

SCIENCE and PRACTICE

CHIROPRACTIC

with

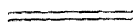
ALLIED SCIENCES



By

JOE SHELBY RILEY,

MD, MS, PHD, FAS, DMT, DP, DO, DC, PHC



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D D Palmer,
Discoverer, Developer

Whose sole right to this claim can never
be rightly disclaimed.

Founder of the first School of Chiro-
practic



J S Riley,
Timeless
teacher,
developer,
writer, and
practitioner

Dean of the
Washington School
of Chiropractic



B J. Palmer,
Son of D D Palmer,
Author of many books,
Teacher of many pupils,
Dean of the Oldest School of
Chiropractic

DEDICATION.

To My Father, Who on Earth Was

Noblest of Physicians,

Most successful of surgeons,

Most liberal of scientists,

Most sincere of philanthropists,

Who during a life of more than 102 years continually helped his fellow man, and who, we believe, from the other side of life's wondrous river still throws the force of his master mind and powerful intellect to all earth's children who desire and are ready to receive the light of fullest fruition in research of truth and progress;

And

To My Mother, Who on Earth Was

Handsomest of women,

Lovliest of mothers,

Faithfulest of Christians,

Most obedient to Heaven,

Who during a long and eventful life found delight in the higher laws of service, and who, we believe, in providence and vision still dwells with the children of earth, and will forever lend a mighty influence for all good and worthy things,

This volume is most obediently dedicated by their son, the author, as a small appreciation for the life they made it possible for him to live

Two artist students of the
WASHINGTON SCHOOL OF CHIROPRACTIC



William H. Thompson, D. C.

Each faithful in study,
 Successful in application,
 Untiring in research
 Progressive in methods,
 Each square as a cube,

Whose extraordinary artistic skill and elaboration enabled the author to present many of the special cuts and illustrations that give this volume a distinction possessed by no other treatise extant

William H. Deck, D. C.



PREFATORY

Altho D D Palmer made his first discovery and adjustment in Chiropractic in 1895, it was not taught to others until the distinguished old author and discoverer had progressed in his development into the early years of the twentieth century

Hence, at the present writing, the great science is only about a dozen years of age, and we may truthfully say it is not that old, as it is still growing. Many of its principles were developed by Dr Palmer, and much of its philosophy explained, but its most infinite possibilities, we believe, have not yet been reached

It has already easily outstripped all other methods of healing, but its sun has not yet reached the zenith, and who shall declare if it shall ever have a sunset? Or shall ever see the extent of its development? Or who shall ever reach the end of its rainbow of hope? Or who shall find the heaviest bag of gold?

We do not say that Chiropractic has no limitations. Even infinities have limitations, and some infinities are greater than others. The greatest Chiropath may meet some conditions beyond the potency of his science, but he will surpass all other methods and systems as the noonday beam surpasses the glow of twilight

The empire of its home is the earth. The extent of its development is the universe. The vanishing point of its power is the most distant star. Illimitable progress marks the pages of its history. Its hand holds the honey of health. Its tongue speaks the certainty of long life. Its language is that of all mankind. Its strength is the Sampson to shiver to pieces old traditions that have steeped nations in the darkness of superstition for ages

The father of the science is D D Palmer. The science is his monument. As long as the earth makes her circuit around the blazing orb of heaven, the name and fame and science of D D Palmer shall give immortality to one who thru great trial and tribulation made it possible for the world to have this greatest of all therapies

If there had been no D D Palmer, there never would have been a Gregory, a Haden, a Langworthy, a Carver, a Collins, a Riley, or

a B J Palmer, in the Chiropractic lines or literature These men would doubtless have existed on the planet just as men in other lines of work, and the world would have rolled on just the same Not one of them would have been noticed as Chiropath, unless, indeed, some one of them should have been led, as D D Palmer was, into the great truths of Chiropractic

Men of true greatness, we believe, are prepared providentially At the right time the right man comes forward Other men wonder and oppose Anon they persecute Such has been true since the days of Joseph in Egypt who, in spite of kingly betrayal and the stain of harlotry in high places, saved his people and the people of Egypt

And men of true greatness seek not to rob another of the glory of first discovery It marks the small mind to do this But the real discoverer and pioneer shows up more grandly because of such attempted robberies 'Twas so with Columbus No difference if some Norsemen had made journeys to the westward ages before It was so with D D Palmer, and no difference if those strange back walking crudities did take place in Bohemia And no difference if amid the shadowy tradition of India faint evidence is seen that far back into those almost forgotten times there existed a form of Chiropractic now only looked upon by those weird but wonderful teachers as a lost art Any attempt to rob the great old man of the glory of his discovery only raises him higher in the estimation of the thinking world, adding to his fame by every stroke of those who would detract from his greatness

Onward, more extended and extending, grows the wonderful and wondrous science that is alleviating human ills as no other science has ever done It is not incredible, but performs incredible works It is not incomprehensible, but makes incomprehensible cures. It is not inconceivable It was conceived by a mighty mind, and the extent of its growth is inconceivably vast, and indescribably beautiful

Eternal, immutable, invulnerable, mysterious to those who do not understand, an open book to those who do A personality too noble to describe, a visage too amazing for defeat by mortal power, an enthusiasm that thrills its triumphs to the sky, an attractiveness that draws all things unto itself, a force that will

unveil the wrong and establish the right, a comprehensive liberality that shakes hands with all good things, an administration of service to meet all human needs This is Chiropractic This the work of the Chiroprath

The most capable of all sciences, the most comprehensive of all professions, most successful of all means of cure Most approachable in the clearness of its philosophy Most inapproachable in the extent of its forceful applications in the elimination of disease Most rapid growth of all systems of healing, most abiding in its enthronement of human rights Such the science we teach Such the science we love Such the science for which we would give our life a willing sacrifice for its universal establishment

The unprecedented progress made by Chiropractic in the few years of its existence is proof of its indestructible character In these years it has met every form of opposition that persecuting and prosecuting minds could devise It has been tested on every form of disease with a success that has astonished both friend and foe And after every battle it has set with the smiling face of a generous victor, and a ready hand to lift the fallen foe

Not hers to find fault, but to dispel the clouds that overhang humanity Not hers to hinder any good thing, but to add to the sum total of human happiness, to meet the gravity of conditions as they are, and alleviate suffering as it is found everywhere And hers it is to ennoble, strengthen, and glorify mankind with her knowledge and her experience

A voice from heaven once said, "This is my beloved son, in whom I am well pleased " We have not heard the audible tones from the Almighty pronounce the blessings on our great science, but listening ears have heard the voice that is still and small, but none the less the voice of God, utter its mighty whisper, "Lo, I am with you always, even to the end of the world"

In the awful persecutions that marked the early days of the Church of God, did not some mighty, invincible, all-conquering Christ Spirit, unseen to human eyes, lead his forces on until hell's battlements trembled and Hell's armies fled in dismay! And in the struggles thru which we may be called to pass, may we not expect the impact and the impulse from the spirit grasp of the

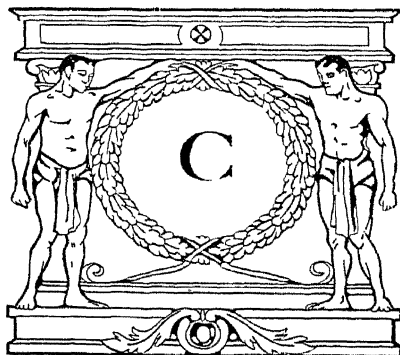
old hero who on earth never met defeat, and who from the Shadows of the other side may still help his followers here?

With absolute certainty we go forward in every realization that our beloved science will never go down to defeat. It will fight the good fight of existence that shows absolute confidence in the outcome. It will stand with its armor on facing the foe, and when the clouds of battle have cleared away, no part of the armor will have been lost. Eternities behind without us. Eternities ahead with us. An empowering and overpowering force, the balance wheel of the universe.

JOE SHELBY RILEY,

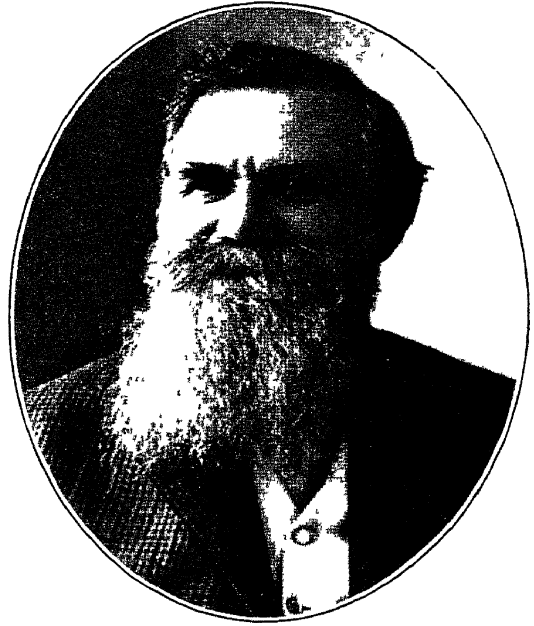
M.D., Ph.D., M.S., D.M.T., D.O., D.P., D.C., Ph.C.

CHIROPRACTIC



PLUS ULTRA

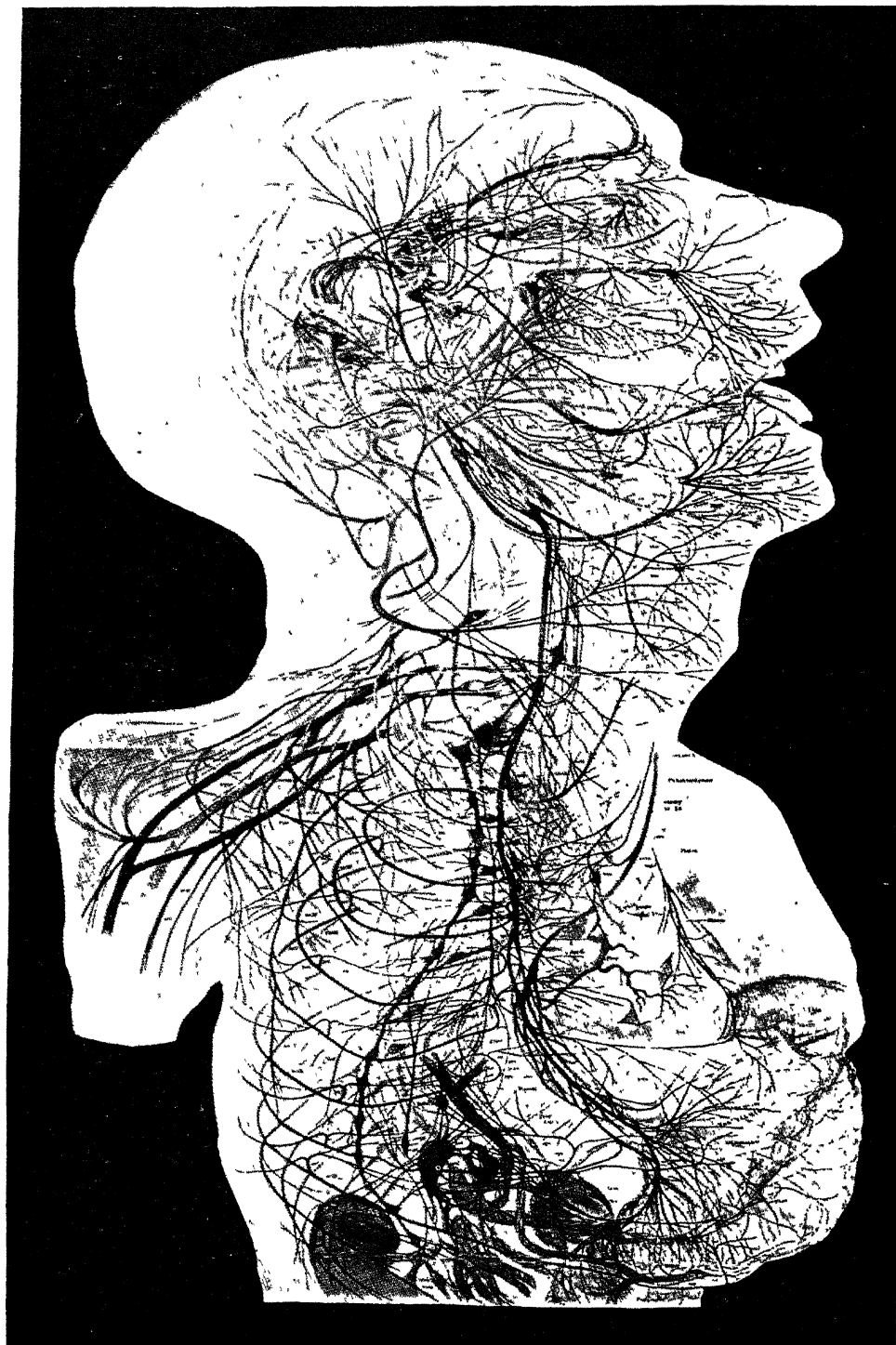
D D Palmer



A A Gregory



Founders of the
Palmer-Gregory College
of Chiropractic
where the author received
his first lessons in Chiro-
practic



THE NERVOUS SYSTEM.

THE NERVOUS SYSTEM is composed of two divisions or parts, namely, the CENTRAL or CEREBRO-SPINAL SYSTEM and the SYMPATHETIC SYSTEM. So completely are nerves distributed to all parts of the body that were everything but the nerves removed or taken away, they alone would show the shape of the body in all its outlines. In these present times more has been done than ever before in tracing nerves to the organs and parts of the body, and the end is not yet in sight. The field opens wider all the time, and the scope of spinal therapy is becoming more extended and more amazing all the time.

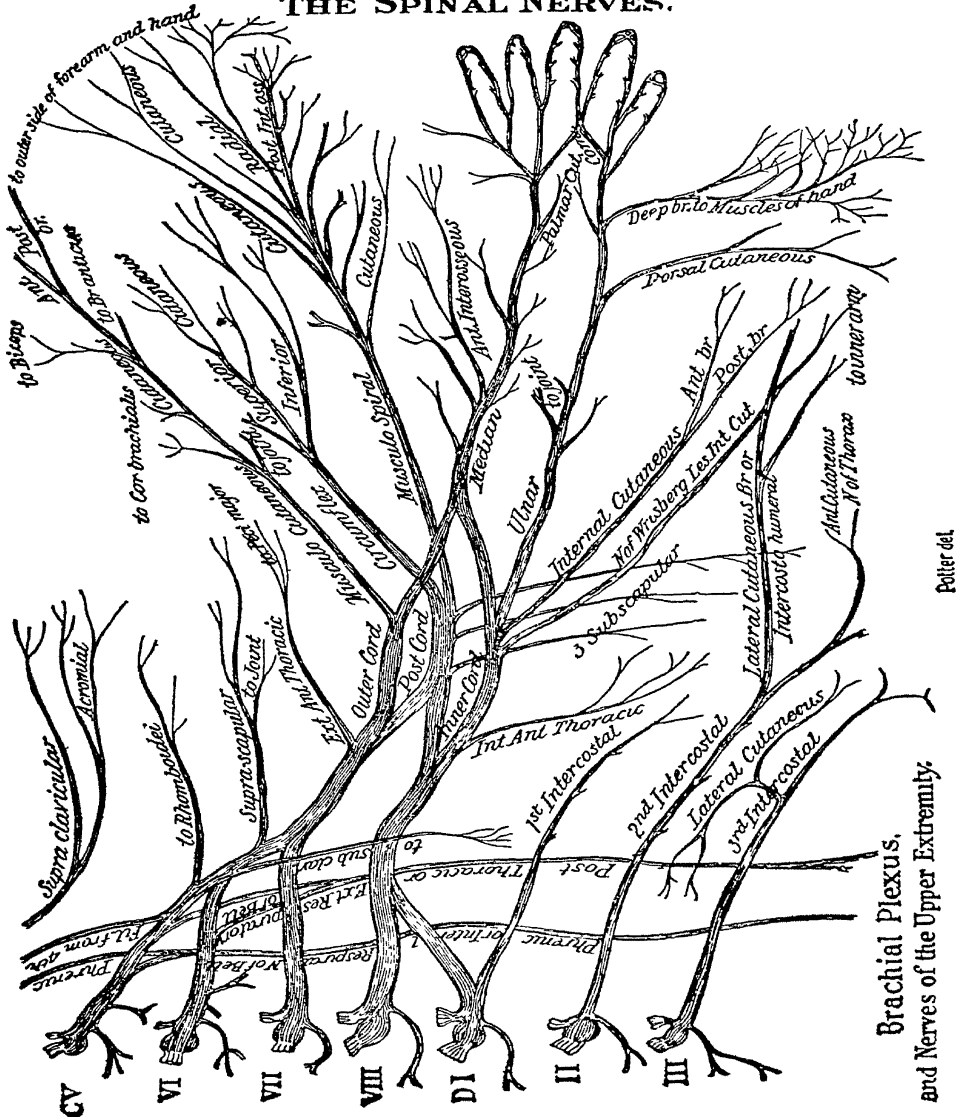
THE CENTRAL or CEREBRO-SPINAL SYSTEM consists of the Encephalon or Brain, 12 pairs of Cranial Nerves, the Spinal Cord, 31 pairs of Spinal Nerves, many Branches of Communication, many Branches of Distribution, and several Plexuses, all to be fully delineated and described as we proceed.

THE SYMPATHETIC SYSTEM comprises two Gangliated Cords extending anteriorly one on either side of the spinal column from the Ganglion of Ribes in the cranium to the Ganglion of Impar in the coccyxigeal region, three large Plexuses (namely, Cardiac, Solar, and Pelvic), many small plexuses and terminal ganglia. For graphic representation of all parts of both the Cerebro-Spinal and the Sympathetic Nervous Systems, see the cuts and plates on the accompanying pages.

A PLEXUS is a tangle or network of nerves or veins. There are many plexuses in both the Cerebro-Spinal and the Sympathetic Systems, such as Brachial, Cervical, Lumbar, Sacral, Solar, Cardiac, Pelvic, Biliary, Splenic, Renal, Gastric, Hepatic, Ovarian, Phrenic, Prostatic, Caveinous, Sperimatic, Vaginal, Crural, Cystic, Aurabach, Meissnic, etc.

The Plexuses in the Sympathetic System are much more dense than those in the Cerebro-Spinal System. For instance, the Solar Plexus is the largest plexus in the body, composed of dense substance resembling somewhat the substance of the brain, including a network of branches from the Great Splanchnics,

BRACHIAL PLEXUS THE SPINAL NERVES.



Brachial Plexus,
and Nerves of the Upper Extremity;

This cut or plate represents the Brachial Plexus, formed from the 5th, 6th, 7th, and 8th cervical nerves, with branches from the 1st and 2nd thoracic nerves. Observe that long nerve trunks always come from plexuses. In this case, after going first into the plexuses, these long branches extend down the arms to the very extremities of the fingers. By looking at this picture, and studying it well, you will be able to learn the names of all nerves coming from this plexus and ramifying all parts of the arm. Make a good close study from this plate, and you will henceforth be familiar with all parts of this plexus.

Impingement of any nerve that enters into the formation of this plexus will cause pain in some part of the arm, and relief may always be had by so adjusting as to relieve the impinged nerve.

the Pneumogastrics, the Phrenics, the Gangliated Cords, with cell substances that help more densely make up the mighty formation. It is sometimes called the Abdominal Brain. Other plexuses in the Sympathetic Nervous System are similar in form and substance, but less dense, and are smaller in size.

Being sometimes called the Abdominal Brain, the Solar Plexus is supposed by these scientists to be the or a seat of intelligence, like the brain itself. By some authorities the entire Sympathetic Nervous System is called the Abdominal Brain, and for ought we know, may have something to do with intelligence of man and woman. Certain it is that when the entire nervous system is in the best condition, we then have the best manifestation of all the intellectual powers in men, women, and children.

Many of the smaller plexuses extend outward from the Solar Plexus and the other great plexuses of the Sympathetic System, such as the Hepatic, the Gastric, Splenic, Ovarian, Cystic. Study the great and small plexuses from the accompanying illustrations, and their position, function, etc., will be better understood.

A GANGLION is a mass of gray nervous substance which serves as a center of nervous influence. There are likewise many ganglia, forming independent nerve centers, in substance similar to the brain, but less compact. They form an important part of the Sympathetic System, and are connected with all the spinal nerves, and with some of the cranial nerves, and send fibres to the blood vessels and viscera of the body.

