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# Pep and Progress Pages

Dedicated to Stimulating Our Present Industries  
And to the Establishment of New Ones

The Way to Build Up Your Home Town  
Is to Patronize Your Home People

The Surest Way to Get More and Larger Industries  
Is to Support Those You Have

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This campaign of publicity for community upbuilding has been made possible by the advertisements placed on these pages by our public-spirited business men—men whose untiring efforts have builded our present recognized prosperity and who are ever striving for greater and yet greater progress as the years go by.

Why Suffer With Stomach Trouble when Chiropractic Will Remove the Cause  
**Your Health Begins When You Phone 87 for an appointment**  
**DR. O. L. SCOTT**  
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Ray Laboratory 414 to 419 U. S. Nat'l Bk. Bldg.  
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**AMAZING PROOFS OF THE POWER OF CHIROPRACTIC SCIENCE TO ADJUST AND TO COORDINATE THE HUMAN BODY AND PRODUCE CONDITIONS LEADING TO HEALTH**  
Cases of Seeming Miracles Performed by the Simple Processes of This Latest and Greatest Branch of the Healing Art—Health Not a Local Condition; It Is a Total Relationship, a Unity of Functions That Make Up One Harmonious Being—Dr. O. L. Scott Is a Pioneer of the Pioneers of This State and This Science

A thousand ton freight train, laden with silks and spices and the priceless textiles and lacquer and pearls of the Orient, is rushing across the continent. It is worth ten million dollars, and its owners are in a nervous sweat every second until its safe arrival. Speeding westward, as if to meet it and do titanic battle, is another ponderous express train, bearing half a thousand precious lives, and the mails that carry messages of hope and cheer to ten thousand homes. The two trains plunge towards a meeting point. Will they try to fight out the right of way on the one track, or will one take the siding? What if they should clash, the wreckage take fire and a whole nation be thrown into mourning? One can almost hear the crash, the explosion, the screams—

But it doesn't come. One train slips smoothly onto the siding; the other dashes by. The first slides leisurely back onto the main track, and both go their way rejoicing. The powers that would have brought disaster, go safely on to minister to the whole nation.

This is an apt presentation of what happens in every human body, a dozen, a million times. Every nerve impulse is a passenger train speeding in the one direction; every muscle, every returning nerve reaction, is the silk train coming back with the spoils of its trade. They must meet within the body, along the same single track; if they clash, disaster is instant—but if they are coordinated so that they go in harmony, all is well.

Chiropractic is the coordinating train dispatcher who adjusts these time schedules so that the trains meet and pass without wreck, and leaves health and life unscathed and happy.

What, indeed, could it be but the coordination of all the complex reactions of the human body? Health is not a local condition; it is a total relationship, a unity of functions that make up one harmonious being.

Humanity has no power to make a "dead" nerve, or a dead tissue, live of its own accord, and independently of the others. Human intellect, human skill, can not furnish the power by which tissues, nerves, the soul itself lives or grows. That is a thing beyond the wildest dreams of the sane scientist; life, and the power of life to grow, is utterly beyond the farthest stretch of science.

**Performs Seeming Miracles**  
And yet, though man cannot produce life, he can utilize its powers to perform seeming miracles. Man cannot produce gravitation, or electricity, or chemical affinity, on sun heat; yet he can follow the principles laid down for the use of all these forces, and perform marvels of adaption and utilization.

**Knows How to Not Why**  
There is no magic in Chiropractic science, which is based on an accurate, profound study of the human system. This science recognizes that the life is not in the bones, in the flesh, but in the nerves of sensation and control that guide the body. No one may know precisely how or why they give to the mind the impressions they do; but as facts Chiropractic has studied them and their work until it can say, authoritatively, that it KNOWS how, if not why human ailments come, and how most of them can be cured.

There is small opportunity for a controlling nerve to become displaced or mechanically affected in a fleshy part of the body—say in the thigh or the arm. It is surrounded by a fleshy, fatty



DR. O. L. SCOTT

a natural, healing sleep. She recovered, absolutely normal in every respect, almost in an instant, and has since been like any other little girl.

**And a King's Son**  
The afflicted son of King Alfonso and Queen Victoria of Spain, the heir to the Castilian throne, was healed by an English chiropractor, after all the medical science of Europe had given him up to be deaf and dumb for life. Even his royal parents, with all their money and position, could find nothing else in the whole world to help him, save the Chiropractic that is at the command of any American parents.

"A poorly adjusted machine always does poor work."

This axiom of mechanics is the theory of Chiropractic—that the human machine cannot do good work if it is not in good mechanical order. Nature supplies every condition for healing; but seldom will do the replacement of parts wantonly or carelessly or even accidentally mislaid or displaced. The real Chiropractor has no adjunct but his adjustment art; neither electrical, nor mechanical, nor thermal appliances. If the science itself be true, there is no other thing to take its place; all other apparatus is superfluous. This, however, could not be taken to apply to a powerful X-ray machine for photographing and visually determining the extent of deep-seated or obscure injuries.

