

How to Be Healthy

The Crusade of the Double Barred Cross
Practical Talks on Disease Prevention

Prepared by the
OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger, however, if it is kept at its best. This series of articles shows you how to keep healthy.)

A CLEAN MOUTH
No. 6
By Arthur M. Hunter, D. D. S.
A few years ago Dr. Mayo, one of America's foremost surgeons, said that the next step in preventive medicine must be made by the dentists. In line with this

ing mouth disease.
3. How to prevent dental disease.
Very few people realize that the three sources of life, food, water and air, are affected by mouth conditions. No one can live without these three things. The government spends enormous money to insure the cleanliness of food and water. Housewives see that cooking utensils, cloths and cutlery are washed so that the food may be served clean. All the details of bringing the food to the mouth are carefully looked after, but when it passes the lips the food is abandoned to its fate, for most mouths are unclean, and the food, however clean before, becomes quickly contaminated after it passes the lips.
How can the mouth best be kept clean and dental decay prevented? There are four practical suggestions:

1. Have the mouth put in good condition by a good dentist. Go to the man that you can find. It is economy of health and pocketbook to go to him often. Three or four times a year should be the minimum.
2. X-ray examinations of the teeth should be made to ascertain the condition of root-fillings, and the condition of bone surrounding the roots of the teeth, for it is these that may cause systematic disturbances which will lower resistance to disease. All teeth which are removed (nerves killed) but held as suspicious characters until proven innocent. The later pain is not a safe sign of infection. There may be a blue abscess, which only the X-ray can discover.
3. Get the dentist to give you minute injections as to the proper way to perform your mouth toilet. It is necessary to spend at least ten minutes every night and every morning brushing your gums and teeth, in order to properly clean them. The amount of time and energy will give you big dividends in good health. Remember, clean tooth will not decay, a clean mouth will not pollute its food.
Stop the use of free sugar because it will cause the decay of teeth more than any other one thing. Nature never intended that it should use sugar in a concentrated form, but preferred to give it to us in its natural



Miss Agnes McPhail, who has just been elected to the Canadian Parliament. During session the men will wear their hats and she will be bareheaded.

MEDICS DO NOT DEMAND BOOZE

Replies Returned to Medical Journal Shows Disrepute Of Alcohol

SMALL NEED FOR BEER

Majority of Physicians in Eight States Have Little Respect for Liquor

CHICAGO, Dec. 30.—(By The Associated Press)—A large majority of physicians from six states replying to an alcoholic questionnaire, sent out by the Journal of the American Medical Association asserted they did not regard whiskey, beer and wines as necessary therapeutic agents in the practice of medicine while nearly two-thirds of them said they believed there should be restrictions in prescribing whiskey, beer and wine. About three-fourth of the replies asserted there were no instances in the practice of the physicians where suffering or death had resulted from the enforcement of the prohibition laws.

States Scattered
The Journal, in its issue of December 31, will announce the tabulation for these states—Idaho, Kansas, Maine, Mississippi, Nebraska and Rhode Island.
The result of the questionnaire sent to Indiana and Illinois physicians was announced last week. In these eight states combined 2,753 physicians replied that they did not consider whiskey as a necessary therapeutic agent in the practice of medicine and 2,524 asserted they had found it of value.
On the question of beer, 1,404 doctors in the eight states replied they believed it had medicinal value and 3,838 physicians said they did not believe it necessary as a therapeutic agent.
Not Therapeutic
Wine as a therapeutic agent was supported by 1,592 doctors in the eight states and opposed by 3,624.
One thousand and eighty doctors reported they could cite instances in their own practice where unnecessary suffering or death had resulted from enforcement of prohibition laws and 3,953 physicians reported they had experienced no such instances.
In the eight states 3,184 physicians stated they favored restrictions in the prescribing of whiskey, beer and wine.

Idaho Medics Reply
The analysis of the questionnaire from Idaho follows: Questionnaires sent to Idaho, 227.
Questionnaires returned, 161.
Do you regard whiskey as a necessary therapeutic agent in the practice of medicine?
Answer: Yes, 79; No, 99.
Do you regard beer as a necessary therapeutic agent in the practice of medicine?
Answers: Yes 35; No 129.
Do you regard wine as a necessary therapeutic agent in the practice of medicine?
Yes 46; No 113.
Have instances occurred in your own practice in which unnecessary suffering or death has resulted from the enforcement of prohibition laws?
Yes 49; No 105.

In your opinion, should physicians be restricted in prescribing whiskey, beer and wine?
Yes 39; No 54.
The representative of Ohio on the committee of twenty-one, which meets from time to time with the American delegation to discuss subjects in connection with the arms parity conference, is Carmel A. Thompson. Thompson is an ex-secretary of state of Ohio and got his first start in life digging ditches for the gas company in Ironton. Emerson McMullan, later a power in Wall street.



Bilious Headache Made Her Almost Crazy

Sunday Health Talk No. 20—
By O. L. Scott, D. C.

When the doctor arrived this woman, a refined type given to much mental activity, was pounding her head against the wall. To be sure the pounding was not vicious enough to be injurious, but the jar was all that interrupted the increasing pain and nausea.
In this case the headache was due to the stomach condition. The liver was also inactive. Chiropractic spinal adjustments afforded some measure of immediate relief, enough to enable her to sleep, but it took a long series of adjustments to restore the stomach and liver, place spinal nerve openings to normal and thus make normal health of these organs possible. In other cases of headache the chiropractor is quite often able to stop the pain in one adjustment.



UNCLE BEN SAYS
"Some spend so much time, money, telling what they know that they never have time to learn anything."

HEALTH FOLLOWS
CHIROPRACTIC CORRECTS PRESSURE ON SPINAL NERVES IN DISEASES OF THE FOLLOWING ORGANS:

- HEAD
- EYES
- EARS
- NOSE
- THROAT
- ARMS
- HEART
- LUNGS
- LIVER
- STOMACH
- PANCREAS
- SPLEEN
- KIDNEYS
- BOWELS
- APPENDIX
- BLADDER
- SPINAL CORD
- LOWER LIMBS

THE LOWER NERVE UNDER THE MAGNIFYING GLASS IS PINCHED BY AN MISALIGNED JOINT. PINCHED NERVES CANNOT TRANSMIT HEALTHFUL IMPULSES. CHIROPRACTIC ADJUSTING REMOVES THE PRESSURE. THE UPPER NERVE IS FREE AS NATURE INTENDS.

Headaches and Indigestion Gone

"Being troubled with headaches, indigestion and inflammatory rheumatism, all of which prescriptions failed to relieve, I finally turned to chiropractic. In two weeks I was normal and able to return to work. I continued adjustments for some time longer and now, thanks to the friend who advised chiropractic, I am well and able to work without interruption."—A. W. Carter, Chiropractic Research Bureau, Statement No. 1253P.

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Dr. O. L. Scott
Chiropractor
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BONDS

state; namely, in fruits and vegetables.
I would like to paraphrase that well known quotation from Robert Burns, "Oh, would the gift the good God give us to see our mouths as dentists see them." The dentists not only see the unclean mouth with inflamed gums, but he sees the long chain of events, namely, an unclean mouth, small cavities, large cavities, pollution of food with digestive disturbances, death of the tooth pulp, abscesses at the end of the root, absorption of the poison, lowered resistance against disease, and finally broken down health.
The late Professor Osler, who held a place at the head of the profession of medicine, said: "You have one doctrine to preach, and you have to preach it early and late, in season and out of season. It is the gospel of cleanliness of the mouth, cleanliness of the throat. These three things must be your text through life. Oral hygiene—the hygiene of the mouth—is the one single thing is more important to the public in the whole range of hygiene than that."

Grocery Bargain Counter New Selling Stunt at the People's Cash Store Proves to be a Great Money Saver

For all bargain seekers this promises to be a most unusual novelty and money saving idea, which has been originated by the People's Cash Store, in a so-called Bargain Counter; where goods of staple and desirable quality as handled by the People's Cash store will be placed on display. These will be alternated every other day with different articles. The prices will be plainly marked, and every housewife will have the same opportunity in picking over the edibles as she did when she went bargain-hunting in the Dry Goods Stores. Many of the standard articles will sometimes be priced even as low as one-half its regular value.
When asked the practicability of this system, it has been understood that the advertising on various Grocery articles will be so limited as to allow these drastic reductions.
Beginning Tuesday morning, and continuing daily, this new system will take place. Come early in the morning and look over the long range of articles.—Adv.

OLCOTT VETOES HARE'S MEASURE

Fault is Found With Construction of Bill Affecting Drainage

Although acknowledging certain merits in the bill, Governor Olcott yesterday vetoed Senator Hare's bill No. 12, which would correct a difficulty in the assessment laws relating to drainage districts and make possible a sale of bonds in a drainage district in Washington county. The matter in need of correction, as claimed by Senator Hare, was brought about by conflict in the assessment laws of 1915 and 1919, and recently blocked the sale of drainage bonds in Washington county.
"This bill has a meritorious purpose and was designed to bring about some constructive results," says the veto message. "It is, I understand, an effort to permit the sale of bonds for a certain drainage district in Washington county, such sale now being obstructed by some technical difficulty in connection with the present law. Insofar as its purposes are concerned I approve of them. But the bill itself is so drafted as to lead to complications relative to laws in general covering drainage districts and probably would result in litigation and confusion. It is an instance where the net result might cause more dire results than the disease."

VERY BEST WISHES
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A Happy New Year
to our many friends and patrons who have helped to make our location in your city possible and successful.
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1922
To Our Customers and Friends
We Thank You
For your patronage and confidence during the past year. We wish to assure you that we will continue to do business on the basis of a **SQUARE DEAL**. Our rapidly increasing business proves the soundness of our methods and we look forward to 1922 with every confidence of a successful year.
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SCHOOL BOOTS
in Brown Elk Leather, a high grade \$10 Boot at the Extra Special price of
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We just made a wonderfully cheap buy in these popular boots and are going to pass this fortunate opportunity on to our customers. Get a pair before they are gone.
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