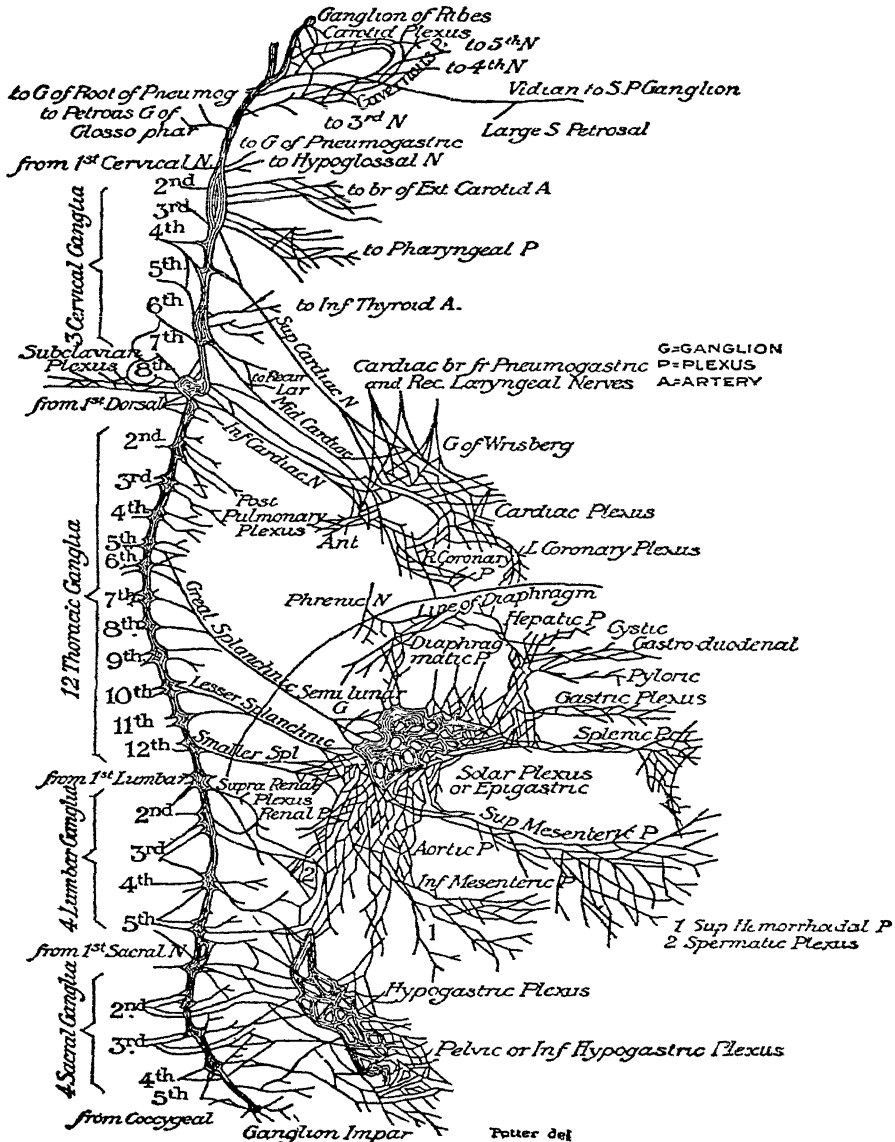
In the cervical region there are three ganglia on each cord of the Sympathetic System, called Superior, Middle, and Inferior Cervical Ganglia. The upper is the Superior, and then downward are the Middle and the Inferior. For position see cut of Sympathetic Nervous System.

On each cord of the Sympathetic System in the back or thoracic region are usually found 12 of these ganglia, situated respectively at the region of the dorsal or thoracic vertebrae of the spinal column, there being in rare instances only 11 on each cord in the thoracic region. Observe the cuts and plates closely for the positions of these ganglia, and how nerve fibres and branches pass to and from them.

In the lumbar region there are four or five of these ganglia on

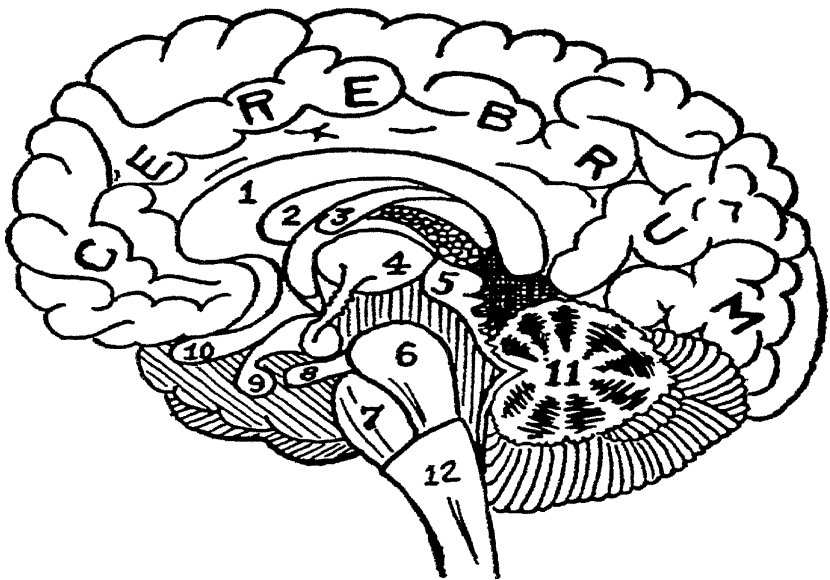
THE SYMPATHETIC SYSTEM OF NERVES.

Plate



This plate represents one of the gangliated cords of the sympathetic nervous system. It consists of two gangliated cords running from the ganglion of Ribes in the brain to the ganglion impar in the coccyxgeal region, together with the Cardiac, Solar, and Pelvic Plexuses, and many small plexuses that spring from these larger plexuses.

Study this plate well, and observe its connections with the central or cerebro-spinal nervous system by the rami communicantes or short gray and white branches from one system to the other.



SECTIONAL VIEW OF BRAIN

- | | |
|-------------------|----------------------|
| 1 CORPUS COLLOSUM | 7 PONS VAROLLII |
| 2 SEPTUM INCIDUM | 8 MOTOR OCULI NERVE |
| 3 FORNIX | 9 PITUITARY BODY |
| 4 OPTIC THALAMUS | 10 OPTIC NERVE |
| 5 PINEAL GLAND | 11 CEREBELLUM |
| 6 CRUS CEREBRI | 12 MEDULLA OBLONGATA |

THE MYELINE NERVES ARE REALLY TWO EXTRA PAIRS OF CRANIAL NERVES. THEY HAVE THEIR ORIGIN IN THE PITUITARY BODY AND THE PINEAL GLAND AT THE BASE OF THE BRAIN. THEY ARE DISTRIBUTED THROUGHOUT THE MYELINE SHEATH COVERING THE SPINAL CORD, FIBRES FROM THEM PASSING OUT WITH THE SHEATH OF EACH SPINAL NERVE. AT THE BASE OF THE SPINE THEY FORM THEMSELVES INTO NERVES AGAIN, AND ARE DISTRIBUTED TO THE SPINSTER MUSCLES OF THE RECTUM AND BLADDER, THE OVARIES ETC., AND TO THE TERMINAL GANGLIA OF THE SYMPATHETIC SYSTEM. IN A MISPLACED COCCYX OR OTHER INJURY LOW DOWN, RECTAL DILATION IS A MOST POWERFUL TREATMENT, AND OF GREAT HELP IN PARALYSIS, EPILEPSY LOCOMOTOR ATAXIA WEAK HEART, ETC.

each cord, situated approximately at the corresponding segment of the spinal column. Note that the sympathetic Cord passes from the Ganglion of Ribes in the brain to the Ganglion of Impar in the coccyxigeal region.

In the Sacral and Coccyxigeal region there are five or six of these ganglia on each cord. See cuts and plates for them all.

Branches or fibres of the gangliated cords pass upward thru the foramen magnum, and communicate with the ganglia of the Fifth Cranial Nerves, or Trifacial, and with each other thru the Ganglion of Ribes, situated upon the Anterior Communicating Artery, while below they communicate thru the Ganglion of Impar in front of the coccyx.

Branches of Communication anastomose or unite the Sympathetic with the Cerebro-Spinal System. They are called Rami Communicantes, and a single one is called a Ramus Communicans. The Rami from the Cerebro-Spinal System to the Sympathetic are whitish in color, while those from the Sympathetic to the Cerebro-Spinal are grayish in color.

The spinal nerves communicate or unite with each other also. Each nerve unites with the nerve above and below it near the point of exit from the spinal cord, and often has a more remote connection with some other nerve or nerves. The tenth dorsal or thoracic nerve, for instance, often sends a communicating branch clear down to unite with the Great Sciatic. Thru the joining of the nerves all along the spinal column, there is formed a continuous plexus along each side of the spinal column.

Nerve Connection and Ramification or Distribution are not always or absolutely uniform, but frequently much out of the ordinary, and sometimes the connections and distributions are absolutely freakish. We call attention to this fact in order that the Chiropractor, examining and treating, as he does, largely thru the nervous system, may be more on his guard when peculiar and apparently contradictory things occur in his practice.

By way of illustration, we mention the branching of the Great Sciatic Nerve, which usually divides about two-thirds of the way down the thigh into the Internal and External Popliteal, but sometimes makes this division almost immediately after its passage thru and from the Great Sacro-Sciatic Foramen near the tuberosity of

the Ischium and the Great Trochanter Cases are also found with this division only one-fourth, one-third, or one-half the way to the knee In the same cadaver we have seen the division much lower on one side than the other The branching in one leg is sometimes near the Ischium, and in the other nearly down to the knee

Other nerves are no less peculiar in these respects Cervical, Brachial, Lumbar, and Sacral Plexuses show some very marked differences, and the Sympathetic Plexuses likewise In one individual the Solar Plexus may be larger and better formed than in another, and so with the Cardiac and Pelvic Plexuses, which are found to be more dense in some men and women than in others In these particulars, when we consider these great plexuses, we find differences just as well marked as the differences found in the brains of different races and individuals

While there is a general uniformity in all individuals and races, many minor differences will be found, and some very great differences in nerve distribution, brain and cell formation, and in structure and connection These differences account for differences in temperament, intellectuality, vocational adaptability, longevity, etc The author discusses further these ideas and theories in his treatise on Physiology.

In the present treatise, we shall give the connection and distribution as they usually occur, but the student must expect to find some apparent or real contradictions to what we here outline and teach, in which case he must exercise his own thought and ingenuity, which indeed are the real indications of the true physician, who either finds or makes the way in every emergency, and becomes absolute master of every situation No difficulty is too great, no task too arduous, no sickness too wearisome for the physician who loves his work for the good he is able to do humanity thru that work

In the study of the brain, the spinal, cranial, sympathetic nerves, their responsibility for normal and abnormal functioning of all parts and organs of the body, there will open wider fields than have ever been imagined, and the field will grow brighter at every step, until the student will have developed into an all-round physi-

cian, ready to meet all emergencies, treat all diseases, and be a most useful citizen to any community

THE BRAIN OR ENCEPHALON.

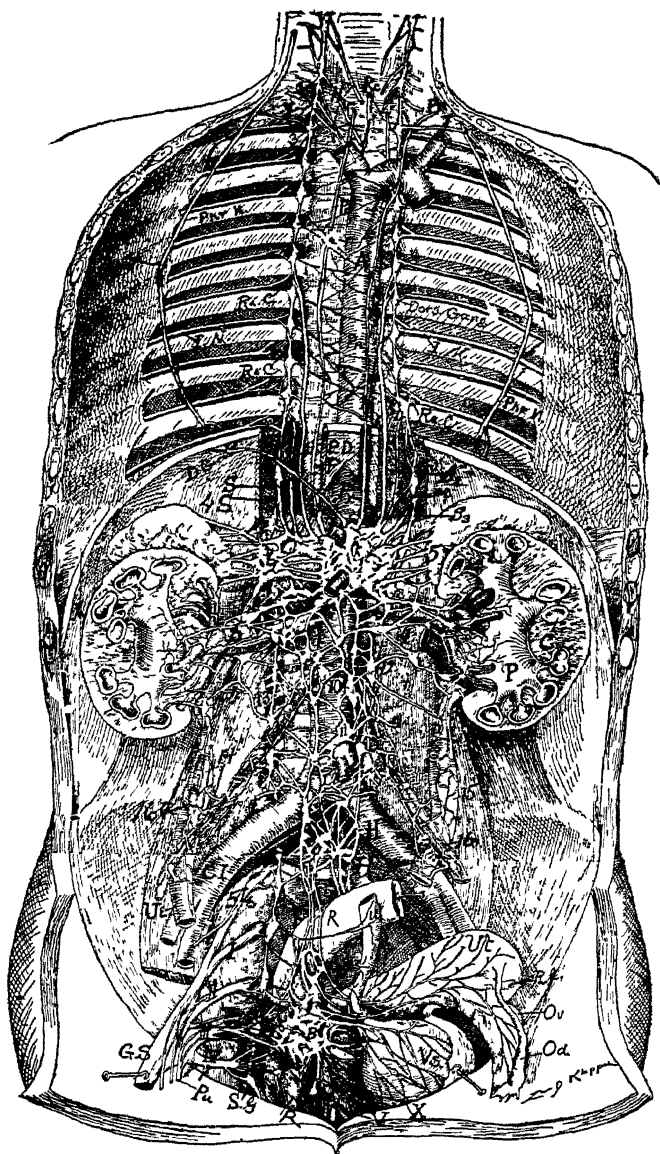
THE BRAIN OR ENCEPHALON is contained within the skull or cranium, and is composed of four parts, namely, CEREBRUM, CEREBELLUM, PONS VAROLII, and MEDULLA OBLONGATA, all of which themselves have divisions and subdivisions, which will be illustrated and explained fully as these lessons proceed.

Study the cuts and pictures carefully in order to learn the position and comparative size of the different parts of the brain, their inter-relations, and centers of thought, power, strength, etc. The student is apt to think of the Medulla, the Pons, and the Cerebellum as being larger than they really are. Nerves likewise will occur to the student from pictures and representations as being larger than they really are, and he must get a correct idea of these from explanations, and seeing them in actual size when he can. Nevertheless, we have found some students thinking of all these parts as being smaller than nature placed them.

The student would hardly think of the Great Sciatic Nerve as being as large as the finger where it leaves the Sacral Plexus, yet this is true. Next in size is the Antero-Crural Nerve, half as large as the Great Sciatic. Other spinal nerves are the size of knitting needles, and some smaller and some larger.

Only close study can make the student familiar with the Nervous System as a whole, or any particular part of it. This familiarity will come so fully and completely in time that all parts will be an open book, as easily read as a primer, and as significant as the workings of universal law.

THE CEREBRUM is the largest portion of the brain, occupying the anterior and upper portions of the cranial cavity, being separated from the Cerebellum by the Tentorium Cerebelli, a sheet of thin, strong, fibrous substance. From the center of the under surface of the Cerebrum the Crura Cerebri (binding powers or arms) pass down into the Pons Varolii, and thence into the spinal cord, while the Crura Cerebelli pass downward into the Cerebellum.



The Sympathetic Nervous System, showing the gangliated cords, the large plexuses, the connecting rami communicantes, and many small plexuses

As the Cerebro-Spinal Nervous System controls the voluntary muscles and parts of the body, so the Sympathetic controls the involuntary or internal organs, keeping them constantly at work day and night without any thought on the part of the individual, most marvellous in its powers

The Cerebrum rests on the anterior and middle fossae of the base of the skull, and is divided into its right and left hemispheres, very similar to each other, but sometimes with slight differences in shape and formation. The hemispheres are separated from each other by the Great Longitudinal Fissure. Convolution or folds show all over the surface, becoming deeper as age comes on, no two brains being exactly alike in this respect. The depressions or sulci between the convolutions or wrinkles are often an inch or more, great depth being indicative of intellectual powers.

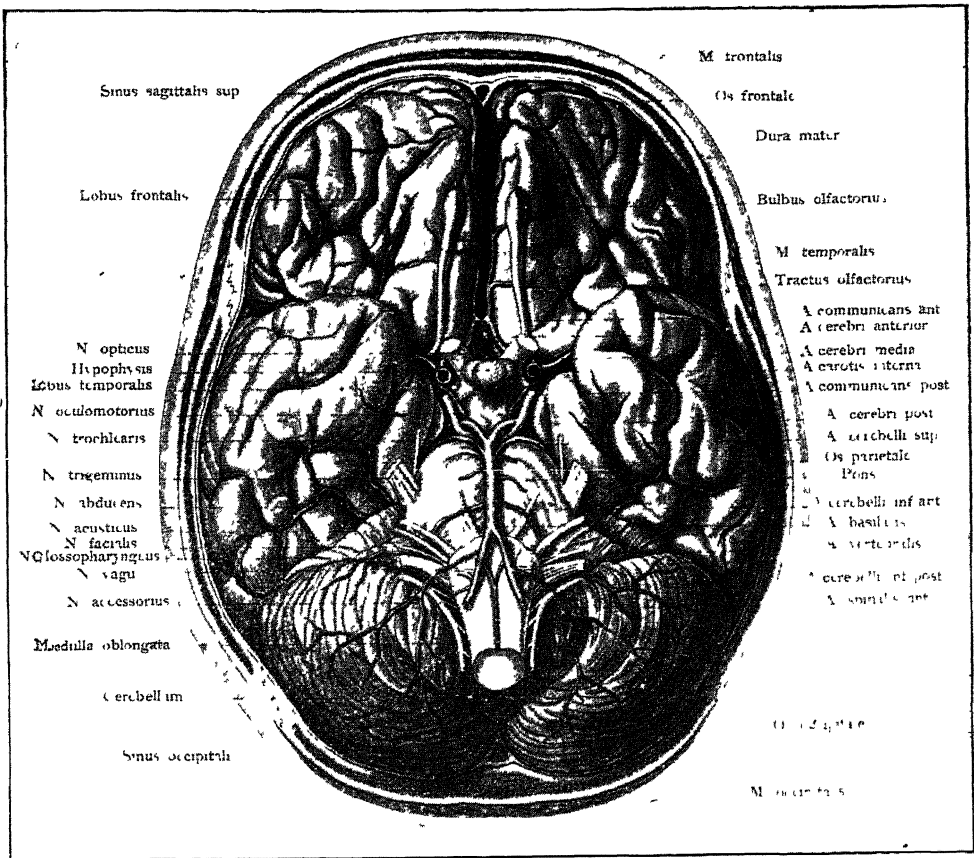
Each hemisphere is composed of five lobes separated from each other by fissures and imaginary lines into Frontal, Parietal, Temporal, Sphenoidal, and Occipital Lobes, to which is now added the Island of Reil, or Sixth lobe, this latter being covered or hidden completely by the others in the adult. Some anatomists also insist on calling the bulb that gives origin superficially to the Olfactory Nerve another lobe still, but we see no good reason for doing this.

THE CEREBELLUM OR LITTLE BRAIN is separated from the Cerebrum by the Tentorium Cerebelli, a fibrous plate or floor attached to the inner surface of the cranium at the petrous processes of the temporal bone to support the cerebrum. From the Cerebellum two crura or connecting bands ascend and connect it with the Cerebrum, two descend to the Medulla Oblongata, and two pass to the front to help form the Pons Varolii, blending in this way with the crura from the Cerebrum and the Medulla Oblongata below.

Thus the PONS VAROLII, situated just above the Sphenoid Bone base, is formed of bands or crura from the Cerebrum, the Cerebellum, and the Medulla Oblongata, being a keystone or binding power to the other parts of the Brain or Encephalon.

The Cerebellum is from four to five ounces in weight, or about one-tenth or one-twelfth of the weight of the entire brain. Its surface is marked by curved furrows and fissures rather than convolutions. It rests in the inferior occipital fossae of the skull just below or beneath the occipital lobes of the Cerebrum. It is composed of three lobes, namely, the Central, called the Worm or Vermiform Process, and the two lateral hemispheres.

Study the cuts carefully for all positions and parts of both the



The brain is truly the infolding and unfolding of the character of the individual. A great phrenologist can truly delineate the character of his subjects from an examination of the head.

When the author was just getting to the age where he was becoming interested in scientific subjects, Dr. Fowler in a visit to Waco, Texas, one night at a lecture had the task of examining the head of a very popular minister, who was expecting to be elected Bishop at the next general conference of the church, but the Phrenologist did not know this, the minister being selected from the audience as a test subject.

Fowler, after running his fingers around over the head of the subject a few moments blindfolded, said he had before him or under his scrutiny the head of a natural born infidel. Naturally enough the audience gave him the horse laugh, as this subject was the most popular preacher in town. No one came to the phrenologist for readings during the next day, and very few heard the lecture the second night.

But the sequel bore out the statement of the lecturer. That fall at the general conference the minister was defeated for the bishoprick by one or two votes, and when he returned, he threw off the yoke, and began the publication of a rank infidel paper. Two years later, when Fowler returned to Waco on another lecturing tour, people fell over themselves to get to him for his delineations.

Cerebrum and the Cerebellum, the Pons Varolii, the Medulla Oblongata, and all parts of the brain. This is the best study that can be given this subject, and will place all parts in mind just as they should be.

THE PONS VAROLII is about one inch and a half wide, about an inch and a quarter in length, and an inch in thickness. It is composed of bands from the other parts of the brain, and acts as a keystone or binding power, connecting and holding the Cerebrum, the Cerebellum, and the Medulla Oblongata. It is fibrous in structure, and contains the nuclei for the origins of the Fifth, Sixth, Seventh, and Eighth Cranial Nerves, as well as the Superior Olivary Nucleus and the Nuclei Pontus. These latter are small masses of gray matter in the anterior portion of the Pons. Some gray matter is found scattered throughout the Pons.

THE MEDULLA OBLONGATA, or Spinal Bulb, is the lowest portion of the Brain, being an upward continuation and enlargement of the Spinal Cord. It extends from the Pons Varolii to the lower margin of the Foramen Magnum, being entirely within the cranium. It is about one inch in length, three-quarters of an inch wide, and slightly more than half an inch in thickness.

It is fibrous in structure, and contains nuclei for the origins of the Fifth, Eighth, Ninth, Tenth, Eleventh, and Twelfth Cranial Nerves, which arise from the floor of the Fourth Ventricle, a small diamond-shaped cavity between the Cerebellum and the Medulla and Pons Varolii. Its parts are the Pyramid, the Olivary Body, the Restiform Body, Lateral Column, Funiculus of Rolando, and Funiculi Cuneatus and Gracilis.