**In the Flu Epidemic**  
—And that the science is true, seems to be proven in a most amazing record during the "flu" epidemic in 1918 and 1919. "Flu" has been held to be a germ infection, with deadly power of infection. That it was more fatal, all over the world than any war in history is stating the cruel facts too mildly; it took a greater toll of life than even the last World War. It would seem to be the last sort of disease that Chiropractic could affect. And yet, the records show that all over America the several thousand Chiropractors lost only one out of every 886 cases they treated; the mortality for the regular medical profession is said to have reached a far higher average—many times greater, the Chiropractors say.

Here in Salem, Dr. O. L. Scott, the pioneer Chiropractor, adjusted more than 500 cases, and did not lose one!

**An Oregon Pioneer**  
Dr. Scott is a real Oregon pioneer. His father came to Marion county at the close of the Civil war, and settled at Scott's Mills, to which place he gave the name. His mother's family came here in 1852—almost 70 years ago.

**An Early Convert**  
Dr. Scott was one of the early converts to the profession of healing by mechanical adjustment; he graduated from the great Palmer school at Davenport, Iowa, in 1910—the whole science dates back only 25 years! He has no other equipment but his X-ray machine with which to photograph his patients for careful, accurate study of their ailments; and his charts and his hands and his experience.

Yet he had the privilege of serving as instructor for Dr. Al-

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It Satisfies  
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Guaranteed Not To Leak  
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cushion that will stand any kind of a shock, short of irresistible crushing or severance by cutting. The flesh nerve simply can't be displaced.

There is one place, however, and only one, where the nerves of sensation and control can be mechanically affected; that is, in the spinal column.

These nerves, for the whole human system, go out in pairs from the vertebra; each pair through its regular opening, like wires for an intricate telegraph, telephone or electric system in a man-made conduit.

The spine, that must be flexible and yet strong as a column of iron, is padded with muscles that hit to every projection of each separate vertebra. One may step off a curb, and unduly strain one of these balancing muscles; one may over-lift, and slightly displace another of these intricate bony pieces. One might even lie down, relaxed, and there could be a slight slippage of the cartilages and ligaments that bind them together into a flexible whole.

But the nerves that go forth from each intersection, each to its own station in the body, have small latitude for any such slippage. Nerves are measured by microscopic micrometer, and not by rule of thumb; there is no spare space for them in these bony conduits. Pinch a nerve, shift its bony covering even the most microscopic distance, and it is no longer free.

What happens when a nerve is obstructed?

**Like a Short Circuit**  
Precisely what happens in a short-circuit in an electrical current. First, it fails to do the work at the terminus. The part may fail to obey the signals; and refuse to act or to function as it should; or it may wither and die, like the flower cut off from its parent stock; it may run amuck, so that the nerves go instantly on the warpath like the two trains on the one track and no siding or guiding control.

**This, Then, Is "Sickness"**  
This is "sickness," disease, whatever one cares to call it. It is the refusal of the part of the body that is not properly governed, to do its part in the human organism. The function may be the use of the eyes, of a leg, of an arm, of the bowels, of the heart itself; no matter what, it is "disease" and only the removal of the cause will remedy the manifestation.

Chiropractic says that most of the ills of humanity can be reached through the adjustment of the nerves at the points where they can be reached, at the only points where they can go wrong—where they leave the spine to radiate through the muscular system to their final destination.

**Wonderful Proofs**  
The wonderful case of little Miriam Rubin, of Waukegan, Illinois, in February, 1921, is a striking illustration of what Chiropractic theories have accomplished. The little girl, always apparently normal, suddenly became the victim of a mania to talk. For 212 hours she did not sleep, but talked constantly. The regular medical profession of the whole world was challenged to give her help; no help came. Finally an obscure chiropractor, believing that he had a remedy, asked the privilege of making an examination. It was allowed him, not in hope, but as the last measure of despair that had tried everything else.

He found two of the neck vertebrae, between which the nerves issue that control the organs of speech, slightly misplaced; the result of a fall, it was later learned. He made one adjustment, the uncontrollable speech stopped, as if by magic, and the child slept



DR. O. L. SCOTT, Salem Chiropractor, at Work

## BIG MOUNTAIN OF APPLES IS NEEDED

Twenty Million Pounds of the Fruit Needed by the Dehydration Plants

Ten thousand tons of apples! See if you can visualize that, in a mountain of apples. That means 20,000,000 pounds of apples.

**Will King's Food Products Company**, at their dehydration plant, along on Front street, and at their plant at The Dalles, will have used that big a mountain of apples for the present season's run, when the last apple shall have been taken care of in the processes through which it must go from the tree to the neat carton intended for the ultimate consumer.

The company was advertising yesterday morning for more women for the Salem plant, and the need came from the great quantities of apples which must be put through the plant, running well up to the first of the year.

The apples are coming from the Salem district and all over western Oregon, as far south as Roseburg and Sutherlin, and from Yakima and Hood River.

What are they going to do with all these dehydrated apples? They know. They are already sold, and the big question now is to get enough apples to fill the advance orders. The selling end is already taken care of; has been for a long time.

Dehydrated apples are so much better than the old-fashioned dried apples that these plants will have to be enlarged, to keep up with the demand to say nothing of increased production of apples in this section to keep the plants going in future years.

Teacher: "Willie, can you tell me how matches are made?"  
Little Willie: "No, ma'am; but I don't care you for wanting to find out."  
Teacher: "Why, what do you mean?"  
Little Willie: "Mother says you have been trying to make one