, and the Hardings have remained ever since, taking a large part in the development of that place from a country town of 4000 to a hustling industrial city of some 20,000 people.

Warren Harding was studying law. He says today that one of the reasons he did not continue as a law student was because it irked him to have to go to his father every time he needed spending money. A friend suggested he try insurance. He did and wrote a big risk almost immediately. Then he opened up an agency and made good money. But he wasn't to stay at this work. For his father got possession of the Marlon Star and suggested that Warren help out. Among the odd jobs at which he worked in the past was the village print shop. He already knew something about typesetting. He was interested in newspaper work. Then began the long pull to put the Star on its feet financially and to build it into the successful daily newspaper it is today. Warren Harding did about everything there was to do on a newspaper, writing, setting type, making up and handling the press when necessary. So Senator Harding knows the newspaper "game" all the way through today. Even now his favorite pastime is to go into the composing room, help make up and feel the thrill of getting the paper away as press time draws near.

Senator Harding tells a story which indicates the struggle of the Star to get on its feet in its early days. He had one reporter, a man named Sheets. They both made up their minds to go to Cleveland after the paper had gone to press one Saturday afternoon to see Lawrence Barrett in one of his Shakespeare productions. After he had paid off the few employees—without paying

himself or Sheets—Harding had exactly \$6 left in the drawer. It was the day of passes issued to newspapers by the railroads and he had one for himself and his father.

With Sheets and the pass, Harding boarded the train. They were known as newspaper men and all passed off well. But when they entered another train for a new conductor, the conductor etc. and while he honored Harding's pass, demanded cash fare for Sheets—\$2.40. That left \$3.60. Their train pulled into Cleveland just before theatre time, and they rushed off to get two \$1 seats. "We sat enthralled at the marvelous drama, never thinking about how we were going to get home," said Senator Harding. "When it was over, we went to a hotel and I made a bargain with the clerk for two in a bed and breakfast for two for \$1.50. That left us just 10 cents. I had a watch with me that was worth rather less than this," and he showed a watch of a famous make. "As I took it out of my pocket before going to bed, my finger caught and drew out \$1.10. That left me 90 cents. I had another dollar look so big to me before or since."

In the end, Senator Harding said, he and his reporter reached home after their 200 mile trip with 65 cents.

The days of struggle for existence are long since gone by for the Marlon Star. It is a prosperous, money-making plant. After the hard establishment of a firm foundation, Senator Harding organized a stock company, distributing shares to his employees and he and they still own the paper.

Besides his newspaper, Senator Harding has identified himself with many other business enterprises. He has been a "booster" for new industries locating in Marlon. Because of his business connections he has been elected mayor or another member of the board of directors of most of these enterprises. At present he is a director of a bank, a hotel, a street car, a gas company, a plant, and is also a trustee of the Trinity Baptist church.

The Ohio senator has traveled extensively abroad, having visited Europe three times in the last score of years. During these trips he has studied systems of government in other countries and their economic problems, including the tariff and the standard of wages paid to labor. He also visited the Hawaiian islands to get into the details of their production and distribution of sugar.

Know Thyself and Why Chiropractic

By Dr. Oscar W. Elliott, President Pacific Chiropractic College.

PRIMITIVE MAN

Seldom succumbed to disease. Like the wild beast, his death was usually the result of violence. The wolf or bear devoured, the serpent stung or an unknown plant poisoned. In time of strife the enemy's arrow reached him or when at peace with his fellow man, he either starved in time of famine or died of gluttonous orgies in seasons of plenty.

CIVILIZATION

With its artificial occupations and environments, brought disease, varying conditions required adaptations, changes of location necessitate acclimatization. So we find today these are some of the things which multiply disease, while luxury, refinement, carelessness and self-neglect extract their mortality tax. Although the baleful tendencies in these several directions have been pointed out time after time, their devotees will not abandon them.