Notice the cuts and illustrations of all parts of the Medulla and the Pons. This will place these parts well in mind, and make conversation about them intelligible.

THE FOURTH VENTRICLE OF THE BRAIN, just referred to above, containing in its floor the origins of so many of the cranial nerves, should be very closely studied. Its position, as stated above, is very easily seen and its study will more than repay all time and labor. Many references will be made to it later on in these papers, particularly when studying the origins and distributions of the cranial nerves.

WEIGHT OF BRAIN.

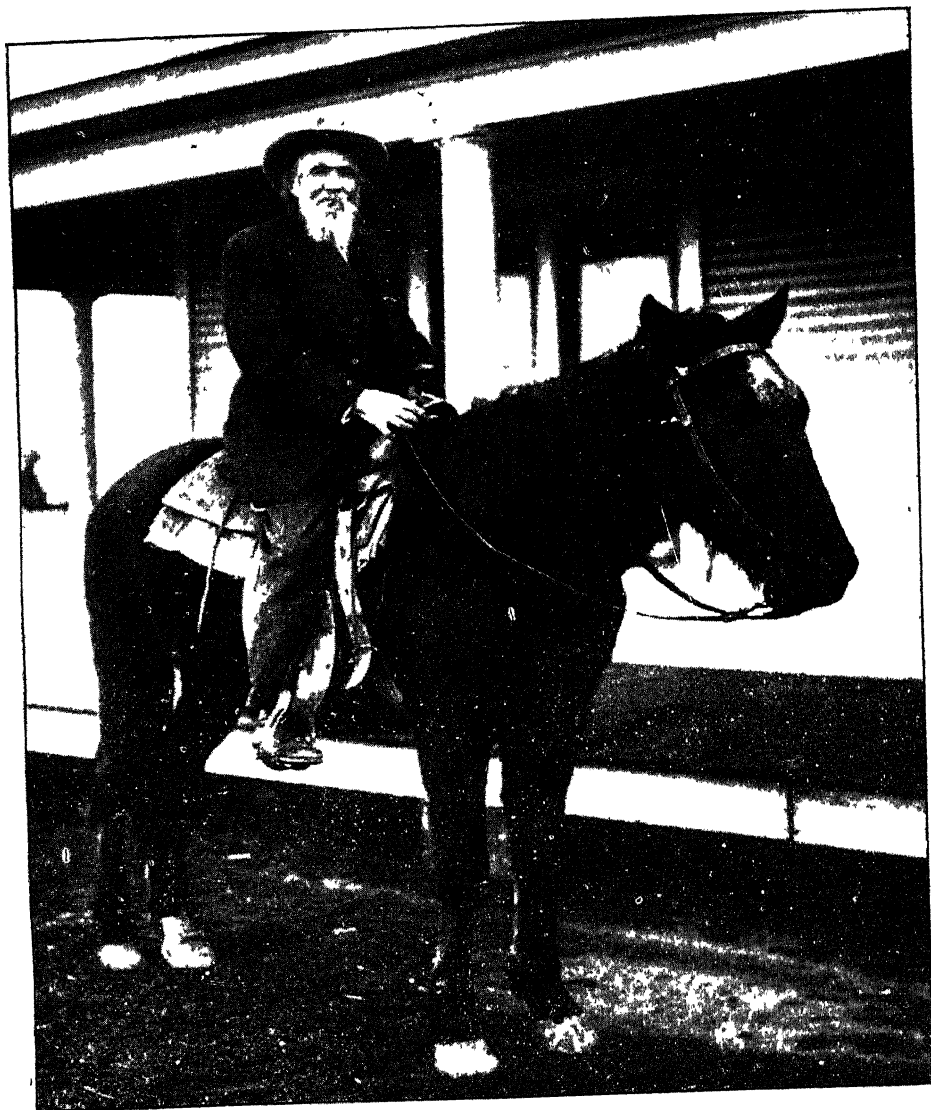
The average weight of the entire brain in an adult Cuacassian or white man is about 50 to 51 ounces, and 45 to 46 in the female. The Indian's brain is 1 or 2 ounces lighter than in the Anglo-Saxon or Caucasian race, and the Negro's brain from 2 to 4 ounces lighter. An idiot's brain seldom reaches a weight exceeding 22 or 23 ounces.

Human brains have been known to reach a weight of 68 ounces in man, and to go as low as 33 ounces, and woman's brain to go as high as 59 ounces and as low as 32 ounces. Considering the comparative bodily weights of man and woman, the brain of woman is found to be somewhat larger than the brain of man. Thus, while the weight of man, on the average, exceeds the weight of woman by 16 per cent, the weight of the brain of man exceeds the weight of woman's brain by only 10 or 11 per cent. And we believe, all things and conditions considered, women as a class surpass men intellectually and spiritually. In general educational and business matters woman excels, and her progress in modern times is simply marvellous, and her superior qualities are shown in every line of labor and intellect.

The human brain is heavier than that of any other animal except the elephant and the whale. The brain of the elephant weighs from 8 to 10 pounds, being 2 to 3 times the weight of man's brain. The brain of a large whale, 75 feet in length, will weigh about 5 pounds, being less than twice the size of man's brain.

The brain reaches its greatest weight by the time the individual reaches the age of 40 years, but the intellectual powers continue long after this to grow to their best developement if kept at use with intellectual people, and do not decline in any way in any one who uses them wisely for many years after this age has been reached, as is seen in the work of great writers, poets, and inventors, who in old age have given the world their masterpieces.

No disparagement is meant for young men and women who have accomplished great things, and who by their earlier attainments have made possible the still greater attainment of maturer life, but



DR J S RILEY, Sr, At the Age of 102 Years

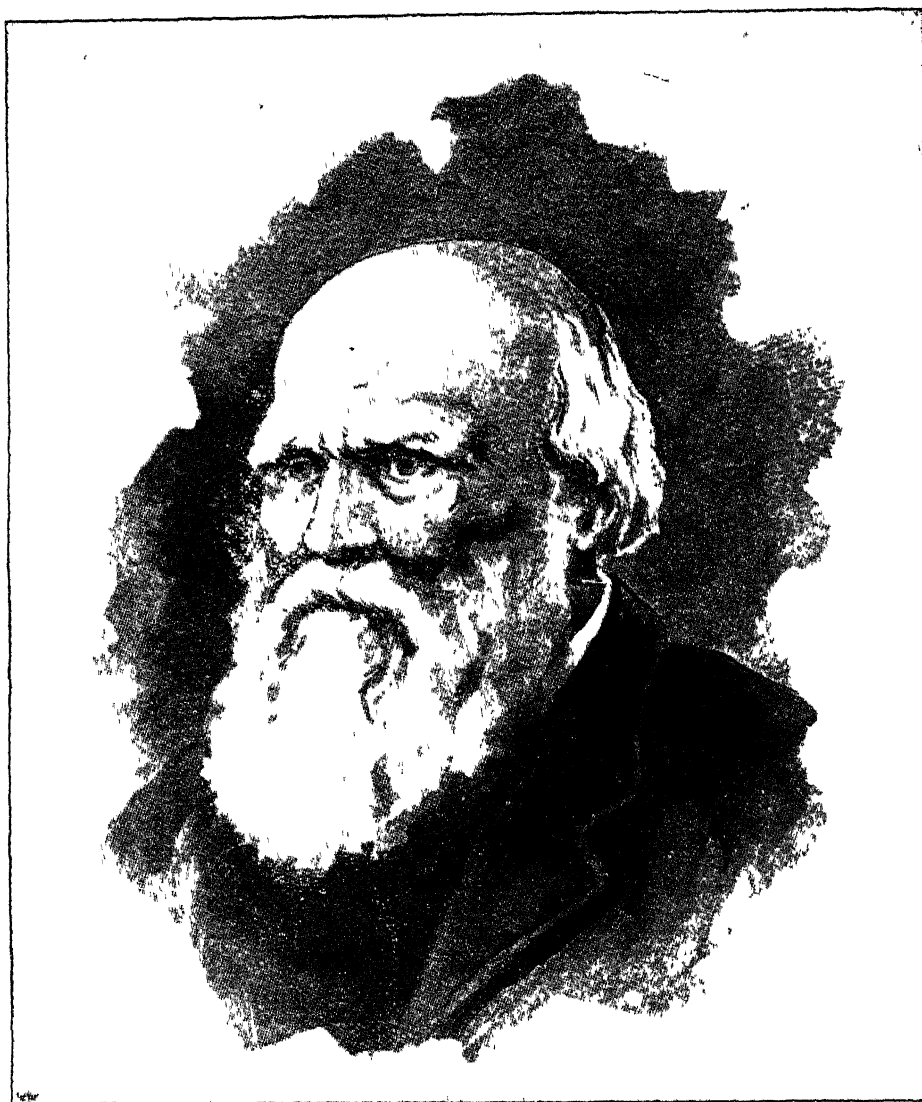
This remarkable man, tho a physician and surgeon himself, serving in the civil war, and in the Mexican war before that, was an example of a physician who seldom took medicine himself, and administered very little to others. A great wrestler, foot racer, and jumper, his strength was unlimited, and his faculties and strength remained normal to the great age where most men would have been to weak to walk or move with cane or crutch. His alopathic education did not deter him from studying all new sciences, including Osteopathy, Chiropractic, and other kindred sciences, and to endorse the good wherever found

an emphasis of the truth that the mind and the mental powers, rightly used and protected, will become stronger by use until many years have elapsed beyond the divine allotment of three score years and ten, and hoary locks have become a robe of glory, venerable as the hoary patriarchs of other ages

In fact, if the nervous system is kept normal, the individual will be just as young and vigorous mentally and physically at the age of 60 or 70 years as he was at 30 or 40 years. This we know to be true, and our experience is confirming it all the time. Men and women actually grow young after successful treatment. Old men and women often grow 20 or 30 years younger, and youth is maintained almost indefinitely.

Age is a condition, and not the number of years lived. Hence, some people are old at forty, while others are young at 60 or 70. People who mature at a tender age become old at an earlier age than those who mature at a later period of life. Dr. John Schleyk Riley grew physically until he was forty years of age, and was a young man until after he was 80, outrunning and throwing all comers, and lived on to the age of 102 years and six months, retaining all his faculties until the very last, except his hearing, which became somewhat impaired as he reached the great age to which he lived. Up to the very last he was a good writer for the press, his mind and memory, like deathless entities, working on in a prime that never dreamed of weakness or decay. He retained his natural teeth entire, eyesight so good he could always read without glasses, and he delighted in horseback riding and in footracing with his grandchildren, his great grandchildren, and his neighbor's children. History, and all the world's great books, like the Bible and Shakespeare, were as familiar to him as the alphabet, or the rudiments of the science of surgery, and that, too, at an age that made him an object of veneration by all who saw and talked with him.

Keep the nervous system normal, and age will be held off a long time. Nerves are responsible for all function whatsoever, and when in a normal condition, will give normal function to all parts and organs of the body, keeping them vigorous, and the body young and beautiful. If everybody would take a few weeks' course of spinal adjustment each year for the nerves, there would be continuous youth and beauty.



ROBERT PARR OF SHROPSHIRE, ENGLAND

Old Robert was 152 years and 9 months old when he died in apparently good health, from being feasted on good things. He had lived all his life on whey, butter milk, and the simplest of foods, when the royalty took him to London and killed him on good rich food. Dr Harvey dissected the old man's body, and found the organs in health, but the rich food had acted as poisons to the system so long used to the simple life. In his natural way of living this simple old Englishman might have lived many years beyond the time of his departure.

Take examples from men now living near the age of 80, like Sanford Bennett, of New York, who was old at 50, but young at 76, or Dr H. E. Dennett, the famous dentist of Boston, now 80 years of age, who become younger after his course of rational spinal treatment by the author than ever before in his life. Old men who retain their youth or regain it, invariably do so by rational treatment in the hands of some capable physician of rational methods, or thru some proper system of exercise and living, and youth, health, and strength may thus be maintained away beyond the century mark.

We believe that with the spine kept to its normal functioning, men and women should normally live to the age of 150 years, or to six times the years ordinarily required to reach the age of maturity or full growth, as all other parts of the body would be kept to normality thru the nerves

We are well aware that the world is not yet ready to accept such conclusions, nor ready to so live and care for the body as to attain it at present, but the time is not many generations distant when these conclusions will be seen to be correct

Most animals live about six times as long as the time required to attain their full growth. Man, walking upright, naturally weights and shortens the spine unless he takes proper exercise to counteract this tendency. Besides this, man eats poor foods, or bad varieties of foods, or bad combinations of foods, doses with dangerous drugs, vaccinates with dangerous serums that cause tuberculosis, cancer, and other fatal maladies, all of which must be swept away, and proper treatment, rational living, and rational thinking be substituted in their place, before such conditions will be brought about as will insure the human race to progress to these high ideals of life, health, and longevity

But they will come to the world in time. Truth is rising. Reason must ascend. Mind, that makes the man, will assert itself. Onward to the goal. Courage, confidence, developement, will make the conquest of all things, and the empire thus attained will be vaster than any ever dreamed of by Alexander or Caesar or Constantine or Charlemagne, for it will liberalize the planet, and rid it of all useless and hurtful things. Its banner shall wave in every breeze and its course shall be universal



PETER MARTIN AT THE AGE OF 185 YEARS

One of the most remarkable examples of longevity of any man of modern times Was a Hungarian Simple in life and habits An observance of natural diet, drink, sleep, good will to all mankind, and such exercise as keep the spine normal, would make the average life 100 years or more

For long life, avoid vaccinations, serums, poison medicines, intoxicants, tobaccos, all stimulants and narcotics, high heeled shoes or boots, tight belts and corsets, and revellings of all kinds Live naturally and without anxiety, eat, drink, and sleep well, keep the body and mind clean, and serve God and humanity

THE MEMBRANES OF THE BRAIN.

THE MEMBRANES OF THE BRAIN are three in number, namely, the outer or Dura Mater, the middle or Arachnoid, and the inner of Pia Mater

THE DURA MATER is a heavy, dense, inelastic, fibrous membrane, lining the skull interiorly, forming an interior periosteum or endosteum. It adheres closely to the skull interiorly, and is continuous with the dura mater covering the spinal cord. It consists of white fibrous tissue arranged in flattened laminae. Numerous arteries and veins make the circulation complete, and nerve supply comes from the recurrent branches of the Fourth Cranial Nerves, filaments from the Gasserian Ganglia, and from the Ophthalmic Nerves, the Sympathetic System, and the cervical nerves. The dura mater is a much heavier coat in both the cranial region and the spinal cord than either of the other coats covering the brain or spinal cord.

THE ARACHNOID is a very thin delicate membrane between the dura mater and the pia mater, consisting of two layers called the Parietal Layer and the Visceral Layer, the former giving a smooth and polished surface to the dura mater, and the latter covering the brain more loosely. It is a very thin coat between and connecting the other two coats.

THE PIA MATER or inner membrane consists of a very minute plexus of blood vessels held together by fine areolar tissue. It receives its nerve supply from the 3rd, 5th, 7th, 8th, and the Spinal-Accessory nerves of the Cranial Nerves, from the Sympathetic System, and the upper cervical nerves. Adjustment for the cervical region will always help brain troubles, whether the brain lesion is superficial or deep. Spinal therapists are seeing this more clearly all the time, and we believe the treatment for all mental and brain troubles will advance most gratifyingly in the near future.

THE MEMBRANES OF THE SPINAL CORD.

THE MEMBRANES of the Cord are similar to those of the

brain, receiving the same name. The Dura Mater in this region does not, however, adhere to the bones of the spinal column, which have an independent periosteum or endosteum. Moreover, it does not send partitions into the spinal cord as it does into the brain, or rather into its fissures, and there is no separation of the fibrous laminae, as in the region of the brain, in the formation of venous sinuses.

VENTRICLES OF THE BRAIN.

FIVE VENTRICLES are found within the brain, namely, two lateral Ventricles or cavities, and the Third, Fourth, and Fifth Ventricles. The Cranial Nerves have their origins from the floors of the ventricles, as will be seen later.

These Ventricles are little openings or hollow spaces in the brain and its parts, and should be well and closely studied. Note, for instance, the Fourth Ventricle, posterior to the Pons Varoli and the Medulla Obongata, and anterior to the Cerebellum. It is a little diamond shaped cavity only about an inch in width, and a little bit longer than this, but note the several cranial nerves that have their origin in this little space of its wall or floor.

The Fourth Ventricle is connected with the Third Ventricle by the Aqueduct of Sylvius, which is a small canal running from the superior region of the Fourth Ventricle over to the Third.

The Third Ventricle is a small fissure situated between the Optic Thalami in the median line. It communicates with the Lateral Ventricles by the Foramen of Munro, and with the Fourth Ventricle by the Aqueduct of Sylvius. A band or commissure of gray matter crosses it near the center, and by a white band anteriorly and a white band posteriorly. The Middle Commissure connects the Corpora Striata. Its fibres extend into the temporal lobes of the brain, with fibres from the Olfactory Tract. The Posterior Commissure, like the Middle, connects the two Optic Thalami, and receives fibres from various parts of the mid brain. The Pineal Gland is just behind this ventricle.

The Two Lateral Ventricles, situated in the hemispheres of the Cerebrum, are connected with the Third Ventricle by the Foramen of Munro, and hence with each other. They are irregularly

shaped cavities, separated from each other by a partition called the *septum lucidum*. Each has a small central cavity, and three cornua extending respectively to the frontal, temporal, and occipital lobes of the brain. They communicate with the Third Ventricle, and hence with each other, by the Foramen of Munro, which is therefore seen to be shaped like the capital letter Y somewhat.

They are situated just beneath the Corpus Collosum in the Parietal Lobes of the brain, with extensions forward and backward. Beneath are found on either side the Optic Thalamus, the Corpus Striatum, the Caudate Nucleus, the Choroid Plexus, and about half the fornix and its posterior pillar. On the inner side is found the *septum lucidum*, and on the outside simply brain substance.

OTHER PARTS OF THE BRAIN.

THE CORPUS COLLOSUM is a great Transverse Commissure between the right and left hemisphere of the brain, merging posteriorly and inferiorly into the Fornix, which turns beneath it and continues as a part of it. The Corpus Collosum exerts a binding power between the hemispheres, and with the parts below and around it every way. Its longitudinal elevations, or *striae longitudinales*, are called the Nerves of Lancisi. Peduncles are formed below at the entrance of the Aqueduct of Sylvius. Above is a depression, called *The Raphe*, and longitudinal elevations. The Corpus Collosum is about the size of a man's finger.

THE FORNIX is a Commissure situated beneath the Corpus Collosum, and continuous with it posteriorly, and separated toward the front by the *septum lucidum*, the two layers of white and gray matter placed between the two lateral ventricles. The Fifth Ventricle is within the *septum lucidum*. Crura or bands pass to the other parts of the brain, and bind them together.

THE OPTIC THALAMI are two comparatively large oblong masses, containing much gray matter, situated one on either side of the third ventricle between converging portions of the corpora striata. The outer and under surfaces join the contiguous por-

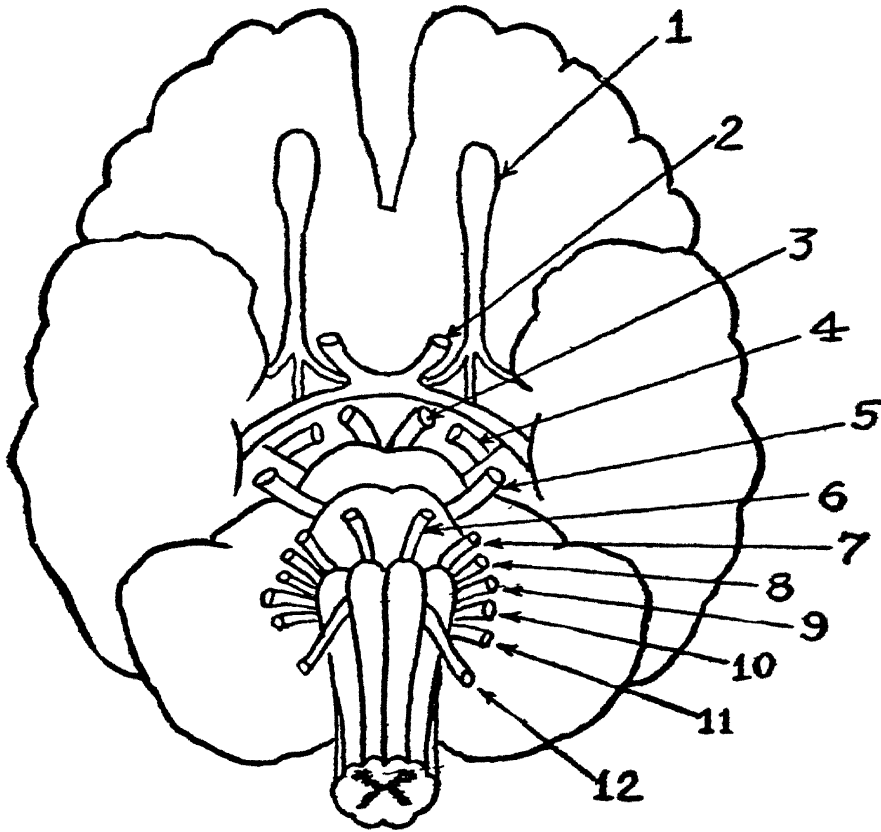
ions of the brain, while the inner, superior and posterior surfaces are free. Communicating fibres connect them with the crura cerebri, the optic tract, the cortex of the cerebrum, the corpora striata and abbasantia. The termination anteriorly is the Anterior Tubercle, which contains the anterior nucleus. The posterior termination is the Posterior Tubercle, or Pulvinor, an oval or rounded body or prominence, continued into another eminence called the External Geniculate Body, which is separated from the Internal Geniculate Body of the Corpora Quadrigemina by one of the roots of the optic tract.

It will be observed that the Optic Nerve arises in its deep origin from the External Geniculate Body, the Pulvinor of the Optic Thalamus, and the Upper Quadrigeminal Body, and from the Cuneus and the Lingual Lobule of the Occipital Lobe of the Brain.

THE CORPORA GENICULATE BODIES These are small bodies or masses somewhat oval in shape, situated posterior and inferior to the posterior ends of the Optic Thalami. There are two on each side. The external belongs to the Optic Thalamus, and the internal to the Mid Brain. The external, the pulvinor, and the anterior Corpus Quadrigeminae constitute the lower cerebral center for the optic nerve fibres, which terminate here. These bodies therefore have much to do with vision.

THE CORPORA QUADRIGEMINA are the four oval or rounded eminences placed in pairs immediately behind the third ventricle on the dorsal surface of the Mid-Brain. The upper or anterior pair are called the *Nates*, and the lower pair the *Testes*. They are also situated beneath the posterior border of the Corpus Collosum. Four bands called *Brachia* connect them with the Corpora Geniculate Bodies, those of the *Nates* entering the optic tract directly. They are composed of gray matter internally, and white matter externally.

The anterior pair contain on the surface a very rare or thin stratum of white matter, called *Stratum Zonale*, just below this a layer of gray matter, called the *Stratum Cinereum*, next a layer fully mixed with white and gray matter, containing many nerve fibres intersecting the gray matter, called the *Stratum Opticum*, and lastly and more deeply still, another layer mixed with gray and white matter, and consisting of nerve fibres and nerve cells of large size, this deep layer being called the *Stratum Lemnisci*.



BASE OF BRAIN SHOWING ORIGIN OF CRANIAL NERVES

- | | |
|---------------|---------------------|
| 1 OLFACTORY | 7 FACIAL |
| 2 OPTIC | 8 AUDITORY |
| 3 MOTOR OCULI | 9 GLOSSO PHARYNGEAL |
| 4 PATHETIC | 10 PNEUMOGASTRIC |
| 5 TRIFACIAL | 11 SPINAL ACCESSORY |
| 6 ABDUCENT | 12 HYPOGLOSSAL |

OF THE CRANIAL NERVES THE FIFTH OR TRIFACIAL IS THE LARGEST. THE TENTH OR PNEUMOGASTRIC IS THE LONGEST, BEING DISTRIBUTED TO ALL THE INTERNAL ORGANS OF THE BODY. THE PATHETIC OR FOURTH IS THE SMALLEST. NOTE HOW MANY HAVE THEIR ORIGIN IN THE PONS AND THE MEDULLA

THE CRANIAL NERVES.

Within the brain we have twelve pairs of nerves called Cranial Nerves, namely, in order, Olfactory, Optic, Motor Oculi, Pathetic, Trifacial, Abducens, Facial, Auditory, Glosso-Pharyngeal, Pneumogastric, Spinal Accessory, and Hypoglossal. May also be called First, Second Third, Fourth, Fifth, Sixth, Seventh, Eighth, Ninth, Tenth, Eleventh, and Twelfth. They are always named in the order here given, and should be so well memorized that the student will be able to know them by number as well as by name.

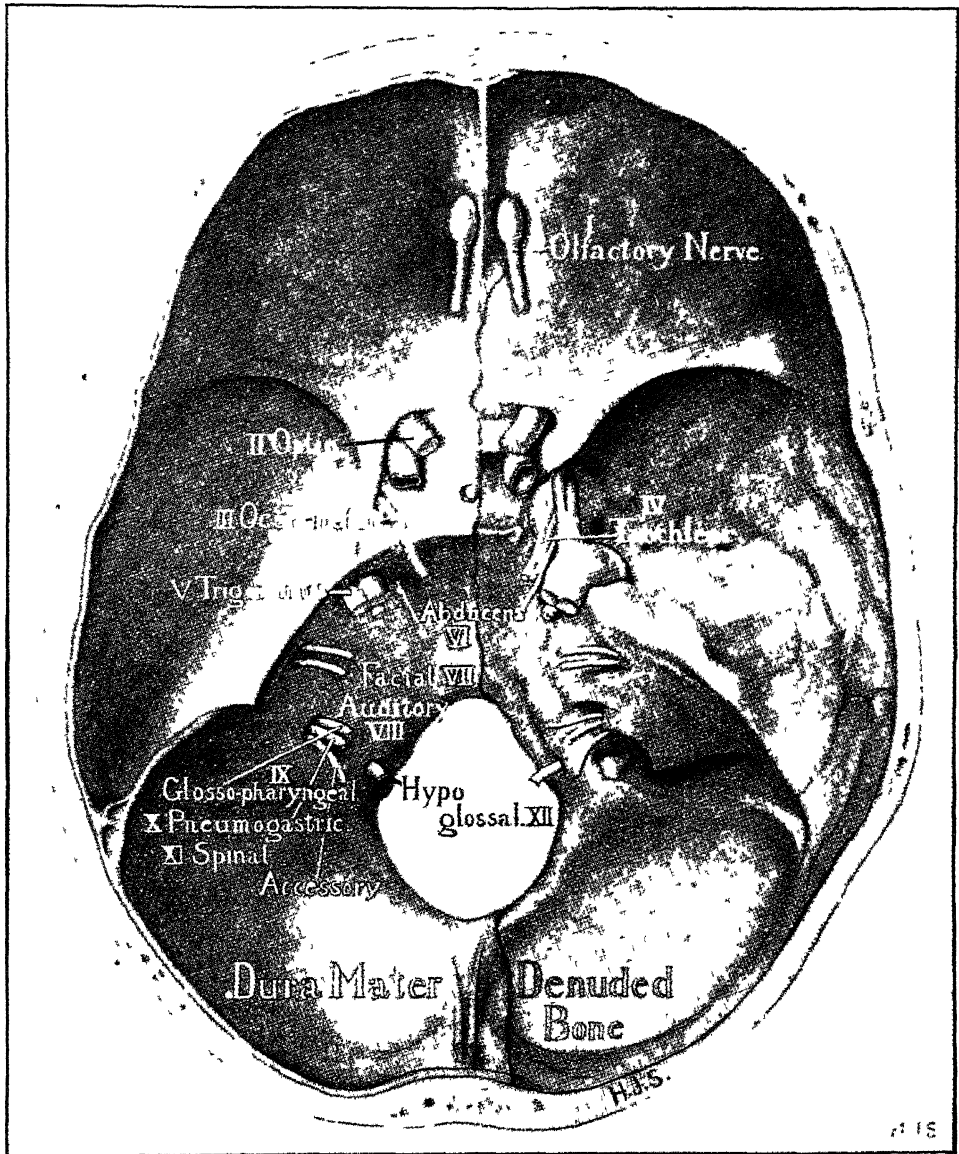
A good mnemonic sentence to aid in remembering these nerves in the order here given is the following, which has been used for this purpose a long time "On Old Monadnock's Pointed Top a Fair American Girl Picked Some Hops." Note that the first letters in the names of the Cranial Nerves in order are identical with the first letters in the words as they stand in this sentence. This will aid the memory to keep them in order, and to name them correctly.

Place the words in these two lines, and note what we say

1	2	3	4	5	6	7
On	Old	Monadnock's	Pointed	Top	A	Fair
Oldfactory	Optic	Motor Oculi	Pathetic	Trifacial	Abducens	Facial
8	9	10	11			
American	Girl	Picked	Some			
Auditory	Glosso-Pharyngeal	Pneumogastric	Spinal-Accessory			
12						
Hops						
Hypoglossal						

These nerves all have a superficial or shallow origin somewhere near some surface or floor of the brain, and also a deeper origin somewhere in the substance of the brain itself.

Close and careful study should be made of all the Cranial Nerves from the presentation we make of them here, and from the cuts presented in this work on the adjacent pages, including exit from



An extraordinary view of the base of the skull showing the exits of the cranial nerves. All the Cranial Nerves make exit from the cranium thru foramina in the base of the skull except the Auditory, which is distributed exclusively to the internal ear, making no exit from the cranium at all.

the cranium and distribution to the parts supplied. We shall treat them in the order stated above. The points of origin of these nerves are in the order named here, the Olfactory being the highest in the brain, and the Hypoglossal the lowest.

THE OLFACTORY NERVE is the nerve of smell. It arises from three roots. Its superficial origin is from the Olfactory Bulb, situated just above the Cribriform Plate of the Ethmoid bone above the base of the nose. From the under side of this bulb numerous non-medullated fibres pass downward thru the many foramina of the Cribriform Plate of the Ethmoid bone, and are distributed to the nasal passages or to the mucous membrane of the nasal cavity.

The deeper origin is far back of the Olfactory Bulb by three roots. One root comes from the Island of Reil, the other two branches arising from the back part of the Frontal and the Temporo-Sphenoidal Lobes of the brain.

The Olfactory Nerve is more soft and pulpy than the others, contains gray matter in its anterior root from the Optic Thalamus region, and its filaments contain very little white substance, nucleated and of a very fine granular texture, fitted thus better for its work.

The nerve is insensible and inexcitable, and gives the sense of smell only. It conveys sensations to the brain which are interpreted as odors. The impairment of this nerve will injure or destroy the sense of smell.

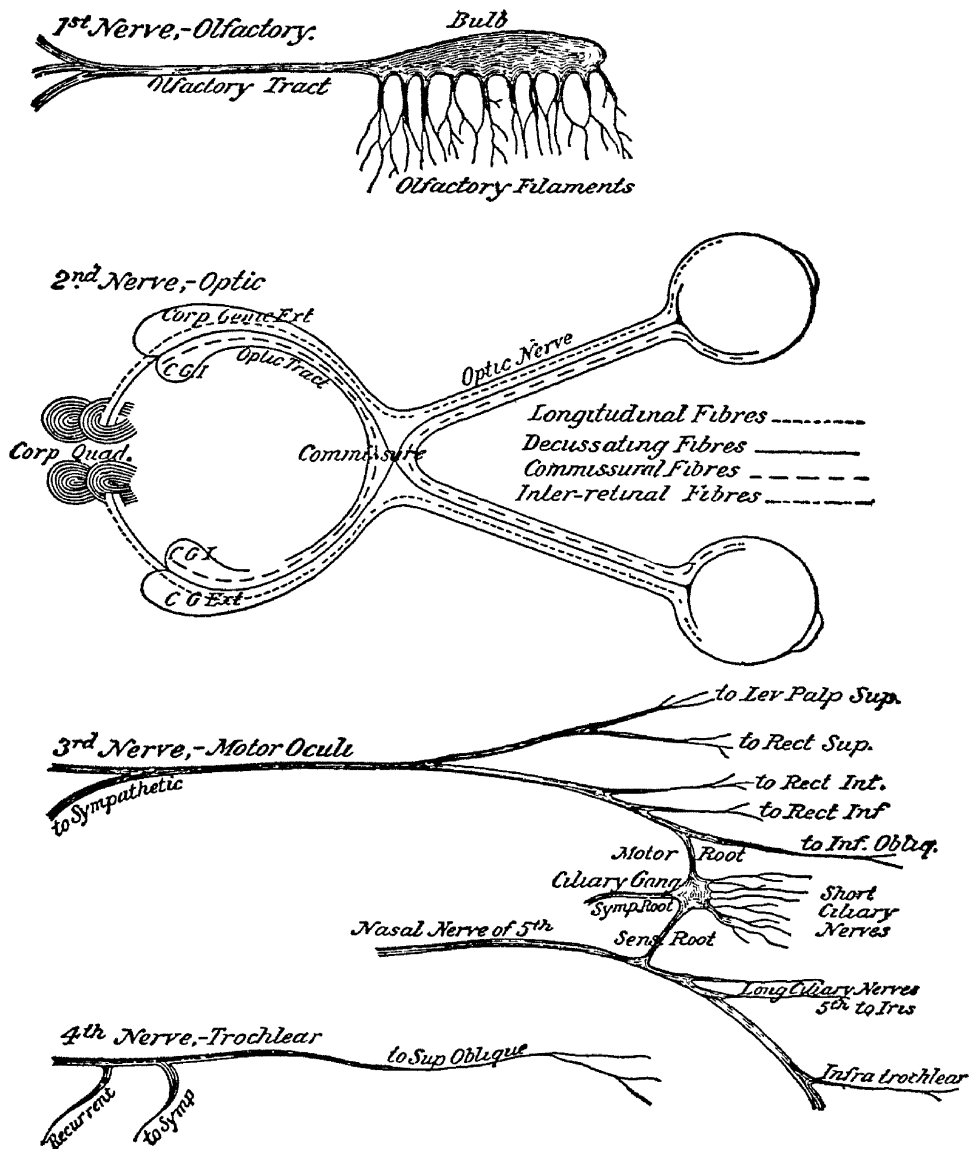
The Olfactory Bulb consists of nerve fibres in its outer layer. Next to this come two other layers or strata called Stratum Glomerulosum and Stratum Gelatinosum, and a fourth layer within all these composed of central nerve fibres.

This peculiar bulb-gland is almost an inch in length, about one-third inch in diameter, and is most wonderful in the formation of its cells and fibres. Thru this wonderful bulb and the prolongations come the wonderful sensations of smell so variant in different individuals and animals.

The sense of smell, in its normal functioning, is a safe guide to respiration and alimentation, or for breathing and eating.

Hyperosmia is that condition wherein the sense of smell is increased beyond the normal, as seen in some hysterical and nervous disorders, sometimes produced by the application of such drugs as

THE CRANIAL NERVES



None of these four nerves pass below the head or face. The First and Second, or the Olfactory and the Optic, are distributed exclusively to the nose and the eyeball respectively. The Motor Oculi is distributed to the orbital muscles, and the Trochlear or Pathetic to the Superior Oblique muscle of the eye and the glands around the eye.

Study the origin, course, and distribution of all these nerves as outlined in the text and on the papers and charts.

strychnine The sense of smell is sometimes so fine in such animals as bloodhounds as to be almost unbelievable, and almost as remarkable in some human beings

Anosmia is the opposite of Hyperosmia, or the loss or weakening of the sense of smell If the Olfactory Nerves are destroyed, the condition of the loss of smell is complete, if impaired, the sense of smell will be correspondingly impaired

THE OPTIC OR SECOND CRANIAL NERVE is the Nerve of Sight, and is distributed exclusively to the eyeball Its deep origin is from the external Geniculate Body, the Optic Thalamus, and the upper portion of the Corpus Quadrigeminus The two nerves unite and cross at the Commissure (superficial origin) which is somewhat quadrilateral in shape, and rests on the Optic Groove of the Sphenoidal bone The optic tracts, uniting at this point, arise from the optic thalami, farther back and outward, from the corpora quadrigemini, and the corpora geniculata

The Optic is a short round nerve, and makes its exit thru the Optic Foramen to the retina of the eye, and supplies the eye with the special sense of sight It really expands into the retina, thus merging into and becoming the retina itself. The retina is only the continuation of the optic nerve spread out flat

The Optic Nerve has the sole function of giving the sensation of sight. It is concerned solely with conveying this impression to the brain. Mere stimulation produces neither pain nor motion Pain in and around the eye must be conveyed there by other nerves than the Optic, which gives sight and sight only.

If sight is impaired, restoration may often be given by spinal adjustment of the middle and upper cervical region and the fifth dorsal region, as nerves from these segments connect with both the Optic and the Auditory Nerves, and in fact with all the Cranial Nerves,

In some cases of total blindness and deafness, complete restoration has been given, and help may be given in almost every case of partial deafness and partial blindness Weak eyes are invariably helped or strengthened, and we have hardly known a case of partial deafness that was not materially helped by spinal adjustment properly given.

THE MOTOR OCULI, OR THIRD CRANIAL NERVE, gives nerve force to all the muscles of the orbit of the eye except the Superior Oblique and the External Rectus, and sends motor filaments to the iris. It is a large round nerve firm in texture. Its superficial origin is from the Crus Cerebri anterior to the Pons Varoli. Deep origin is in substance of Crus at the Locus Niger or dark spot. Some roots come from the Pons and the Tubercle Quadrigemina. Thus the deep origin is from the floor of the Aqueduct of Sylvius.

The nerve makes its exit from the cranium thru the Sphenoidal Fissure to the muscles of the orbit of the eye, and thru the Ciliary Ganglion to the sphincter of the iris and the ciliary muscle.

This nerve is concerned wholly in supplying motor or movement function to the muscles that move the eyeball. It is insensible at its root, but receives filaments from the Fifth Nerve in the Cavernous Sinus, beyond which point it is stimulated to pain as well as to muscular contraction.

An injury to this nerve may droop the lids, give strabismus or cross eyes, dilate the pupil, protrude the eyeball, or give inability to rotate the eyeball on its axis. Very often these troubles may be corrected by good spinal adjustment in the cervical region, as the nerves from the middle and upper cervical region connect with the Motor Oculi.

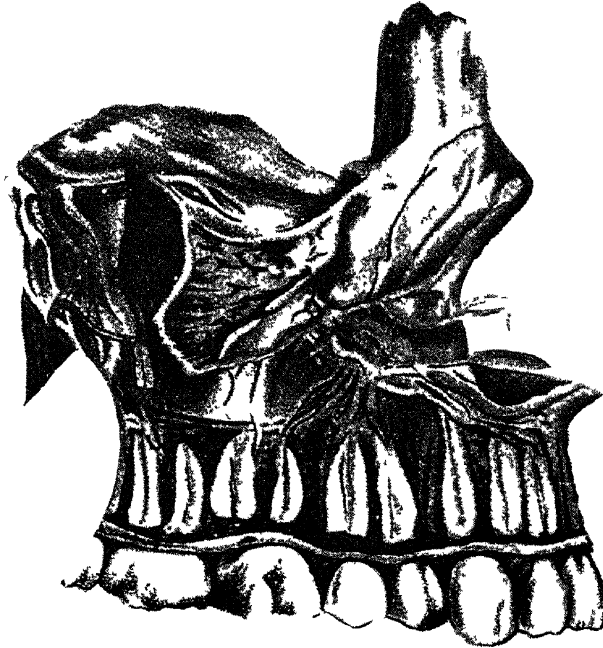
Moreover, the Ciliary Nerves for control of the movements of the iris come from the Ophthalmic Ganglion of the Sympathetic System, and the Motor Oculi is known to send a branch to this ganglion. The Sympathetic System, therefore, bears on any troubles of this region, and any stimulation to the Sympathetic, thru rectal dilation or otherwise, will affect these nerves.

A CRUS is a structure pushing out from something, like a leg, as the Crus Cerebri, above the Medulla, and posterior to and somewhat above the Pons Varoli. Crura is the plural of Crus.

THE CRURA CEREBRI are Peduncles of the Cerebrum, and are fibrous structures connecting the hemispheres of the brain with the Medulla and cord. They are usually called Peduncular fibres. The two Crura diverge from each other at the upper border of the Pons, and pass forward and outward into the hemispheres. The fibres are white and firm, with a reddish gray nucleus situated well to the center. There is also a thin dark

muscles of mastication, and thru its lingual branch is one of the nerves of taste

It arises from two roots, the posterior being the larger and the sensory root, the anterior, being the smaller and motor Its superficial origin is just above the center of the Pons The smaller root consists of a number of bundles of fibres, seventy to one hundred



Showing distribution of nerve to teeth of Superior Maxillary

The deep origin of the larger or sensory root is traced between the transverse fibres of the Pons to the lateral tract of the medulla behind the olivary body The deep origin of the smaller or motor root is in the pyramidal body, Both roots pass forward thru an opening in the dura mater opposite the internal auditory meatus At this point the fibres from the larger root enter the large semilunar ganglion, called the Gasserian Ganglion The smaller root passes beneath this ganglion, without any connection with it, and joins outside the cranium with one of the trunks derived from it

From the anterior border of the Gasserian Ganglion arise three

large branches of the nerve, namely Ophthalmic, Superior Maxillary and Inferior Maxillary

The Ophthalmic or upper branch is sensory, and thru its frontal, nasal, and lachrymal divisions supplies the skin and muscles of the eyebrows, eyeballs, lachrymal glands, and the mucous lining of the eye and the nose. It is the smallest division of the Trifacial, and is joined by filaments from the Cavernous Plexus of the Sympathetic, and gives off recurrent filaments.

The Superior Maxillary makes exit thru the Foramen Rotundum. Distributed to the cheek, temple, nose, eyelids, upper lip, upper teeth, and thru Meckel's Ganglion to the palate and pharynx.

