

Daily Democrat

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WEDNESDAY, AUGUST 9, 1916.

PROPER BREATHING.

Dr. Mary Marshall, of this city, re-
cently attended the national conven-
tion of osteopaths in Iowa. A clipping
from a paper there, which she sends,
has such valuable suggestions in re-
ference to the value of proper breath-
ing that we give it:

Ask the average man to tell you the
chief purpose of his nose and he will
answer it is to smell. That, says Dr.
John H. Bailey of Philadelphia, osteo-
pathic hay fever specialist, is one of
the popular delusions that is directly
responsible for much sickness.

The nose is for breathing and thru
it is the only, proper and safe way to
breathe, Doctor Bailey explained to-
day. True, one smells thru his nose,
but the exercise of that power forms
only a small part of the work of the
nose, the physician said. He is con-
ducting a hay fever clinic in connec-
tion with the twentieth convention of
the American Osteopathic association
at Convention Hall. He has fifty pa-
tients there.

"Breathe properly" is a more im-
portant warning than "eat properly,"
Doctor Sardoh said today at the Ho-
tel Muehlebach. "If people breathed
through their noses altogether there
would be little sickness. Air that passes
through the nose into the lungs is
heated properly and any germs that
pass into the nose with the air are
killed right there and never gain en-
trance into the lungs, where they can
multiply and cause trouble.

"Air taken through the mouth goes
into the lungs at about the tempera-
ture it registered before it was breath-
ed, in addition to being dirty. Nature's
cleaning and heating apparatus is all
located in the nose and it is slow sui-
cide to breathe except through the
nose.

"That brings up the vital importance
of a clear, normal nasal tract. If the
membrane of the nose is swollen so
the passage is almost closed, as it is
in the case of hay fever sufferers, one
is almost forced to breathe through
his mouth. Then there is real danger.

We never should forget the real
function of the nose is proper breath-
ing. It would be a good thing if ev-
eryone would take five deep inhalations
through each nostril, holding the
other shut, several times a day.
It would help to train people to
breathe properly."

The provision Nature has made to
warm the air that enters the lungs is
in the inferior, middle and superior
turbinate or bones of the nose. They
exercise quite the most important
function of the nose, Doctor Bailey
said, in comparison to the area thru
which we smell, which is only a
small fraction of a square inch. With-
out normal turbinates, it is impossible
for a man to invade the ice wastes
near the poles. With them not work-
ing freely the cold air taken into the
lungs would have deadly effect.

Dr. Bailey's treatment for hay fe-
ver is fundamentally osteopathic. It
is the restoration of normal conditions
in the nerves controlling the distribu-
tion of nutrition along the nasal pas-
sages.

"I have found every hay fever pa-
tient has a swelling and hardening of
the membrane that lines the nose and
that the passage is otherwise obstructed
by adhesions, all due to improper
functioning of the blood vessels and
nerves," Doctor Bailey said. "That is
the indirect cause of the disease, the
thing that makes the sufferer suscep-
tible to the pollen of goldenrod and
ragweed. The pollen is the direct and
immediate cause.

"Without the abnormal condition of
the nose referred to, a person is not
bothered by the pollen. Osteopathy,
therefore, aims at the indirect cause.
As in the treatment of many other
things by osteopathy, we seek to re-
store proper nutrition of the nasal
tract by opening up the action of the
blood vessels and nerves which natu-
rally control that nutrition. Often, the
trouble is found in the region of the
upper spine where some slight dis-

placement has restricted the nerve
and stopped its functions."

To test his success in the early de-
velopment of his plan for treatment,
Doctor Bailey took thirty of his pa-
tients to a field of goldenrod and rag-
weed near Philadelphia. All had from
eight to ten treatments. They walked
through the field, stirred up clouds of
the pollen they were accustomed to
avoid, and there was not a sneeze.

MISFITS

One writer says that back east they
put it: Just Ice Hughes.

Mr. Hughes is considered about as
cold personally as Mr. Fairbanks.

Everybody is advised to read his
speeches in the interest of Wilson.

They continue merely critical, non-
constructive. Here's the gist of all
his speeches: "My friends, the trou-
ble is that the administration has writ-
ten such a record that, no matter what
it says, you do not know whether it
will stick to it or not.

Well, Hughes so far has not said
anything constructively to stick to
Wilson does things.

Someone is trying to leave out
part of the Lord's prayer. Such smart-
ies need being put in straight jackets

Don't get uneasy about Japan com-
ing over here and licking us. It is all
rot. It would be practically impossi-
ble for the Japanese to send more
than 25,000 men at a time, and by
the time the next crowd got here
those would be taken care of.

But, in the first place Japan doesn't
want any trouble with us.

Lai Cow died at Salem, just a Ce-
lestial.

The public street is a poor place in
which to give an exhibition of the
modern dance.

Candidate Hughes' speech of ac-
ceptance reminds us of the old-fash-
ioned "Mother Hubbard" gowns the
women used to wear—covers every-
thing but touches nothing.—Itemizer.

Real American.
I'd like to be the sort of man the flag

could boast about.
I'd like to be the sort of man it could
not live without;
I'd like to be the type of man
That really is American;
The head erect and shoulders
square,
Clean-minded fellow, just and fair,
That all men picture when they see
The glorious banner of the free.

I'd like to be the sort of man the
flag now typifies.

The kind of man we really want the
flag to symbolize;

The loyal brother of a trust,
The big unselfish soul and just;
The friend of every man oppressed,
The strong support of all that's best,
The sturdy chap the banner's meant
Where'er it flies to represent.
—Detroit Free Press.

Portland Stock Market.

Cattle—Cattle receipts were very
fair for the first of the week. Prices
showed a further weakness all along
the line. Cows ranged around the \$4.50
to \$5.00 for the best and steers were
\$6.50 to \$7.10 for the choicest gross
stuff.

Hogs—The hog market got started
early and \$9.75 was reached, both for
top and bulk of offerings. The re-
ceipts were very light—the lightest of
the season and buyers were eager for
all that arrived. All classes got in on
the high spot from lights to heavies.
Sheep—No change in the sheep situ-
ation. Offerings were only moderate.
Prices steady.

Champion Cow.

Gaston, Or., Aug. 8.—An Oregon
cow has broken a world's record, and
is now entitled to the proud title of
Oregon's first world's champion Hol-
stein.

Johanna De Kol, of Rush Court, a
junior 2-year-old heifer at Hill Crest
Holstein Farm, Amity, Or., has just
completed her seven-day official test,
eight months after freshening, with
445.5 pounds of milk and 13.57 pounds
of fat, exceeding the former world's
record of 425.1 pounds of milk by
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she has been milking eight months,
she is still exceeding the former
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