MAN A MASTER MACHINE

The most complex, intricate and delicately constructed machine of all Creation. The mechanism is perfect—the supply of material and quality are both good and sufficient. There are antidotes for friction, jars and discords. Once put in motion and properly adjusted the materials pass through marvelous processes in maintenance of active and vigorous life. This machine is made up of the skeleton or framework; the cartilages, ligaments and connective tissue which bind and hold it together and surround the articulations and joints; the muscles which operate its movements, the nerves and circulatory systems which carry life and motion to it; the functioning organs of the body, the tissues and fibers which cover it.

Nature has prepared the machinery, equipping it with the power to prepare materials and construct all parts. When in a normal condition the machine will go on and build and run according to specifications. The plans and specifications are exact and precise. This human machine is planned on distinct lines and for a distinct purpose. This places the foundation of life and health on purely a mathematical basis.

Dynamo

Placed within this mighty machine is a dynamo, "The Human Brain," from which all nerves, which are the life wires of this machine, have their origin. They converge at its base and form the spinal cord which is the main conduit passing into the vertebral canal in the center of the spinal column and descends down nearly its entire length. It is a trunk line of nerves and blood vessels surrounded by soft tissue, termed marrow. From the spinal-cord nerve filaments or branches emerge, leaving the spinal cord pass out on either side of the spinal column through small openings between each pair of vertebrae. These openings are called foramina or to make it plain to you, spinal windows. As the nerves and blood vessels exit through these windows, they pass next through connective tissue or ligaments which surround and line the spinal joints and are articulations binding and strapping them together. They then pass on to the organs and parts of the body, each to their respective organs to supply with life, and they there terminate. We must remember the brain is individualized and transforms the energy and force which controls the vitality of every organ, tissue, cell, fibre and movement of the body. This energy is transmitted throughout the body in the form of nerve impulses passed down the spinal cord out through the nerve channels and over the branches to the area supplied. This done, our machine is ready for operation on a 100 per cent basis of efficiency, or in other words in the beginning it is at peace with itself and in a perfect state of tonicity.

Fact

This being an undisputed fact, we can only conclude that at least, an

overwhelming majority of the ills of the human race are the results of mechanical derangements and lack of co-ordination between the parts of the human mechanism. The obstruction is usually to be found at the point of exit of the nerves and blood vessels from the spinal column where they leave the spinal cord through the spinal windows, the cause of which is the altered conditions and dimensions of the intervertebral cartilages and connective tissues within and surrounding the spinal column.

Nerve Supply

Whether stimulating, quieting, nutritive, sensory, motor or any other kind comes to the muscles, glands and organs of the body from some depository and it must go to its destined muscle, vein, organ or area through gates and openings in and between bones and through connective tissues.

When the gates are closed and the nerves lose control of the blood to a muscle or a system of muscles and their coverings, we can expect starvation and spasms in these muscles. They become hardened and contracted and in turn act as obstructing agents to the circulation and drainage channels of the body. Shut off the nerve supply to an organ of the body and we get an impoverished condition, weakened functioning. A failure on the part of the organ to do its work partially or entirely—this is disease. If through impingement or irritation the nerve supply to an organ is accelerated beyond normal, we get a run-away condition, which ends in breakdown.

Excessive, Perverted and Diminished Function

There are two conditions in any form of disease: excess of function and diminished function. Excess of function may take the form of pain, marked growths, etc., stimulating, function, irritation, fever, rush of blood, etc. Diminished function, weakness, worry, all

The Nature of Cartilage

The cartilage is unlike any other substance of the body; it has no nerves, no blood vessels or lymphatics. It grows and gets its nourishment by absorption. Food for its nourishment, rebuilding and repair must be sucked in by a vacuum cup-like process created around the joints and articulations of the spinal column, as a result of normal movements of the body. As soon as the vertebrae become the least misplaced or out of position, this food immediately fails to be supplied to the cartilage, then they begin to starve, lose their elasticity. The joints of the spine affected become stiffened, movement unpleasant, sometimes painful and following the line of least resistance, as in our custom, we discontinue it.