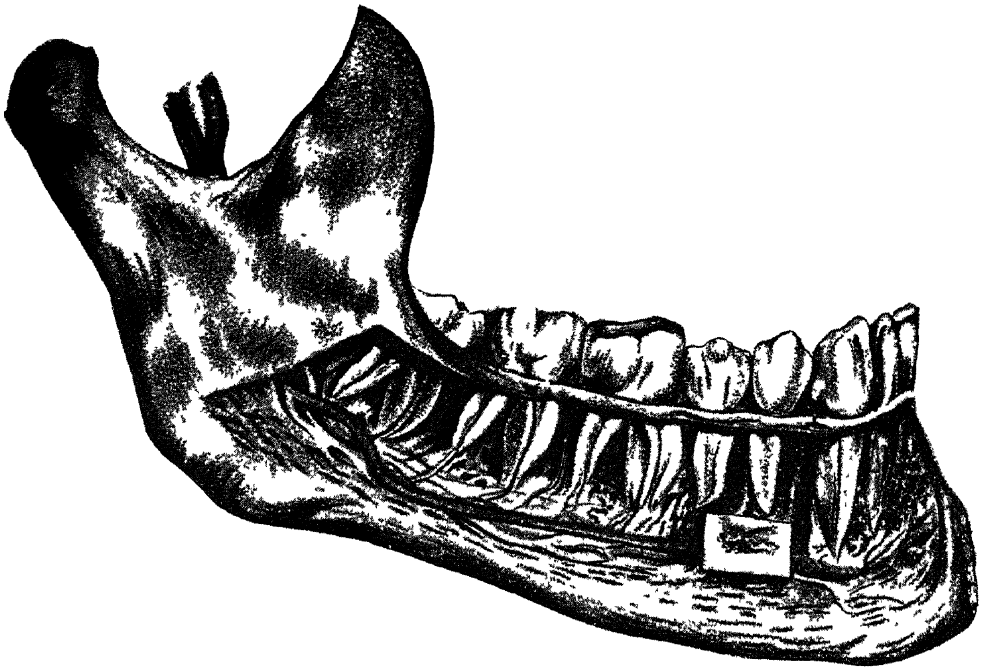
The Inferior Maxillary Branch joins the motor roots to form a nerve of common sensation and motion. It supplies the muscles of mastication, lower teeth, gums, skin of temple, the external ear, lower lip, lower part of face, the tongue, and the Otic and Sub-Maxillary Ganglia.

The Ophthalmic Branch makes exit from the cranium thru the sphenoidal fissure, dividing into the Lachrymal, Frontal, and Nasal Branches, supplying respectively the lachrymal gland, the frontal and the nasal regions.

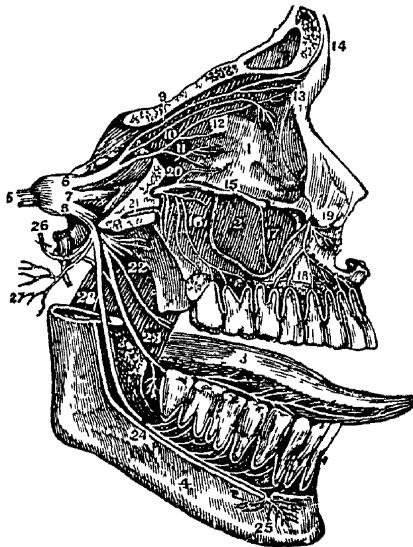
The Superior Maxillary makes exit thru the Foramen Rotundum, divides into many branches to supply the regions of the upper maxilla, its dental branches entering the superior maxillary bone thru the posterior dental canal of the Zygomaticus Fossa, and running thruout the substance of the upper jaw bone, giving off smaller branches to the teeth. See the accompanying cut for the exact mode of distribution.

The Inferior Maxillary Branch leaves the cranium by the foramen ovale. Its largest sensory root comes from the Gasserian Ganglion, and afterwards is joined by the smaller motor root, making it a mixed nerve of sensation and motion. Recurrent meningeal branches are given off to the dura mater, and division is had into two principal branches that divide and subdivide to reach and give motion and sensation to all muscles of the inferior maxillary region.

The Lingual, Temporal, and Dental Branches make up the larger distributions of the nerve, the Inferior Dental Branch entering the canal of the lower jaw bone at the posterior fossa to



Showing entrance and distribution of nerve to inferior maxillary



Showing general distribution of Trifacial

supply the teeth thru the numerous small branches sent from the larger branch upward to the roots of the lower teeth

Besides the great Gasserian Ganglion, there are on this nerve and its branches four smaller ganglia, namely, the Ophthalmic or Lenticular, connected with the first division, giving strength apparently to the temple, cheek, eyelids, nose, lip, upper teeth, palate, etc

On the second branch will be found the Spheno-Palatine or Meckel's Ganglion, adding strength to all the muscles of the upper maxillary region and mouth, the orbit and nasal regions, and the jawbone and teeth of the superior maxillary

The Otic or Sub-Maxillary Ganglion is found on the third or lower branch, making this a very sensitive and very powerful branch to the teeth, tongue, and all muscles, parts, glands of the inferior maxillary region

The Trifacial is the great sensory nerve to the face and head, and is motor to the muscles of mastication. The lower division is the particular nerve to the muscles of mastication, and its severance would paralyze these muscles

The acuteness of pain to the teeth thru this nerve is indescribable, and worse in the upper jaw than in the lower, owing to the greater sensitiveness of that division of the nerve

Toothache may always be relieved temporarily by adjustment of the middle cervical region, but this cannot be permanent where decaying conditions around the roots of the teeth or within the substance of the teeth keep up the constant irritation. Pressure on certain inhibitory branches of the Trifacial will also temporarily allay the pain of toothache, and sometimes permanently if the irritation is not too great

Notice the cuts carefully, and study this great and wonderful nerve fully. It is one of the master nerves of the body

THE OLIVARY BODIES, so called from being shaped like olives, are two in number, and placed behind the anterior pyramids of the medulla, which are portions of the medulla, having the larger formations upward

THE PYRAMIDS are bundles of white matter on either side of the anterior fissure of the medulla, formed from the ascending portions of the anterior and lateral tracts of the spinal cord. A decussation or crossing of fibres takes place near the center, forming the decussation of the pyramids

On the outer sides of the pyramids project the Olivary Bodies immediately below the Pons Varoli. Between and beside these bodies are found the origins of the Hypoglossal, Glosso-Pharyngeal, Pneumogastric, and Spinal Accessory Nerves.

THE AUDITORY MEATUS, passage to the ear in two parts, internal and external.

MECKEL'S GANGLION, the Spheno-Palatine Ganglion, largest of the cranial ganglia, is deeply placed in the Spheno-Maxillary fossa, close to the Spheno-Palatine Foramen. It has a sensory root from the superior division of the Trifacial Nerve, motor root from the Facial, and a sympathetic root from the Carotid Plexus. Branches extend from it to the orbit, gums, hard and soft palates, uvula, tonsil, mucous membranes of the turbinate bones, the septum of the nose, and back of the roof of the mouth.

OTIC GANGLION, or Arnold's Ganglion, is situated on the inner surface of the inferior maxillary nerve just below the foramen ovale. It has motor, sensory, and sympathetic roots. Filaments extend to the small muscles tensor tympani, tensor palati, and chorda tympani, or to these nerves and thence to the muscles.

THE CAVERNOUS PLEXUS, a plexus in the upper portion of the Cavernous Sinus, below the last bend in the internal carotid artery, and is formed mostly from the ascending branches of the superior cervical ganglion, and goes into the formation of the Ganglion of Ribes. It communicates with the Motor Oculi, Pathetic, Trifacial (Ophthalmic Branch), and Abducens nerves, and with the Ophthalmic Ganglion, the Ganglion of Ribes, the plexuses around the Ophthalmic arteries, and the cerebral and the internal Carotid arteries.

The position and form of this plexus may be studied from the cuts of the brain and the Sympathetic Nervous System.

THE ABDUCENS, or Sixth Cranial Nerve, supplies the external rectus muscles of the eye. Its superficial origin is from the lower border of the pons and the anterior pyramid. The deep origin goes back between the fascicula of the corpus pyramidalis to the posterior part of the medulla, where it has its connection with a gray nucleus in the floor of the fourth ventricle of the brain. Exit thru the sphenoidal fissure.



DR. F. MAGENDIE, OF PARIS, FRANCE

This doctor, who gave medicine, but never took it, determined in the hospital where he was chief physician in Paris to divide the patients into two classes, one of whom he gave the regular medicines, and the others were given only foods and old family remedies without any medicine whatever. Of those who took the regular medicines the usual number died, while there were no deaths at all among those who used no medicine. A second experiment convinced the doctor perfectly, and he henceforth became a non-medicine doctor, with an infinitely greater success than he ever had when using drugs. Just a step into spinal therapy makes such physicians invincible.

This nerve is motor entirely. In its course outward it passes thru the cavernous sinus, where it receives fibres from the Sympathetic System and from the first division of the Trifacial.

THE FACIAL, SEVENTH, or Portia Dura of the Seventh, is the Motor Nerve to all the muscles of expression of the face, of the Platysma and the Buccinator (of the neck and cheek), posterior belly of the Digastric, Stylo-Hyoid, Stapedius, Levator, the Azygos, Uvula, etc.

Its Chorda Tympani branch is a nerve of taste to the anterior two-thirds of the tongue, and is the vaso-dilator nerve to the sub-maxillary and the sub-lingual.

The superficial origin is from the groove between the Pons and the Restiform Body, or from the upper part of the Pons between the Olfactory Body and the Restiform Body. Deep origin is from a nucleus from which the Sixth or Abducens Nerve arises, from the floor of the fourth ventricle.

Its exit is thru the Auditory Meatus (Internal), the Aqueductus Fallopi, and the Stylo-Mastoid foramen. Its diverging branches behind the ramus of the jaw have the shape of the foot of a goose or duck, and it has been called the Goose Foot Nerve.

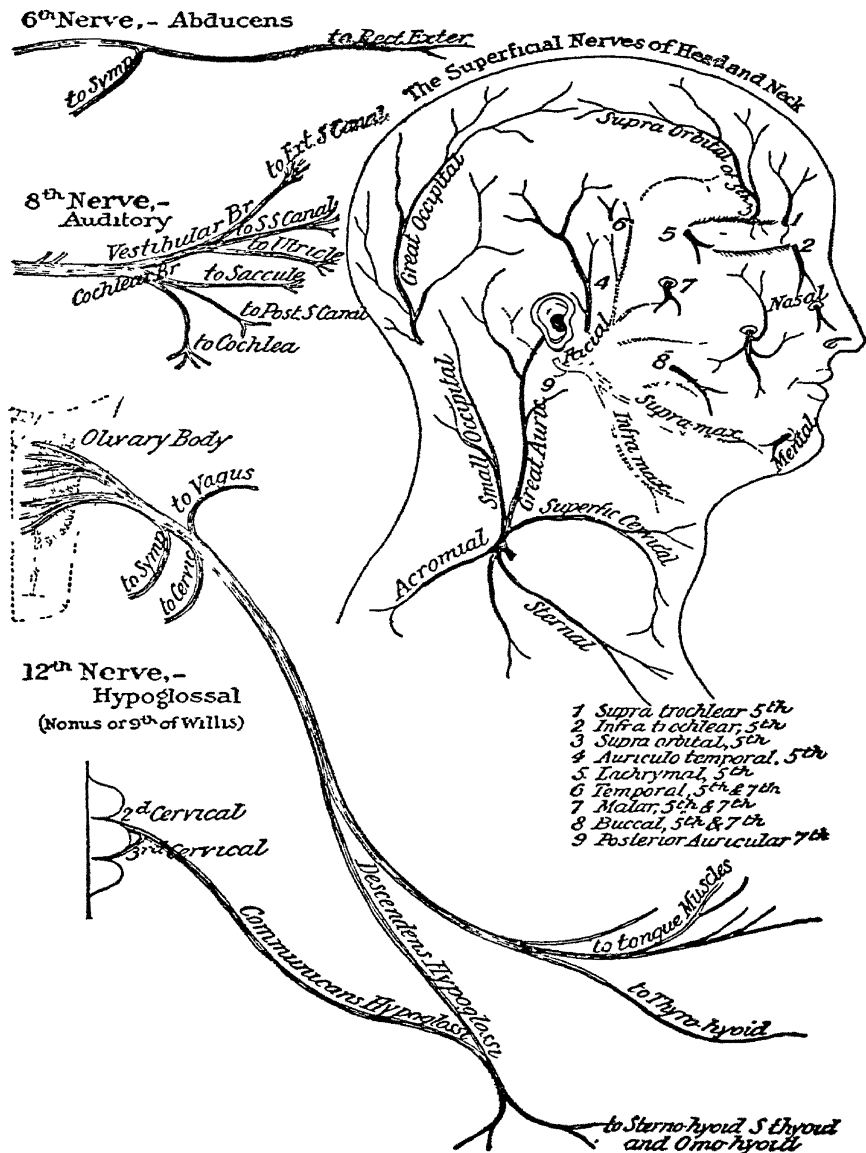
It communicates with the Meningeal Sympathetic Plexus, the Meckel and Otic Ganglia, and with the Auditory, Great Auricular, Auriculo-Temporal, Pneumogastric, Glosso-Pharyngeal, Small Occipital, and Superficial Cervical, the Trifacial Nerves, and with the Carotid Plexus.

It is motor to all muscles of expression and to all the muscles named above. Its disturbance may paralyze the face. Thru connection with the cervical nerves, a restoration from paralysis of the face may be radically and quickly accomplished.

THE RESTIFORM BODY is the lateral column of the Medulla, passing to the Cerebellum. The two Restiform Bodies diverge somewhat as they ascend, and help to form the lateral walls of the fourth ventricle. They become inferior peduncles of the cerebellum.

THE AUDITORY OR EIGHTH (Portia Mollis of Seventh Pair) is the nerve of the special sense of hearing. It is distributed exclusively to the internal ear, and therefore has no exit from the cranium.

THE CRANIAL NERVES.



The Abducens, or Sixth Cranial Nerve, is the smallest of all the Cranial Nerves, and has a very limited distribution. See outline in text for origin, course, exit, etc.

This plate shows, not only the general form of the Sixth, Eighth, and Twelfth Cranial Nerves, but branches of distribution from a number of other nerves, as indicated by the lines and figures.

Make a very careful study of all parts of this plate, and compare one plate with another.

Its superficial origin is by two roots from between the Restiform and the Olivary Bodies at the lower border of the Pons. Its deep origin is at the dorsal auditory nucleus under the Trigonum Acustici or triangular area of gray matter between the roots of the olfactory tract.

It is a very soft nerve in texture, and hence called *Portia Mollis*, has no neurilemma, and within the meatus receives fibres from the Facial Nerve.

Its branches are the Vestibular, going to the Vestibule, and the Cochlear, distributed to the Cochlea.

It is noted as the only Cranial Nerve that does not leave the cranium at all.

It is the nerve of hearing, and receives and transmits to the brain impressions produced by sound waves, and is supposed to be insensible to impressions in any other way.

For a full treatment of the Ear see the author's treatise on Deafness and its Cure. See also this book's later pages.

THE GLOSSO-PHARANGEAL, or Ninth Cranial Nerve, is the nerve of taste, and is distributed to the tongue, pharynx, fauces, and tonsils, and gives motion also to the pharyngeal muscles.

Its superficial origin is from the upper portion of the Medulla Oblongata behind the Olivary by filaments. Its deep origin is from a nucleus of gray matter at the lower part of the floor of the fourth ventricle.

Its branches of Communication are with Pneumogastric, Facial, and the Tympanic Branch or Jacobson's Nerve, and also with the Sympathetic.

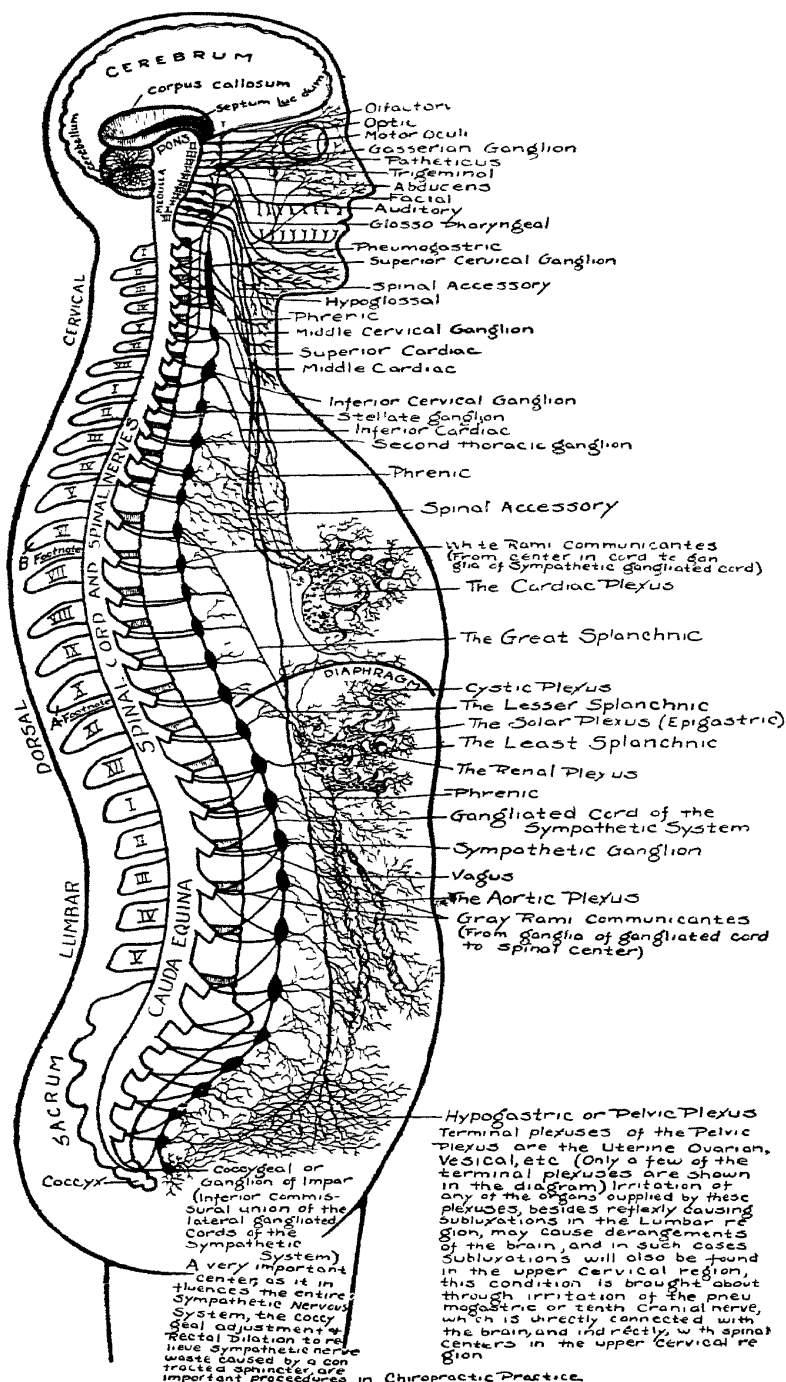
Exit by the Jugular Foramen to the mucous membrane of the fauces, the tongue, and the mucous glands of the mouth and the tonsils.

Branches of Distribution are the Tympanic or Jacobson's nerve, Carotid, Pharyngeal, Tonsillar, Muscular, and Lingual. These branches may all be traced on the cuts or plates.

THE PNEUMOGASTRIC (NERVOUS VAGUS) is the Tenth Cranial Nerve, and has the most extensive and extended distribution of any of the Cranial Nerves, making its exit thru the Jugular Foramen and passing downward by the internal Jugular Vein to

THE SYMPATHETIC NERVOUS SYSTEM, SPINAL AND GANGLIATED CORDS, PLEXUSES, CRANIAL NERVES, Etc

No better illustration could be shown of the Sympathetic Nervous System, the Cranial Nerves, the Great Plexuses, the Spinal Cord, a Gangliated Cord, the White and Gray Rami Communicantes, etc. This cut and those on pages 8 and 10 make a real study of much of the anatomy and nerves distribution as presented in the science of Chiropractic. No other catalogue published has the equal of these splendid drawings. They were designed by Doctor Vose and Thompson, former students of our Schools.



the thorax, abdomen, and pelvis, and is distributed to all the viscera or internal organs of the body

It supplies the organs of voice and respiration with both motor and sensory fibres, and the stomach, heart, and esophagus with motor influence

Its superficial origin is below that of the Glosso-Pharyngeal, behind the Ovary Body Its deep origin is from the lower part of the floor of the fourth ventricle

Before making exit from the cranium, it passes thru a ganglion usually called the Jugular Ganglion, or Ganglion of the Root. Joined below this by the accessory portion of the Spinal Accessory, it next passes thru a second ganglion, called the Ganglion of the Trunk This adds great strength to the Pneumogastric, which has a most extraordinary distribution

It forms a plexus with the Glosso-Pharyngeal and Spinal Accessory Nerves, these being the longest and most widely distributed nerves from the cranium It might here be noted that all long and large nerves come from plexuses To this rule there is no exception, either in Cranial, Cerebro-Spinal, or Sympathetic Nerves All plexuses in the central nervous system are in pairs

This great nerve naturally has many branches, going to the different organs and plexuses of the body's cavities, such as the Meningeal, Auricular (Arnold's Nerve), Pharyngeal, Superior and Recurrent Pharyngeal, Cervical and Thoracic Cardiac Branches, Anterior and Posterior Pulmonary Branches, Esophageal, Gastric, Splenic, Renal, Uterine, Prostatic, etc.

The root of the Pneumogastric in the Medulla is sensory only, but it communicates with five other nerves that are motor to their parts of distribution, and hence the nerve is both motor and sensory in its functions

The Pharyngeal Branches are mixed, as likewise the Laryngeal, into the thyro-cricoid region, the superior being mainly sensory An injury to them causing hoarseness to the voice, while the recurrent or inferior Laryngeal branches are chiefly motor, and an injury to them will cause imperfect tonation or utterance of words as seen in the stammerer Right here we believe to be the real cause of all stammering faults, weak voice, etc , and there was

never a treatment for these troubles that in any way compares with our rational spinal treatment

The Cardiac and Pulmonary Branches are both sensory and motor, affecting the heart, lungs, trachea, bronchi, etc. Both the heart and the lungs are greatly affected by these branches, and may be stimulated by so adjusting the cervical region as to reach the Pneumogastric thru connecting branches. This is thru the middle of the upper cervical region, as explained fully in that part of this text which treats of the spinal nerves and the adjustment of the spine

If the pneumogastric nerves both were severed inspiration or breathing would be increased for a while in rapidity, and would then become slower and slower until death ensued. As it became slower it would also become heavier, forming blood clots, rupturing blood vessels or capillaries in the lung tissue and solidifying the lungs

The Vagi also most powerfully influence the stomach, intestines, and liver. Their severance will greatly interfere with secretions in these organs, but will not stop them entirely, a proof that these organs do not depend thus for their entire functioning

All the internal organs are affected by the pneumogastric, and there can be no doubt that diseased conditions of the viscera will reflexly affect the brain and mental powers. Certain diseases of women at the critical periods of life may cause insanity, and good spinal treatment will often make the most radical cures in a short time

No nerves deserve more careful and exhaustive study than the Vagi. Thruout this work frequent references are made to these nerves in connection with other parts of the treatise.

THE SPINAL ACCESSORY, or ELEVENTH CRANIAL NERVE, consists of two parts, namely, Accessory to the pneumogastric, arising by delicate filaments below the origin of the pneumogastric, and these filaments may be traced to a nucleus of gray matter low down on the medulla and beneath the roots of the pneumogastric, and the Spinal portion, firm in texture, arising from several filaments from the lateral tract of the cord as low down as the region of the origin of the sixth cervical nerves, the fibres piercing the tract and being connected with the anterior horn

of the gray matter of the cord The deep origin of this portion being from the intermedic lateral gray tract of the cord This latter branch passes upward between the ligamentum denticulatum (serrated lengthwise band on either side within the spinal dura) and the posterior roots of the spinal nerves (cervical), enters the skull thru the foramen magnum, and makes exit thru the jugular foramen, lying in the same sheath with the pneumogastric, being separated from it by a fold of the arachnoid, and is then connected with the asseccory branch or portion

From the jugular foramen it passes backward and around the upper part of the sub-occipital triangle, where it joins the second and third nerves of the cervical plexus, and terminates in the deep surface of the trapezius muscle, where it is reinforced by branches from the third, fourth, and fifth cervical nerves, joins the posterior branches of the spinal nerves, and is distributed to the trapezius and to the sterno-mastoid muscles It sometimes assists in the formation of the Great Auricular nerve, and sends inhibitory fibres to the heart

The Spinal Accessory is one of the most peculiar and most wonderful of all the cranial nerves and the entire organism, and should be studied very closely Through its connections and distributions a powerful effect may be had on the heart and brain by so adjusting the cervical region as to reach and stimulate this nerve See cuts and study them well.

The Spinal Portion is a branch that enters the cranium and then passes out This and the nasal branch of the Ophthalmic division of the Trifacial are the only nerves entering the cranium and then passing out The Spinal portion runs upward between the roots of the spinal nerves until it enters the cranium to join the Accessory portion

Both roots of this nerve are motor, but its connections with other nerves make it sensory as well The fibres from the Accessory portion are distributed exclusively to the muscles of the larynx and the pharynx, and the other portions to the muscles as stated above Cutting either branch will be followed by disturbances to the parts to which these fibres are distributed To cut both branches will paralyze the muscles that receive their impulses, followed by loss of voice, derangement of the power

of deglutition, and disturbances of the action of the heart.

THE HYPOGLOSSAL or twelfth Nerve, Nodus or Ninth of Willis, is motor to the tongue. It arises by several filaments between the Pyramidal and Olivary Bodies in a continuous line with the anterior roots of the spinal nerves. Deep origin from the floor of the fourth ventricle. It communicates with the three upper cervical nerves, the Gustatory (taste), Pneumogastric, and the Sympathetic System.

The regions supplied are the Sterno-Hyoid, Sterno-Thyroid, Omo-Hyoid, Genio-Hyoid, and Genio-Hyo-Glossus muscles. From the underside of the tongue many fine branches pass upward into the substance of the tongue.

Its exit is thru the anterior Condylod Foramen in two bundles, and is distributed to the muscles and parts as outlined above, uniting also under the tongue with the lingual branch of the Trifacial.

Its branches are the Meningeal, Descendens Hypoglossi, Muscular, and Thyro-Hyoid.

The functions of the nerve are motor, but it receives sensory fibres from the nerves with which it anastomoses. Its severance on both sides would cause improper and impaired deglutition, weakened sense of taste, partial loss of the powers of mastication and articulation.

Like other cranial nerves, the Hypoglossal may be treated, when impaired in any way, by adjusting the middle and upper cervical vertebrae, as the cervical nerves reach the cranial nerves, as explained previously.

NOTES AS TO SENSORY AND MOTOR FUNCTIONS OF CRANIAL NERVES

The olfactory, Optic, and Auditory Nerves are nerves of Special Sense, and are therefore Sensory. The Motor Oculi, Pathetic, Abducens, Spinal-Accessory, and Hypoglossal are Motor. The Pneumogastric is Sensory, but not a nerve of Special Sense. The Trifacial, Facial, and Glosso-Pharyngeal are mixed, being both motor and Sensory.

This classification is according to the properties of the roots

of the nerves. However, all these nerves, except those of special sense, receive both motor and sensory impulses from the plexuses or unions they make with other nerves.

Thus, for instance, the Pneumogastric becomes clearly a mixed nerve in the sense in which we here use the term, and there can be no doubt whatever that it is both motor and sensory to the internal organ and viscera of the body.

In the same manner the others, except those of special sense, will be seen to possess both qualities after uniting in plexuses or otherwise with other cranial nerves or with spinal nerves.

THE SYMPATHETIC NERVOUS SYSTEM.

THE SYMPATHETIC NERVOUS SYSTEM consists of two Gangliated Cords extending from the Ganglion of Ribes at the base of the brain in front of the Medulla Oblongata downward laterally and anteriorly to the spinal column downward to the Ganglion of Impar in the Coccyxigeal region, three large plexuses called Cardiac, Solar, and Pelvic, many small plexuses, and distributing parts to the organs or viscera of the body.

The two cords are embedded well into the flesh and substance along the spinal column, and receive the white Rami Communicantes from the spinal nerves at the ganglia, and from the ganglia send gray Rami Communicantes to the spinal nerves.

The cords are not large in diameter, being only about one-twelfth of an inch in diameter, varying somewhat in different individuals. The ganglia may be a quarter of an inch in diameter or more, and contain more or less gray matter, this varying in individuals as noticeably as the variations in the shape and substance of the brain.

The Sympathetic System of Nerves was first noted by Dr Claudius Galen, a most prolific writer of the last half of the second century of the Christian era. Dr Galen studied the formations mostly in animals, and arrived at very accurate

descriptions of the cords and plexuses of the system, and the ganglia as well, but never arrived at any correct conclusions as to the functions and significance of the system and did not connect or make it a part of the Cerebro-Spinal Nervous System.

Hundreds of years before Christ, such doctors as Aristotle, Hippocrates, and others of their schools, in dissecting animals traced portions of the Sympathetic System, but their conclusions as to significance and function were valueless, and they hardly knew the difference between tendons and nerves.

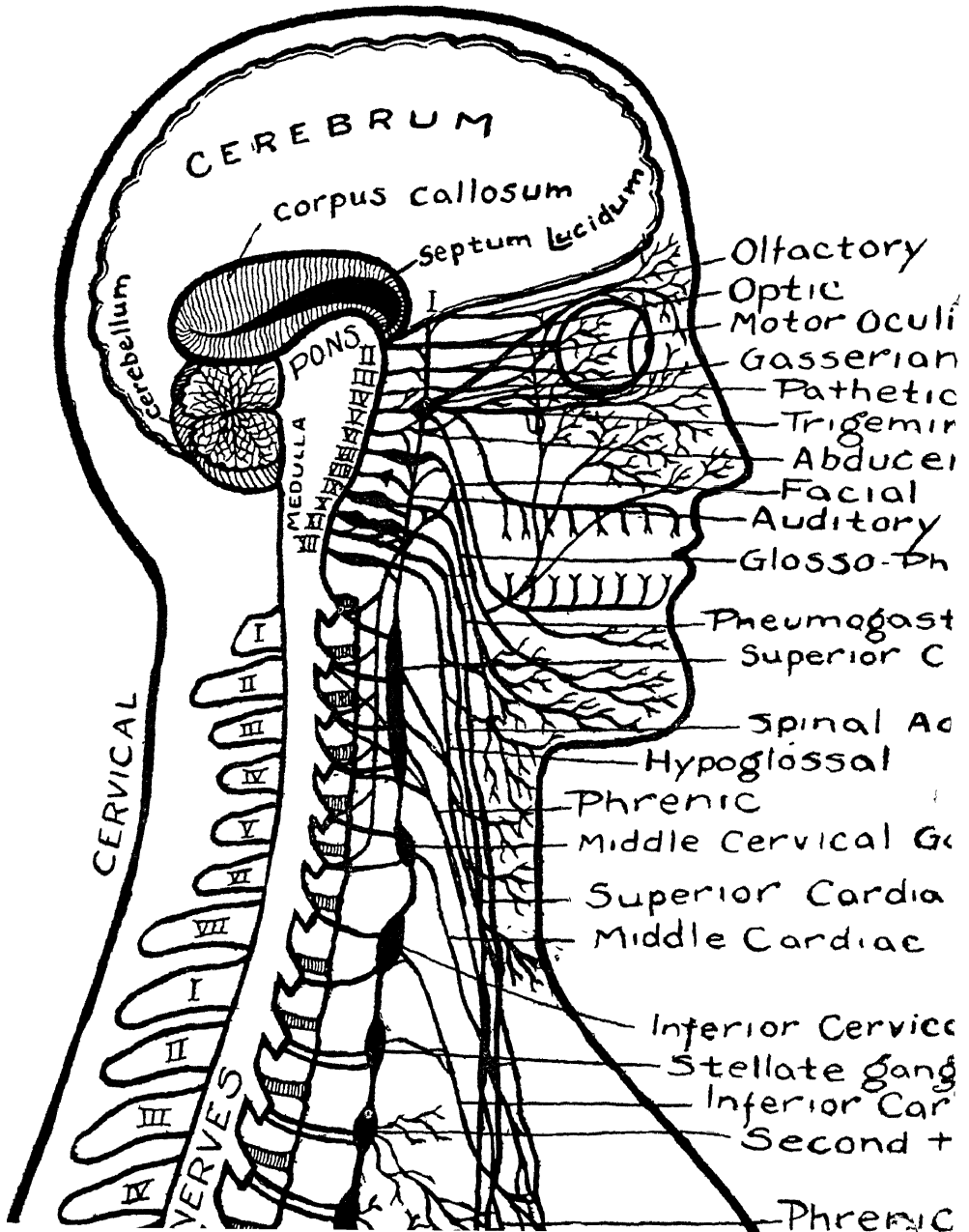
It was not until the days of Dr. Thomas Willis, an Englishman of the seventeenth century, that anything like a realization of the proper functioning and significance of the Sympathetic Nerves was reached, and only vaguely indeed from Willis. His co-laborer, Professor Rene Descartes, struggled to the first description of reflex ganglionic movements.

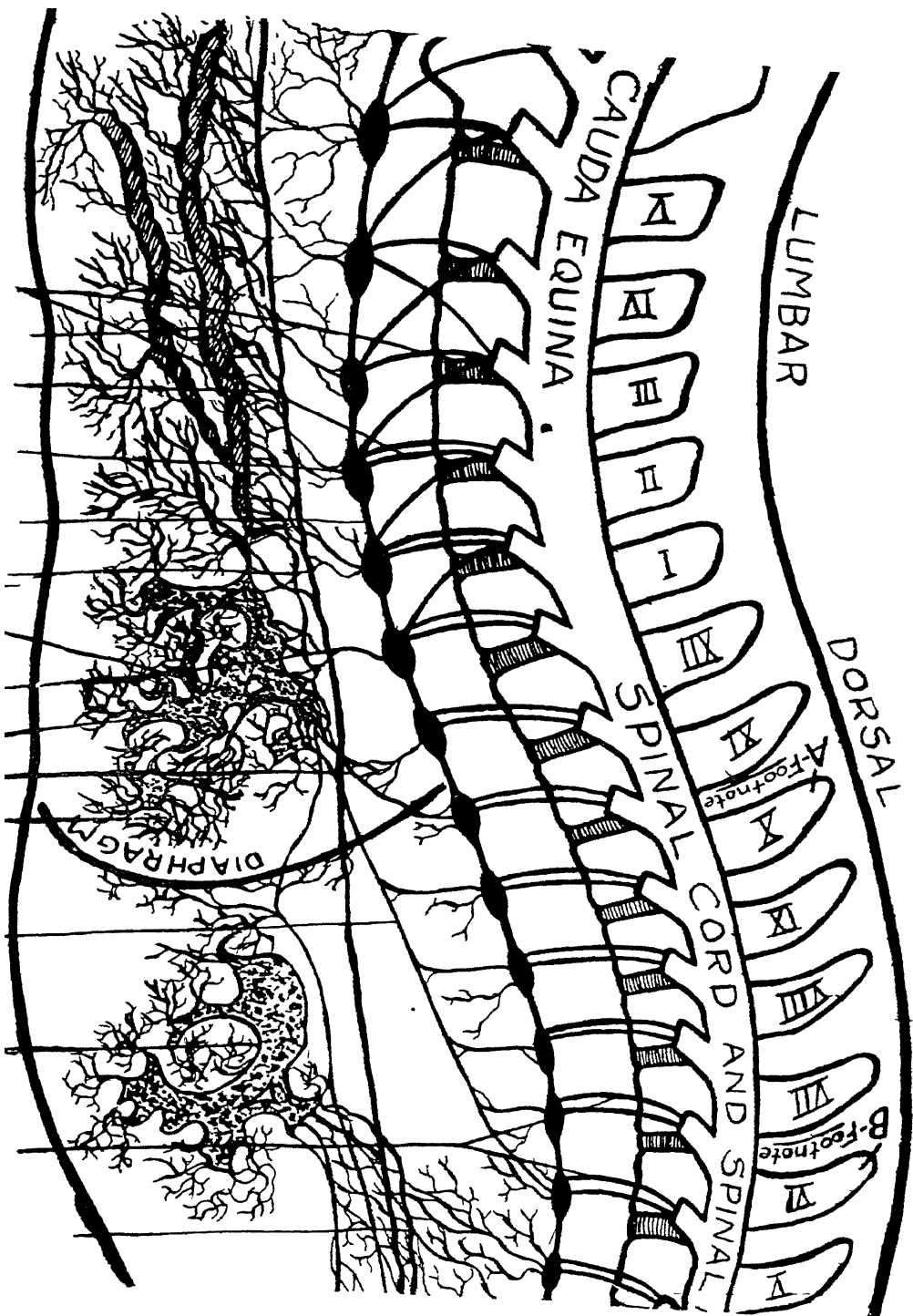
Willis and Descartes were two lights struggling amid unsurmountable difficulties from the darkness of the middle ages upward to clearer skies, which they never reached, but made it possible for other footsteps to climb the heights they essayed climb. To them the Sympathetic was a growth from the spinal nerves, in which their conclusions are worthy of consideration, but these most worthy and able men of their day had not the faintest dream of the amazing extent and directional power of the Sympathetic over the internal organs, the nutritional elements, the secretion, the circulation, and the respiration.

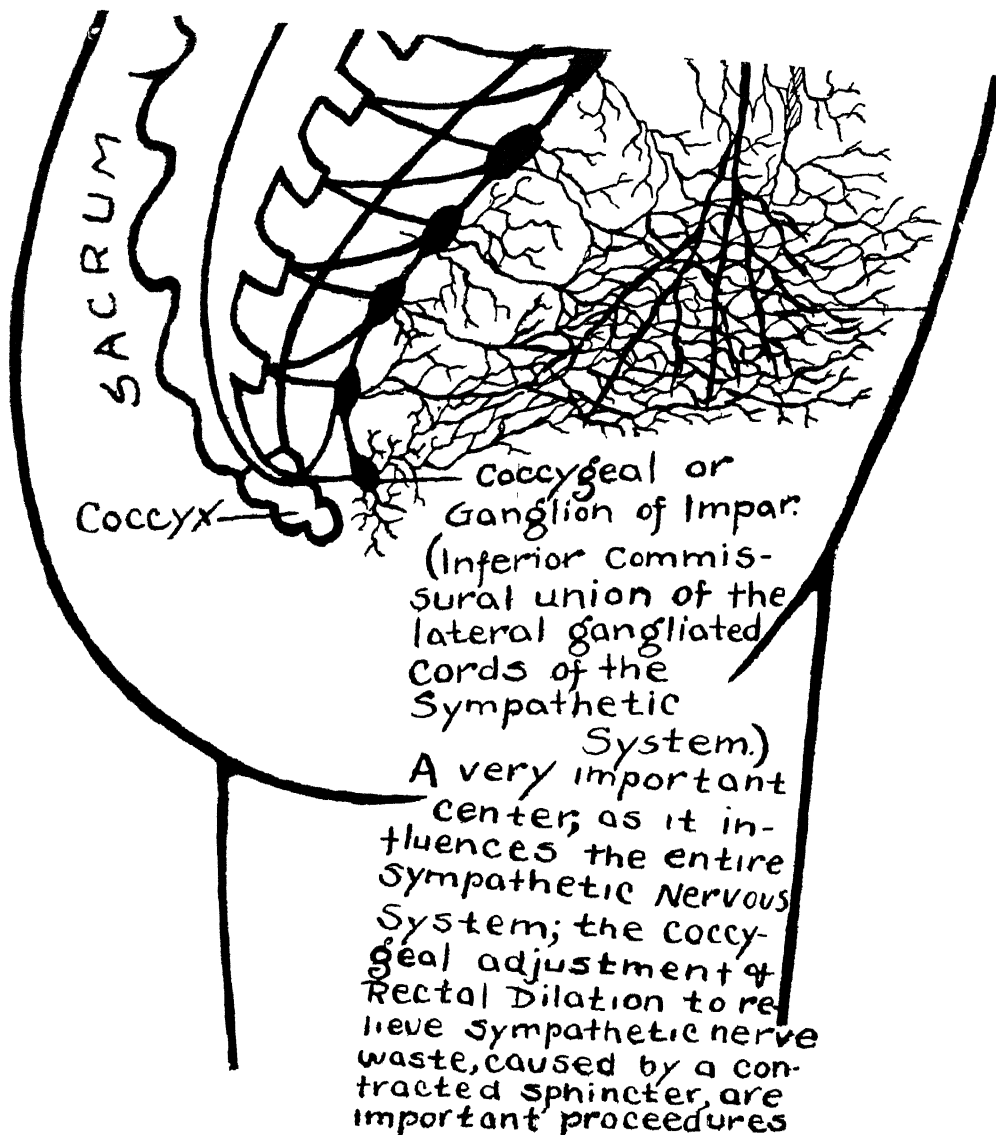
Only now at the very latest time have we arrived at a real knowledge of the workings of the Sympathetic Nerves, and we must say this with caution and reservation, for doubtless we are not yet near completion of the study of this system. As in climbing a mountain, we have clearer and more extended view as we ascend, so it seems we see more clearly in the study of the sympathetic as we go further into the practical applications today of the knowledge already arrived at.

Dr. Pratt of Chicago is the foremost writer and developer along this line at the present age. His writings are the most prolific and scientific, and his practical applications and tests are matter of proof to his assertions. He is fair, candid, rational, practical, and a true lover of the truth for the truth's sake.

Sympathetic System.







FOOT NOTE A—Here the white rami governing the SKIN ACTION of the entire body divide, fibres from the tenth dorsal segment going BOTH upward and downward, and all above the tenth are ASCENDING streams, while all below are DESCENDING. This segment also has an influence on all other tissues from the epiblastic layer of the blastoderm.

Lesion affecting the skin reflexly cause subluxations of the tenth dorsal, and reflexly stimulate the kidneys to take up the work of the skin, conversely, irritation of the kidney reflexly causes changes to take place in the function of the skin and dorsal tissues. This is an important adjustment in fevers—the lesion is always present.

FOOT NOTE B—Here the real rami communicantes divide the SIXTH dorsal segment sending fibres BOTH upward and downward, while all above the sixth send fibres upward, and all below send fibres downward. Subluxations will be found here in all extensive functional disturbances of the nervous system, and in such cases adjustment to relieve and stimulate the sixth dorsal nerves are very beneficial, and have a far-reaching effect on the entire nervous system.

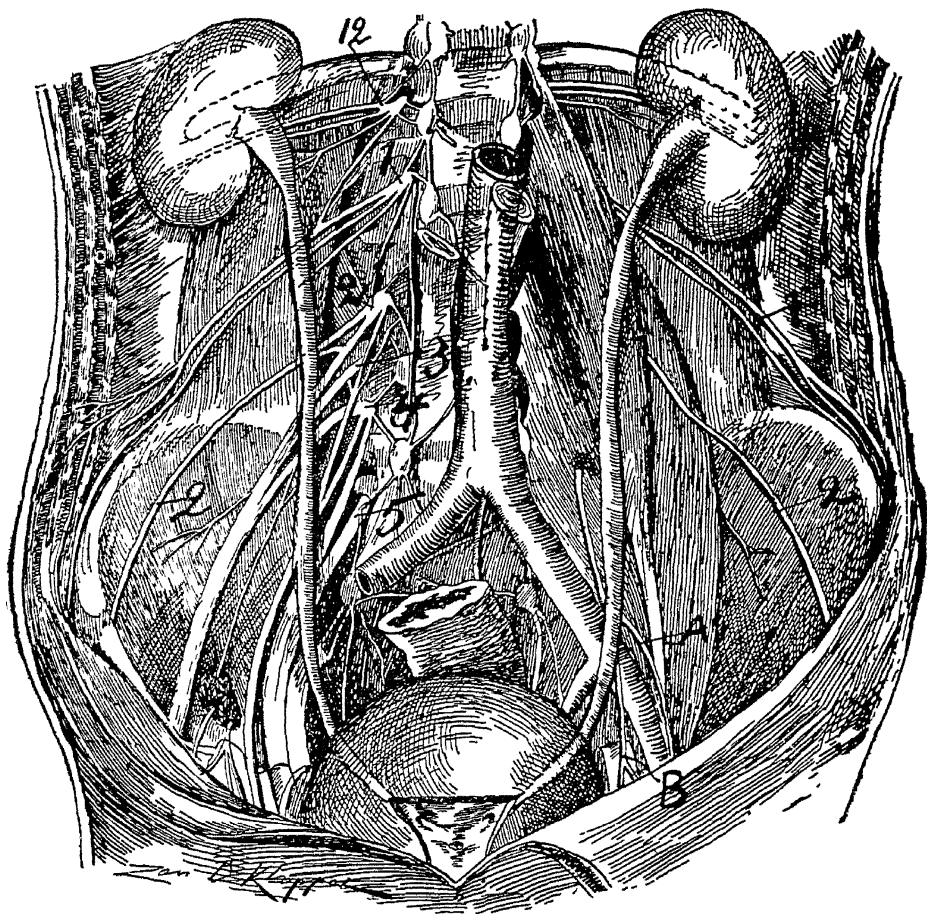
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Hypogastric or Pelvic Plexus.

Terminal plexuses of the Pelvic Plexus are the Uterine, Ovarian, Vesical, etc (Only a few of the terminal plexuses are shown in the diagram.) Irritation of any of the organs supplied by these plexuses, besides reflexly causing subluxations in the Lumbar region, may cause derangements of the brain, and in such cases subluxations will also be found in the upper Cervical region; this condition is brought about through irritation of the pneumogastric or tenth Cranial nerve, which is directly connected with the brain, and indirectly, with spinal centers in the upper Cervical region.

Let us say then that the Sympathetic Nerves preside over all the involuntary movements of the body. Just as the Cerebro-Spinal Nerves preside over the voluntary movements and muscular energies, so the Sympathetic must preside over and direct the involuntary

In locomotion, working, picking up things, etc, where we give thought to what we do, we of necessity are directed by the Cerebro-Spinal Nerves. In the vital functioning of the body, independent largely of any thought or reasoning on our part, the workings of the heart, stomach, liver, kidneys, etc, here the Sympathetic System directs and keeps all at work without any thought on the part of the individual



A picture showing relation of spinal nerves to the urinary tract. The letter A shows the genito-crural nerve as it crosses the ureter. Figure 2 shows the ilio-inguinal nerve. Other figures show spinal nerves and plexuses.

How wonderful, indeed, is the subject of nerve supply and nerve distribution! Every part with its nerves and nerves! Every nerve to its part of distribution! A universe of divinity in a human being!

No better study of these relations could be offered than we present here. Note the close relations or connection of the urinary and genital organs.

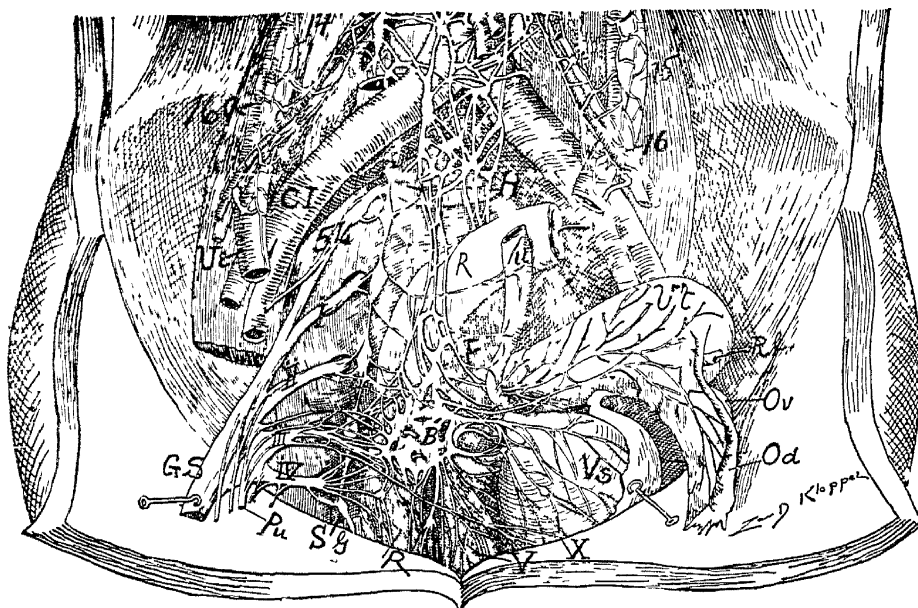
At the birth of a child the Sympathetic System is in a perfect state, while the brain and mental qualities are slow to mature, and sometimes may never mature at all, as seen in the case of idiots, and through the Sympathetic bodily growth may be perfect

While we say broadly that the Sympathetic presides over all vital processes, digestion, secretion, circulation, etc., we must allow that, as the Sympathetic and Cerebro-Spinal are really parts of the same general system, and connected throughout, one may effect the other. While the working of the stomach, heart, liver, etc., will continue whether awake or asleep, yet emotions of anger, fear, etc., will effect these processes very materially. Anger and fear will retard digestion, and may cause disease.

The connection being complete, it is readily seen how the Sympathetic, when deranged, may be assisted to its normal work, by treatment thru the spinal nerves. It is also most readily and easily seen that the viscera of the body may be strengthened by spinal treatment, all receiving nerve supply from corresponding segments of the spine. Spinal treatment will therefore directly give normal function to the organs in need, and at the same time strengthen the weakened portions of the Sympathetic.

Many of the worst troubles and diseases are undoubtedly connected with the Sympathetic System, among which we will name Paralysis, Hyperesthesia, Locomotor Ataxia, Epilepsy, Progressive Muscular Atrophy, Addison's Disease, Neurasthenia, Exophthalmic Goitre, Diabetes. Sometimes these diseases yield very rapidly to proper spinal treatment, but sometimes very slowly if at all. In these latter cases the improvement is very rapid when treatment is given reaching the Sympathetic System, as explained under proper divisions of this treatise.

There are ways to reach these troubles thru the Sympathetic that can be done in no other way, and the cure of these troubles assured in almost every instance, and ways, also, to reach nearly all heart troubles very quickly and very surely. Palpitation, valvular leakage, or weakness in any other way, mitral stenosis, hypertrophy, etc., yield to the most potent impulses that may be given thru the Sympathetic, combined with spinal



NERVES OF THE TRACTUS GENITALIS

This cut shows most splendidly the Sympathetic nerve supply to the genitals, bladder and rectum, with many other terminal branches or plexuses. The formation of the Great Sciatic Nerve is shown also, with connecting branches from the Sympathetic. This shows why rectal dilation will so often relieve rheumatism or sciatica.

From the pelvic plexus, B, come the smaller plexuses to the uterus, bladder, rectum, fallopian tubes. Thru the Sympathetic, therefore, a most decided stimulation may be given all these pelvic organs, and rectal dilation, or stimulation of any other kind, may prove a great blessing in cases where these parts are involved.

The lettering and figures are easily understood. Thus Ov refers to ovary, Od to oviduct, GS Great Sciatic, etc.

The student must observe also that everywhere the Cerebro-Spinal and the Sympathetic are connected, and all the lumbar and sacral nerves join directly with the pelvic plexus, and besides this give a direct nerve supply to the organs of the pelvic cavity.

adjustment Aortic Aneurism may be mentioned and certainly yields thru the means we are now able to use in its behalf. These methods will be fully shown in due time as we advance in these pages.

MORE PARTICULAR DESCRIPTION OF SYMPATHETIC

In this we refer most particularly to the cuts presented here for this purpose. They show every detail as nearly as may be given from pictures, based upon the writings of Pratt, Gray, Ott, and the best Anatomists, Physiologists, and Psychics of the present age.

Observe the two ganglated cords referred to running along either side of the spinal column toward the front. Three ganglia are seen on either cord in the cervical region, namely the upper, called the Superior Cervical Ganglion, covering the lateral region of the first and second cervical vertebrae, the smaller one near the fourth cervical vertebra, called the Middle Cervical Ganglion, and the lower ganglion, near the lower vertebra of the neck, called the Inferior Cervical Ganglion. Ganglia is the plural of ganglion, and when we speak of two ganglions, we use the Latin termination and pluralize by writing it ganglia.

Thus in the cervical region, while we have eight pairs of cervical spinal nerves, and seven vertebrae or joints in the neck, we have but three pairs of cervical ganglia. However, below this region we have a ganglion on each cord corresponding to the vertebra of the spine at the region, thus making twelve pairs of ganglia in the dorsal or thoracic region, five in the lumbar region, and five in the sacral and coccyxigeal region. If the number ever varies to one less than this usual number in either the dorsal, lumbar, or sacral and coccyxigeal region, it is the rarest exception, in which case white rami would extend from two segments of the spine to one ganglion on the Sympathetic cord. Note this principle prevailing also in the cervical region where we have only three ganglia on each cord.

The upper or beginning end of the gangliated cords is called the Proximal End, and the lower termination in the Ganglion of Im-

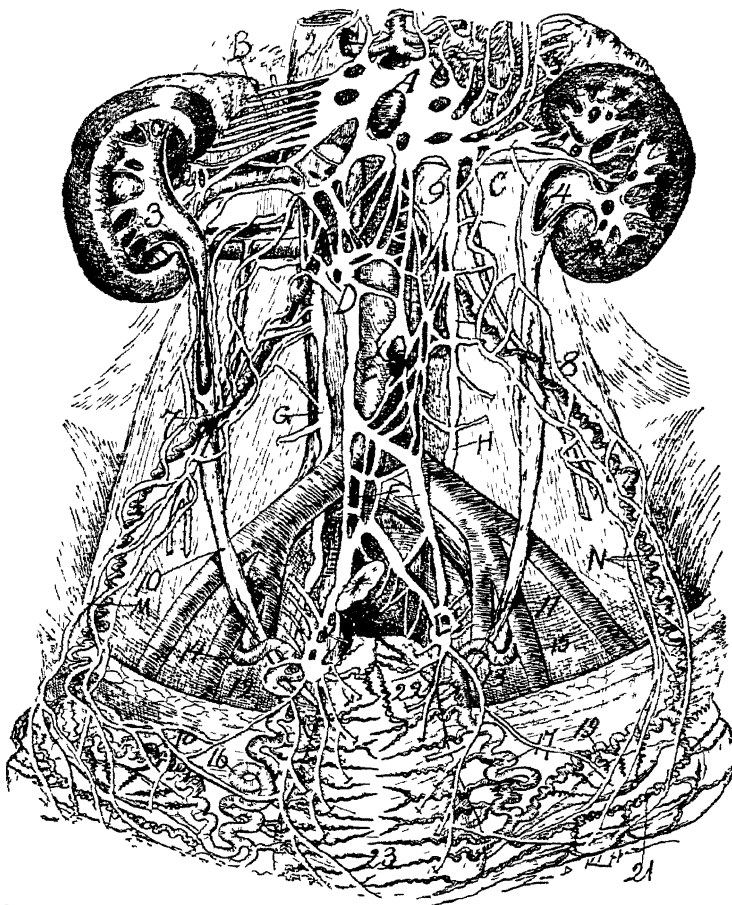
par is called the Distal End The two cords unite or anastamose at the proximal and distal ends or regions, and thruout, particularly in the regions of the Cardiac, Solar, and Pelvic Plexuses Note well the illustrations we present with this treatise, this anastamosing or joining being more dense in the region of the Solar Plexus These are all Vasomotor, giving motion or impulse to the vessels, of which more directly

The Cardiac Plexus is situated where the Aorta merges out from the heart, the upper of the three great plexuses At the origin of the Celiac Axis from the Aorta, and lodged around this axis or artery springing outward from the aorta, is situated the great Solar Plexus or Abdominal Brain, as some would call it Where the descending or abdominal part of the aorta merges into the two Common Iliac Arteries, is situated the Pelvic Plexus, or Pelvic Brain, as some would call it In fact, the entire Sympathetic Nervous System is sometimes called the abdominal brain We mention here a fourth plexus, of considerable dimensions of the branch into the Internal and External Carotids

These great plexuses are nerve centers for vasomotor impulses and rythmic action or life action to the vessels Nerve fibres originate in them, and the different fibres which enter them do not correspond with efferent fibres that extend from them. These great plexuses are nerve centers, and are composed of nerve cells They send out nerve forces organized with as much or more certainty than the movement of the body under direction of the will

Both the vessels and the viscera are under control of these plexuses, or the Sympathetic as a whole The Pneumogastric or Vagi Nerves, descending from the cranium, help in the formation of these plexuses, and are distributed to all the viscera or internal organs The Phrenic Nerves, from the middle Cervical region, also enter into the formation of the Cardiac and Solar Plexuses, and the Greater and Lesser Splanchnic Nerves also enter the Solar Plexus

The Sympathetic and the Cerebro-Spinal Systems of Nerves (or rather we should say these divisions of the same general system) differ from each other in the nature and distribution of their nerve fibres In the plexuses of the Cerebro-Spinal System, the



The Genital Tract with pregnancy about three months advanced. Note the Solar Plexus at A, with branches running to the kidneys, adrenals, etc.

An illustration like this shows at a glance, almost, the relation of parts to each other. Time is not lost in the study of such pictures.

The comparative size and position of the kidneys may be seen quite well in this picture, other viscera being removed. One kidney, as you have been taught, is a little lower than the other, and one is slightly heavier than the other.

afferent and efferent fibres, entering and leaving, are the same in form and appearance, while in the plexuses of the Sympathetic there is no relation in size and appearance between the afferent and efferent branches

The Sympathetic will usually be found encircling the blood vessels in a net work or plexus form. The Cerebro-Spinal Nerves follow the blood vessels without in any way encircling them. The Sympathetic Nerves follow the arteries, but not the veins. As the large arteries and veins are close together, the Cerebro-Spinal Nerves, following the arteries, are close to the veins also.

The Cervical Ganglia and Commisural Cord send motor fibres to the involuntary muscles of the eyes, vaso-motor fibres to head and neck, cardio-motor fibres to the heart, secretory fibres to the glands, and pilo-motor fibres to the spinal nerves of the cervical region. The Superior Cervical Ganglia are the largest of all Sympathetic trunk ganglia, each being three-fourth of an inch in length.

Along the dorsal cords from the second, third, and fourth ganglia come the connections that form the pulmonary plexus on either side and give strong nerve supply to the lungs. The seven lower or distal dorsal ganglia on either side make up the Splanchnic Nerves, which, uniting first with the Solar Plexus, send a rich nerve supply to all organs below the diaphragm. The Splanchnic nerves, before reaching the Solar Plexus, pierce the diaphragm.

In the lumbar region, the ramal and extending branches give life and function to the pelvic organs, including bladder, genitals, bowels, and all parts completely. The lowest of the great plexuses is situated in the pelvic region, as noted above, where the common iliac arteries branch from the abdominal or pelvic aorta, extending below this region also.

Each of these plexuses sends out numerous smaller plexuses to the adjacent organs. Thus from the Solar Plexus come the Gastric Plexus to the stomach, the Hepatic to the Liver, the Renal to the Kidneys, the Splenic to the Spleen, the Pancreatic to the Pancreas, etc. The other great plexuses send out their smaller ones also to the adjacent organs, such as the Spermatic, Ovarian, etc., from the Pelvic.

Thus the proper functioning of the Sympathetic the viscera are made to perform their assigned or created work, such as Peristalsis Secretion, Ovulation, Menstruation, Gestation, and General and Natural Activity to all the internal organs. They all work with precision when the Sympathetic is in perfect health.

THE SPINAL NERVES

The spinal nerves consist of 31 pairs. Of these, 8 pairs are in the cervical region, 12 pairs are in the thoracic or dorsal region, 5 pairs in the lumbar region, 5 pairs in the sacral, and 1 or 2 in the coccygeal region. In rare instances, say one in millions, this varies one less or one more than the usual number. For instance we saw a skeleton with only 6 vertebrae in the neck or cervical region and with 6 vertebrae and not 5 in the lumbar region. If the number of vertebrae should vary the number of pairs of nerves would, of course, vary in the same way.

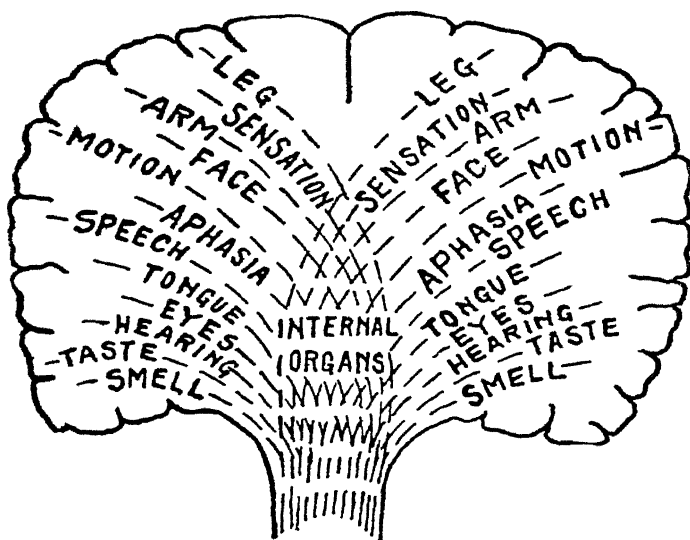
Each nerve arises from two roots, anterior and posterior. The anterior or larger root is motor, the posterior or smaller is sensory.

The origin of all the nerves is somewhat above the point of exit from the spinal column, except in case of the first cervical or sub-occipital.

This point of origin may be determined as follows. For the upper four cervical nerves subtract 1 from the number of the vertebra, and you have the number of the segment where the nerve in question has its origin. For instance, if we are considering the third cervical nerves, subtract 1 from 3, giving 2, and we have the segment position of the origin of the third cervical nerves.

Continuing thus, next from the number each of the four lower cervical segments and from the upper six dorsals, subtract 2 from the number of the nerves under consideration and you will have the number of the segment where the nerves in question have their origin. Thus, in considering the fourth dorsal nerves, subtract 2 from 4, leaving 2, and you have the origin of the fourth pair of dorsal nerves at the second dorsal segment.

To locate the origin of the roots of the six lower dorsal nerves,



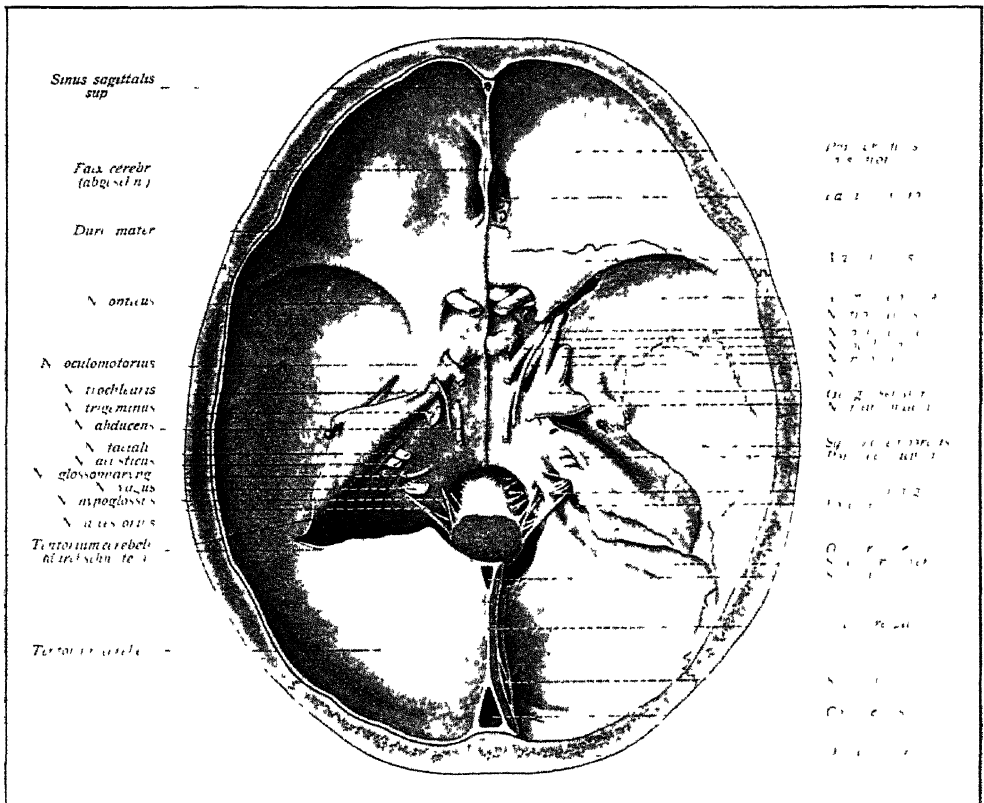
LOCATION OF VARIOUS FUNCTIONS IN BRAIN

Centres have been located with great accuracy. Fowler said Webster had the greatest brain in America. He could tell the location and power of the centres. Afterwards, upon examining the head of Alexander Campbell, he declared Campbell's brain was equal to Webster's. Great phrenologists delineate correctly.

subtract 3 from the number of the nerves under consideration and you have the origin sought. For example, take the tenth dorsal nerves, and subtracting 3 from 10, you have 7, and the seventh dorsal segment is the origin of the roots of the tenth dorsal nerves.

All the lumbar nerves take their origin contiguous to the 10th and 11th dorsal spines, and the sacral nerves take their origin in the region between the 11th dorsal and the first lumbar vertebrae.

The spinal cord proper ends at the first lumbar vertebra as a rule, but occasionally extends as far as the second lumbar, and below this region all the nerves, which have their origin in the lower dorsal and upper lumbar regions, spread out somewhat in the neural canal or spinal cavity into the *cauda equina*, or horse's tail,



A perfect cut showing exits of the Cranial Nerves Should be well studied and fully mastered No better cut could be given

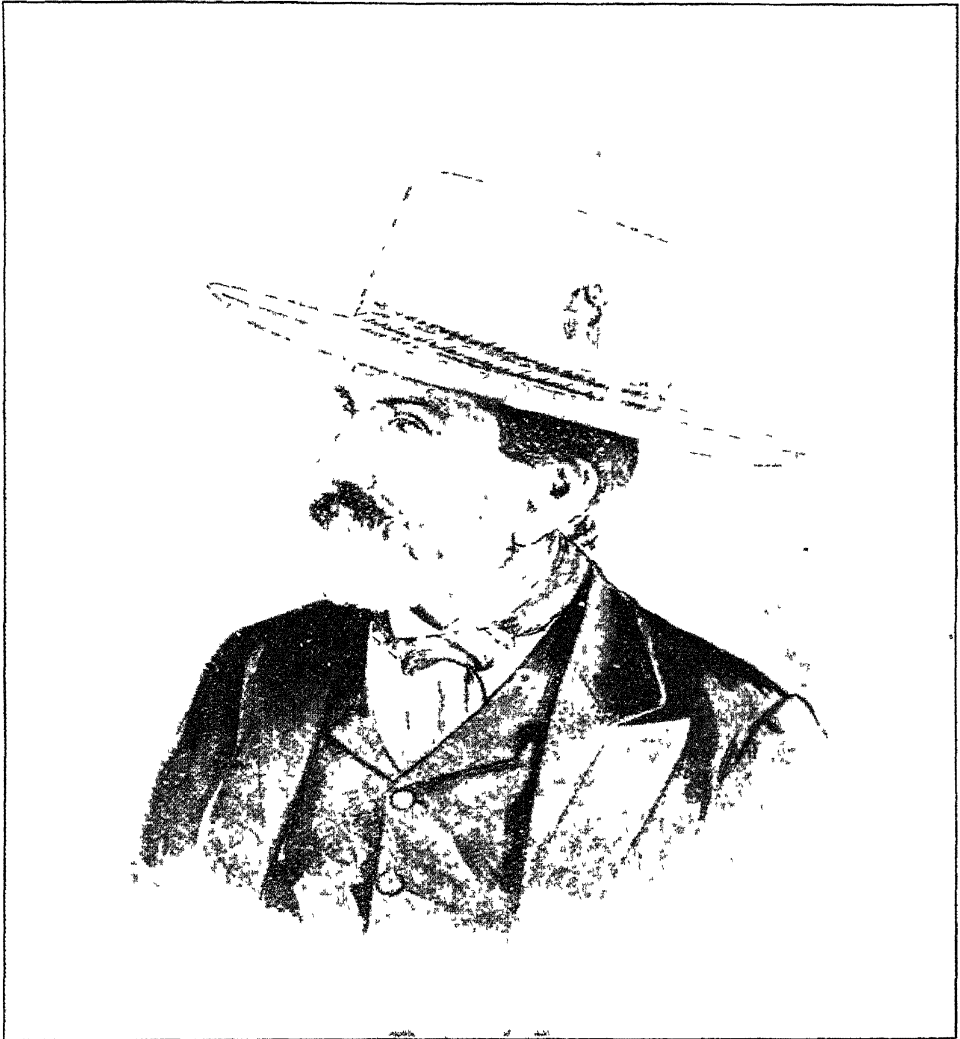
DEDICATION.



JOHNATHAN MCGEE AND WIFE

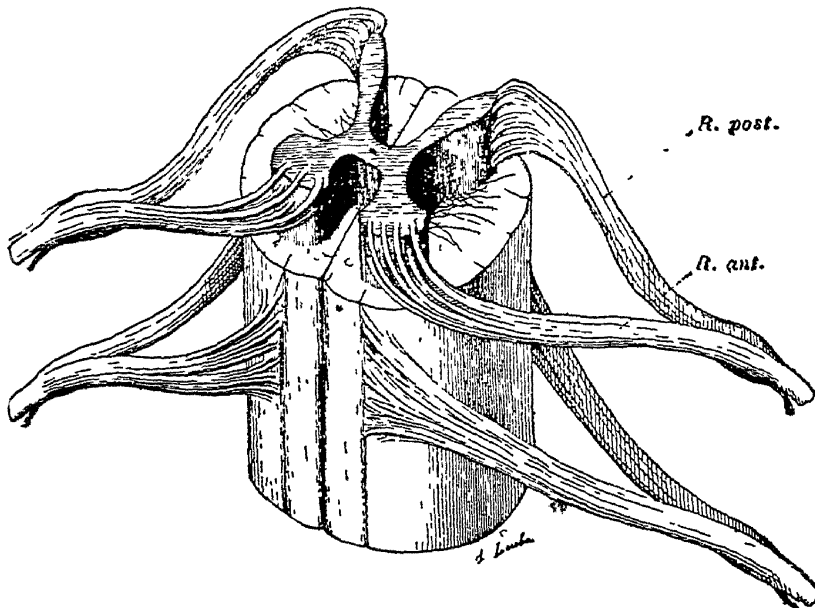
Johnathan McGee was born in 1788, and was married at the age of 110 years, being then very strong and active like most men at forty. His wife, shown here with him in this picture, was only 30 at the time of the marriage, but the 110 year old husband had all his natural teeth, long heavy hair and beard, firm, strong muscles, good eyes and ears, and was really as young as his 30 year old wife.

Jonathan never ate rich food nor used tobacco, and was temperate in all things. What an example to young men growing up at the present time! Let us say here again that age is a condition and not the number of years lived.



DON FRANCISCO GARCIA, Age 112 Years

A man who lived the simple life Ate plenty of good food, breathed good air, slept well, drank water, exercised properly, a nobleman of nature's best way of living



A good view of section of cord, showing white and gray matter, and posterior and anterior roots of nerves. The anterior or larger root is motor, and the posterior or smaller root is sensory. The motor impulses are concerned with motion or movement, the sensory carry sensation into the receiving centres.

The terms afferent and efferent are also frequently used, the former moves toward the centre or origin, the latter throws the impulse outward.

The two roots unite in a ganglion almost immediately after arising from the gray matter and pierce the coverings of the cord, and then divide again into anterior, posterior, intercostal branches, etc., and thence distributed to all parts of the body.

and send out the nerves that form the plexuses from which spring the largest and longest nerves of the body, as, for instance, the Anterior Crucial and the Great Sciatic nerves from the lumbar and sacral plexuses.

The spinal nerves pierce the dura mater and unite in a ganglion to pass thru the intervertebral foramina, and thence divide again into anterior and posterior divisions. The posterior divisions supply the muscles of the spine and the integument of the skin. The anterior branches form plexuses, except in the thoracic region, where the splanchnic nerves take the place of plexuses. Long branches from plexuses give nerve supply to the remainder of the body and the limbs.

CERVICAL NERVES--EIGHT PAIRS

The 1st cervical nerves, called the sub-occipital pass outward from the spinal cord between the occiput and the atlas through grooves in the posterior arch of the atlas. They are large and accompany the vertebral arteries and veins. If the grooves are large and deep through which these nerves pass in their exit from the spinal cord the nerves are not easily interfered with by approximation or otherwise, but if the grooves are shallow and small the nerves are very easily interfered with, and sometimes very hard to free.

Not only should the ordinary adjustment be given here, but after an adjustment has been given, a decided upward pull or stretching should be given to the neck, so as to prevent and cure an approximated condition. This may be done with one hand under the chin and the other hand back of and under the occiput, stretching the neck and letting the intervertebral cartilages thicken, or the patient may be placed in a stretching machine and the entire spine stretched, being often a very fine exercise, as the power of spinal stretching or traction is becoming more and more recognized by physicians and physical culturists. By its use, the height may be materially increased, the chest expanded, and the general muscular strength greatly augmented. Where the patient can stand a good strong pull, it will be more effective in the upright position than in the prone, as the body weight is added to the natural muscular pull of the patient and assistant. Moreover, the body in the upright is placed naturally without any friction on the table and where naturally there can be exerted a stronger pulling or muscular power than is possible in the prone position. However, there are also some advantages to be gained by stretching in the prone position, such being an easy position for a weak patient, and the patient can be adjusted while being stretched, but nothing can equal the invigorating and strengthening effect of the stretching in the upright position.

Subluxations (partial breakings or misplacements) of the atlas or other vertebrae may be anterior (toward the front), posterior (backward), lateral (to the side), superior (spinous process upward), inferior (spinous process downward), and by torsion or twisting of the spine, or may be approximated or drawn too close together

Whatever may be the form of the subluxation, the object of spinal adjustment is always to correct the abnormality, and thus restore the normal or natural shape to the spine, thus removing any cause of impingement giving life to the impinged nerves and to the organs affected by these nerves

Only by spinal adjustment or traction or stretching of some kind, combined sometimes, possibly, with other good physical exercises, may crooked backs be made straight, or abnormalities of any other kind be removed, and proper mechanical treatment here comes in to supply a want that nothing else has ever reached. Adjusting, combined with spinal stretching, is marvelous in its results, reaching cases that have baffled everything else, even under the care of the world's greatest specialists in other lines

The Sub-Occipital or First Cervical nerves join the Optic and Auditory Nerves, also the Ninth, Tenth, and Twelfth cranial nerves. Through union with the second cervical nerves they help in the formation of the recurrent nerves, and are hence distributed to the meninges of the brain, the upper region of the spinal cord and the vertebral articulations of the upper spine. They connect with the superior cervical ganglia and thence with all the cranial nerves

If the vertebral arteries are interfered with there will be an anemic condition or lack of blood to the brain. On the other hand, if the veins are interfered with there will be a congested condition. Adjusting the atlas will free these arteries and veins and the sub-occipital nerves, giving proper drainage to and from the brain and proper nerve supply to the brain

The Sub-Occipital nerves send branches to the adjacent muscles of the neck and the muscles of the eyes and ears, the mastoid cells and muscles, and general distribution thru the cranial nerves as outlined above. Fibres reach the coverings of the brain and cord and are essential to the life and activity of the brain



By means of this simple device Dr Riley has increased the height of thousands of people one or two or three inches, and sometimes more than this; has increased the chest measurements equally as much, and added most materially to the bodily strength. It in no way takes the place of spinal adjustment, but is a most wonderful adjunct in many cases. Is certainly a good form of stretching machine, very simple, easy to operate, and will last a life time, occasionally replacing the rope and foot straps with new ones.

These nerves, arteries, and veins are freed by adjusting the atlas region and stretching the cervical vertebrae upward

Impingement of the sub-occipital nerves may cause poor memory, loss of memory, insanity, headaches, brain fever, general fevers, vertigo, neuralgia of the head or face, dullness of mind, cataract, blindness, deafness, epilepsy, buzzing sounds, spots before the eyes, hallucinations, catarh, weakening of the eyesight and hearing, scalp troubles, dandruff, unsteady gait, etc., etc

Many headaches may be cured by this adjustment alone. Adjust here for loss of memory, epilepsy, insanity, neuralgia, buzzing sounds in the ears, all head noises, some cases of deafness, all brain troubles, catarh of the nose, head, or ears, tenderness of the scalp, locomotor ataxia, delirium in fevers or other troubles, weak eyes, to accelerate the beat of the heart, dullness of mental powers, cataract, glaucoma, and all troubles due to insufficient nutrition to the brain and the cranial nerves

The student should learn to make all the atlas adjustments carefully and accurately. This will not be hard to do under careful instruction, and will enable him to treat successfully all the troubles outlined above, making other adjustments in connection as indicated

It is a most noted fact that emotional insanity and all forms of insanity where hallucinations, vain imaginings, and weird and unnatural thoughts are present, will yield most readily to adjustments in this region, and sometimes the relief is almost instantaneous. There may be necessity for treating elsewhere in connection, but much of the relief and final cure is manifestly obtained from this adjustment

We have known some of the most peculiar hallucinatory troubles to cease at once. Women or men who imagined that husband or wife was untrue, who imagined they were some other great person, doubting their own identity, others still who imagined they were commissioned to do some great thing or found a kingdom, and yet others, for instance, who imagined they could receive messages from people a thousand miles or more away written on the palms of the hands or elsewhere on the body,—such as these, and many others, we have seen restored to absolute sanity in an amazingly short period of time

However as stated above the practitioner must not limit himself to this adjustment alone but must adjust wherever he may find a lesion in the spine, or make whatever other rational treatment may be indicated. Yet the atlas, which has such a wide and extended effect all over the body, will be a most potent means of curing so many cases of insanity that the physician will be led to believe it all-powerful, but we would here speak a warning against any position that would bring the student or physician to a conclusion that all cases of any trouble may be reached from the same identical form of treatment. Be always broad enough to find and to allow the good wherever it shows itself.

The person of narrow conceptions and conceited opinions will never reach the greatest success in any line the man who finds the good wherever he goes will most surely succeed in all his undertakings. The men and women who bring the greatest blessings to other men and women are they who see all good with clearest eye, and perform all undertaken enterprises with greatest conscientiousness and with greatest desire to succeed in all things wherein their professions lie.

Another terrible disease is that of epilepsy. We positively know that numerous cases of epilepsy are permanently cured by adjustments in this region, but numerous other cases are relieved by adjustment in the lumbar region, and others still by adjustment reaching the Sympathetic Nervous System by way of rectal dilation as will be fully explained in later pages of this work. Suffice it to say here that all cases of epilepsy may be relieved and permanently cured where there is no pressure on the brain. We say this strongly, and we speak positively, because we have seen it accomplished in so many cases as to leave no doubt whatever.

Children who suffer from epilepsy usually need treatment from the atlas and such places as will give good nourishment to the body, including stomach, liver, and kidney regions, all of which will be fully elucidated as this treatise proceeds to treat of the several segments of the spine, and in a large majority of cases rectal dilation with children will be indicated also. We are simply calling attention here to what we will reach more fully later on these pages.

We have known hospitals where many epileptic children were



A most effective method of this atlas adjustment is shown in this picture. The fingers of one hand are placed against the atlas on one side, with the other hand placed as shown in the picture. Twist the head until the slack is all gone, and then make the quick movement that gives the well known click that indicates the successful adjustment.

Dr. Riley prefers this to any other atlas adjustment for most purposes. As a rule, it is more easily made than any other, but there are exceptions to all rules, and in some cases where it is painful or hard to make, the physician must resort to some other, as illustrated in these pages.

Become proficient in them all, and be ready to do the best and render the best service in every instance. Fit the work to the case in hand, and make results come in every case handled.



One of several positions used by Dr. Riley in adjusting the atlas or other upper cervical vertebra. Place one hand as seen in cut with index finger pressing from near the articulation of the phalanx with metacarpal bone. Place the other hand antagonistically to this on opposite side of head. With patient's head perfectly relaxed, make quick thrust with the hand on the vertebra, with the other hand held firmly on the opposite side.

A very easy and effective way of making this adjustment, easily acquired by a little practice. Like all other good movements, may not be adapted to the best work on every patient, but its use should be learned by all aspirants to mastery in Chiropractic fields. All labor has its reward, and all laborers shall be crowned if they strive lawfully.



Picture of Dr Lora B Riley making an adjustment of the Atlas region of Dr Richard Henry Cline in the sitting position. Note the position of the operator somewhat to the back and side of the patient. One hand of operator is placed under chin of patient, the other hand is placed back of patient's head, around the occiput and against the atlas. Operator then brings a moderate force to pull upward, turns patient's head toward her until the slack is all out, when with a sudden twisting thrust the adjustment is made. Operator may then step to a similar position at the other shoulder of patient and repeat the above maneuvers in the opposite direction. Very easy to learn to make the atlas adjustment as shown above, and very effective and useful. The several forms of atlas adjustment should be studied and mastered.

Here, as elsewhere along the spinal column, the good student and the conscientious practitioner will always have the interest of his patient at heart, and will work hard to give the best relief and the most perfect and permanent cure in the most reasonable time. He should study each case carefully from every point of lesion and from every symptom and pathologic condition, and he will grow fuller and fuller into the realm of the perfect physician.

The author, in most cases under his care, has found the simple position, illustrated in the accompanying picture, to be the easiest and most effective. The procedure is extremely easy. Place the hand underneath just where the neck joins the head, so that the finger close to the first knuckle outward from the hand firmly pressed against the atlas or first vertebra of the neck. Place the other hand on the side of the face, as shown in the cut. A little practice will make the practitioner deft and skillful. Gently and firmly turn the head, with patient perfectly relaxed, until the slack is all out, or until it will turn no farther, and then without in any way slacking back or loosening the hold, give a further quick turning thrust, and the well known clicking sound will assure the operator that he has been successful.

In this position on the back the patient usually relaxes very perfectly, which is always necessary to a perfect adjustment. Occasionally some patient may not relax as well in this position, when the operator may choose some other among the several outlined in this treatise.

Another very excellent method to adjust the atlas is with the patient on the table with face downward. In this position the operator should place one hand so as to make steady, firm pressure on the atlas, and with the other make the thrust with a quick turn with the hand that grasps the chin. In all adjustments of the atlas turn the head until the slack is all out, and then, without relaxing in any way, make the quick thrust that does the work.

The atlas may also be adjusted with patient in sitting position. In this position operator should place hands somewhat as shown here, pull gently and firmly upward, twist head around until the slack is out, and then make quick thrust that will adjust the atlas. The hand placed back of head should press against atlas itself.

Several other positions for adjusting the atlas are illustrated in



Old first method of Atlas adjustment. Operator makes quick, heavy thrust downward on the Atlas, often to the great discomfort of patient. Should not be used, as other methods surpass it greatly.

the other cuts shown on the extra full pages. Either may be used if desired, and may be desirable in some cases. In all of them make pressure against the atlas with firm pressure of one hand while the other turns the head until the slack is all out, and then the quick thrust will accomplish the adjustment.

SECOND CERVICAL NERVES

Exit between first and second cervical vertebrae. Unite with first and third cervical nerves. Help to form the Small and Great Occipital Nerves and the Auricular Nerves. They supply the scalp and posterior regions of the head with part of the nerve life to these regions, also the anterior regions of the neck and head, the trapezius muscles and the superior mastoids, the occipitofrontalis and the sterno-cleido-mastoid muscles, and the muscles generally in the cervical region and the face, etc.

THE CERVICAL PLEXUS is formed from the anterior branches of the four upper cervical nerves, and lies opposite or

outward from the upper cervical vertebrae, a little toward the front, or somewhat anterior. Out of this plexus come the long nerves or branches that are distributed to the regions around the head and neck. There are ten of these long and important branches, namely, Occipitalis Minor and Major, Great Auricular, with branches to the external ear, and the parotid gland, Superficial Colli, by branches to the skin and neck, Supraclavicular, sending branches principally to the skin in the region of the sternum, the pectoral and deltoid muscles, and in a general way over the skin of the shoulder, Communicating Branches to the Tenth and Twelfth Cranial Nerves and the Sympathetic System, Muscular to the anterior and lateral recti muscles, Communicans Hypoglossi, two in number, to the Hypoglossal Nerves, Deep Muscular, to the sterno cleido-mastoid, trapezius, levator-anguli-scapuli, and scaleni muscles.

The diseases caused by subluxations of this region are very much the same as those caused by subluxations of the atlas, and sometimes when it is hard or even impossible to adjust the atlas in the direct way adjustment of the second cervical or axis will give the relief sought.

The adjustment may be made with patient on back in position shown in cut, or sitting with operator to one side and back of patient. In this position operator may hold head of patient as shown in cut with one hand. