ON STATESMAN, SAL . OREGON

ing mouth 3. How How to Be Health prevent dental dis-Very few ople realize that The Crusade of the Double Bar the three Practical Talks on Disease Pre food, water I air, are affected by mouth mitions. No one can live yout these three Prepared by the OREGON TUBERCULOSIS ASSO things. TI overnment spends enormous (Practically every adult person is infected in tuberculosis. This infection need not be a source of danger. The public the latent infection from becoming disease, bodily resistant must be kept at its best. This series of articles shows yes low to keep cleanliness food and water. Housewives utensils, ch at its best. This series of articles shows washed so served clea All the details of bringing P food to the mouth are carefu looked after, but prophecy, the r campaign for when it part the lips the food mouth hygiese ims to teach is abandon left to its fate, for most mouthre unclean, and the

No. 6 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 preven-tive medicine must he most more and anage is done by an unclem puth, with teeth badly broken den, large cavities badly broken den, large cavities tive medicine must be made by or inflamed the dentists, In line with this 2. Proper shods of correct suggstions

Bilious Headache Made

Her Almost Cray

By O. L. Scott, D. C.

When the doctor arrived this woman, a

refined type given to much mental ac-tivity, was pounding her head against the

wall. To be sure the pounding was not

healthy.)

A CLEAN MOUTH

Sunday Health Talk No. 20-

ing pain and nausea.

THE

clean before, becontaminated after How cathe mouth best be kept cleand dental decay prevented? e are four practical

sources of life,

to insure the

that cooking

and cutlery are

the food may be

Suggstion: 1. Ha the mouth put in good conton by a good dentist. Go to thest man that you can find. It become of health and pocketbod o go to him often. Three or ar times a year should be the minum. 2. X- examinations of the teeth shot be made to ascertain the condon of root-fillings, and the condon of bone surrounding the roothes of the teeth, for bit is these as that may cause sys-tematic surbances which will lower remarks of disease. All lower retance to disease. All lower relance to disease. All teeth wi pulps removed (nerves killed) at be held as suspicious characte until proven innocent. The lacer pain is not a safe sign of infection. There may be a bill abcess, which only the X-ray c discover. 3. 6 the dentist to give you minute meetions as to the uro-

minute rections as to the pro-per while perform your month toilet. is necessary to spend at least the minutes every night and eve morning brushing your gums a teeth, in order to pro-perly clase them. The amount of timend energy will give you big divinds in good health. Remember clean tooth will not decay, d a clean mouth will not pollutere food. Stophe use of free sugar be-

cause mr will cause the decay of teetmore than any other one thing. Nature never intended that ishould use sugar in a

=BONDS= \$65,000

Bonds

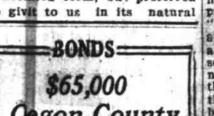
Miss Agnes McPhail, who has just been elected to the Canadian Parliament. During session the rules of etiquette will be reversed —the men will wear their hats and she will be bareheaded.

state; namely, in fruits and vegeti.bles.

ONLY CANADIAN M. P.

I would like to paraphrase that well known quotation from Rob-ert Burns, "Oh, would the gift the good God give us to see our mouths as dentist sees thera.' The dentists not only sees 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

health.



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 ma jority of physicians from six states replying to an alcoholic questionnaires, sent out by the Journal of the American Medical association assorted they did not regard whiskey, beer and wines as necessary therapeutle agents in the practice of medicine while nearly twothirds 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

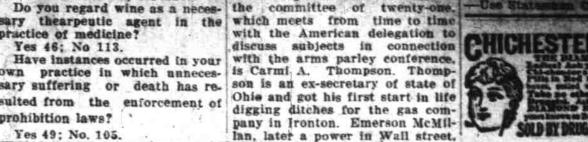
Not Therapeutic

Answer: Yes, 70; No, 90, Do you regard heer as a neces-sary therapeutic agent in the prac-tice of medicine?

Answers: Yes 38; No 120. Do you regard wine as a necessary thearpeutic agent in the practice of medicine? Yes 46; No 113. Have instances occurred in your

sary suffering or death has resulted from the enforcement of prohibition laws? Yes 49; No. 105.

The representative of Ohio, on the committee of twenty-one. which meets from time to time with the American delegation to





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so inactive. Chiropractic spinal adjust-ments afforded some measure of immedi-UNCLE BEN ate relief, enough to enable her to sleep, BATS but it took a long series of adjustments to restore the stomach and liver, place Some spend s spinal nerve openings to normal and thus h time, Nev telling what ¥7. that

make normal health of these organs posknow sible. In other cases of headache the chithey never have ropractor is quite often able to stop the mything, pain in one adjustment.



vicious enough to be injurious, but the jar was all that interrupted the increas-In this case the headache was due to the stomach condition. The liver was al-