What is Health?

When a normal volume of mental impulses is transmitted with normal rapidity of delivery every function will be performed. That is health. When the flow of mental impulses is interfered with so that too much or too little in volume and rapidly arrives at its terminus the result is disease—the degree being entirely dependent upon the extent of interference.

The Cause

In the course of a day's activity the adult human body will settle downward to the average of one half inch. In other words you will be one half inch shorter on retiring at night than when you arise in the morning. This is due from walking in an upright position, constantly jarring the weight of the head and body downward upon the spine, which alone must support it and hold it erect and in cities where we are forced to walk upon stone or cement sidewalks, on wooden floors or any faceries, with unyielding concrete floors or other hard surface roadways, riding in street cars, jitneys, automobiles or other methods of conveyance, which has a constant tendency to rock and jar, settling the body down from the time we arise in the morning until we retire at night. Then there is the active and constant force of gravitation, drawing all bodies downward toward the earth, which is at work constantly upon the mechanism of man from the time he comes forth in the morning until he retires at night. The weight of the head and the entire trunk of the body comprises a load which is constantly bearing downward upon the slender structures of the spine. All of these are constantly compressing the intervertebral cartilages.

Another Important Function

Another most important function is that of the intervertebral cartilage. Their duties are maintaining the normal dimensions of the spinal windows or foramina. These spinal windows are made up by the approximation of a notch in the vertebrae above with a like notch in the vertebrae below, separated by an intervertebral cartilage. The size and shape of each intervertebral cartilage between a pair of vertebrae determines the dimensions of the spinal windows as will be seen by the study of the spine and vertebrae.

And it is mightily important that the spinal windows be kept open to their fullest capacity that the dimensions be not diminished. It is these cartilages which determine whether the nerves and blood vessels, lymphatic and soft tissues issuing from the brain, forming the spinal cord and passing out from the cord through these spinal windows shall be impinged, irritated or inflamed and their conductivity of life current impeded, perverted, diminished or entirely cut off. When these facts are well understood it really becomes apparent the marvelous importance of keeping the entire spine in a flexible, healthy and perfectly adjusted condition, for without this harmonious and perfect association of each and every vertebrae in the spine there is a limited area of the spine and may be the result of injuries received in the earlier or later childhood, but that

should have immediate attention which would prove a lasting benefit to the possessor.

There are 23 of these rubber-like elastic disks or pads whose purpose is to form cushions or shock absorbers of the body between each vertebrae to keep the bony surface of the adjacent vertebrae from grating one upon the other and these make movement impossible and to prevent the irritation of the nerves by the impingement of the foramina or spinal windows, they act as shock absorbers to protect the delicate mechanism of the brain and spinal cord from jars, jolts and constant concussion, which the slightest movement of the body would produce, were it not for them. The spine is not a straight column, as supposed by some, but it is a column of curves and contours, concavities and convexities, which if in a healthy state give it a graceful outline to scientifically distribute the weight.

VERY NECESSARY TO HAVE THE SPINE CAREFULLY EXAMINED AND ADJUSTED

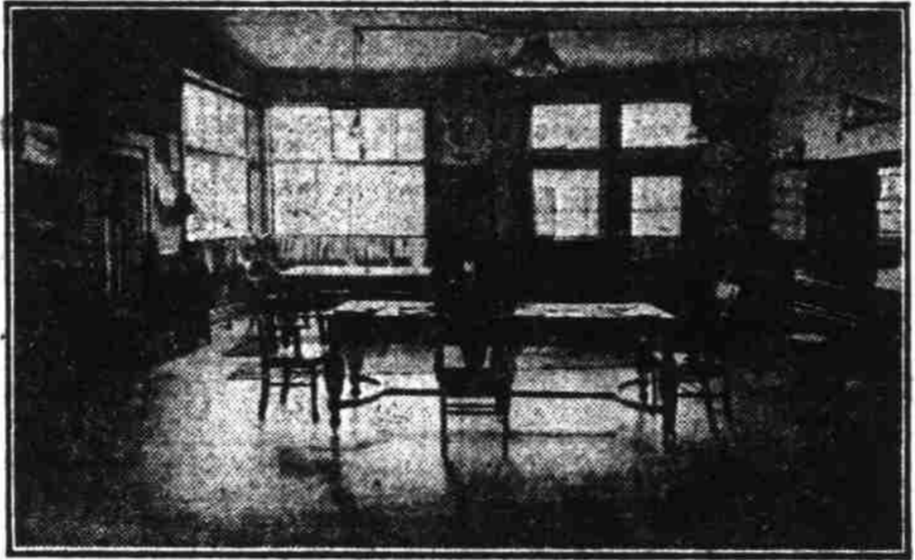
Through the untoward influence previously mentioned these vertebrae become misplaced or subluxated, the cartilages become packed, crushed, thinned and compressed over the entire area or upon one side more than the other, they become wedge shape. The vertebrae become subluxated or misplaced, therefore the spinal windows will be partially closed, their dimensions diminished, lessening the conductivity of nerve branches resulting in the house in which we live becoming divided against itself, therefore we must fall.

Connections

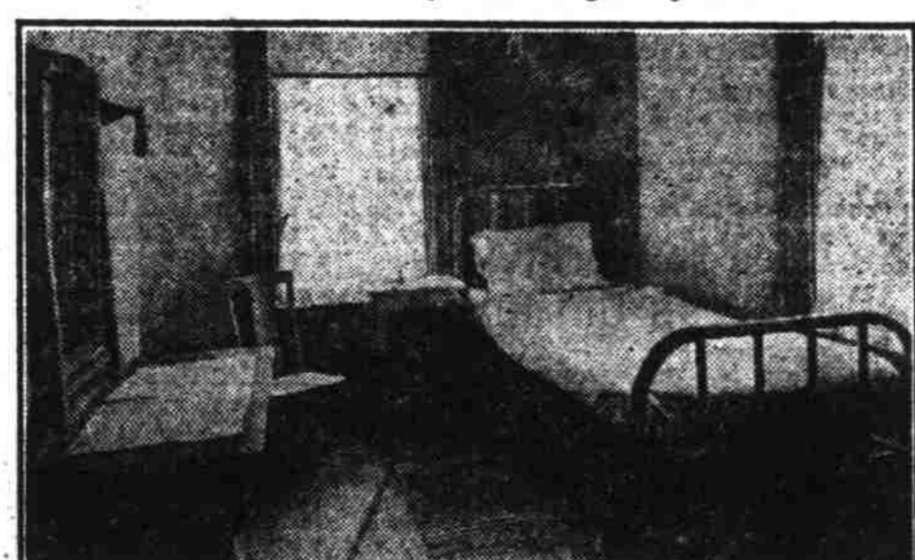
To regain health or prime of life we have lost there must be a reestablishment of the normal conditions in the spinal columns. All spinal defects must be adjusted that each nerve supplying the different areas of the body with life's force must have perfect freedom that the current may pass in and out over the nerves through the spinal windows without interference, then each and every organ in the body would immediately return to a healthy and normal condition and the body as a whole take on a perfect state of tonicity.

CHIROPRACTIC

Removes all cause of disease—health is the natural result.



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Ward, Pacific Chiropractic College Hospital

The Cause of DISEASE

Ninety-five per cent of all diseases originate at the points indicated by the arrow heads. The diseases mentioned below are only a few which are caused by subluxations of vertebrae in the spinal column.

1. Slight subluxations at this point will cause so-called headaches, eye diseases, deafness, epilepsy, vertigo, insomnia, wry neck, facial paralysis, locomotor ataxia, etc.
2. A slight subluxation of the vertebra in this part of the spine is the cause of so-called throat trouble, neuralgia, pain in the shoulders and arms, goitre, nervous prostration, la grippe, dizziness, bleeding from nose, disorder of gums, catarrh, etc.
3. The arrow head marked No. 3 locates the part of the spine wherein subluxation will cause so-called bronchitis, fevers, pain between the shoulder blades, rheumatism of the arms and shoulders, hay fever, writers' cramp, etc.
4. A vertebral subluxation at this point causes so-called nervousness, heart disease, asthma, pneumonia, tuberculosis, difficult breathing, other lung troubles, etc.
5. Stomach and liver troubles, enlargement of the spleen, pleurisy and a score of other troubles, so-called, are caused by subluxations in this part of the spine, sometimes as light as to remain unnoticed by others except the trained Chiropractor.
6. Here we find the cause of so-called gallstones, dyspepsia of upper bowels, fever, shingles, hiccupus, worms, etc.
7. Bright's disease, diabetes, floating kidney, skin diseases, boils, eruptions and other diseases, so-called, are caused by nerves being pinched in the spinal openings at this point.
8. Regulations of such troubles as so-called appendicitis, peritonitis, lumbago, etc., follow Chiropractic adjustments at this point.
9. Why have so-called constipation, rectal troubles, etc., etc., when Chiropractic adjustments at this part of the spine will remove the cause?
10. A slight slippage of one or both innominate bones will likewise produce so-called sciatica, together with many "diseases" of pelvis and lower extremities.

How to Get Well

Chiropractic Adjustments Remove Pressure from Nerves, and Health Returns

Free Consultations, Free Examinations, Free Treatments Daily 9 A. M.-7 P. M.

In our clinic department you will find this service free to you without any obligation on your part whatever.

Thousands of Sufferers Who Have Failed

to get relief in any other way are invited to investigate Chiropractic methods, which are permanently curing millions.

Seventy-five Per Cent of the People Ailing

are being treated for the wrong thing, which accounts for the fact that so many are long suffering, and their condition considered incurable.

Avoid Operations—They Are Dangerous

Disease is caused by nerve pressure—the tiny wires that carry life force from brain to all parts of the body. When these are normally working, nature has the power to heal.

Let Our Board of Scientific Diagnosticians

investigate the cause of your trouble, have same removed, and health will naturally result.

Our Professional Department is Prepared

to take care of the most obstinate cases where results have not been obtained by other methods. Here you have the advantage of our entire faculty.

Hospital in Connection With Our College

Modern in every way and will care for you at a most reasonable figure to show what can be done Chiropractically in both acute and chronic cases.

Health Intelligencer

If you are ailing from any cause—if you want to understand and know to your own satisfaction the condition that exists or have been threatened with operations and want to get well, write or phone for the Health Intelligencer Paper, which will be mailed you free of charge.

PRESSURE COOKERS and CANNERS

THINK OF IT!

Thirty minutes for a 3-lb. roast, browned and made tender. The cheaper cuts may be used. 35 minutes for baked beans, browned and thoroughly done as if baked in an oven for hours. The oldest hen browned and perfectly tender in less than an hour. Odors of no mix.

Recipe by Mrs. Gray, University of Chicago, in March Pictorial Review, page 48.

Pot roast, with smothered onions, potatoes and rice pudding in thirty minutes.

All the above may be done on a single burner, after pressure is started.

Pressure Cooker Sales Co.

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700 Hawthorne Ave. East 929

The Pacific Chiropractic College

School at Riverside Is Leading in Thrift

La Grande, March 20. — Riverside school is leading the Union county schools in the thrift campaign. Hughie, principal of this school, reports that 10 pupils have saved a total of \$240. The Island City school comes next, with a total of \$112. Kangle and Perry follow, but are far outdistanced.

Park and Yamhill Main 1014 Portland, Oregon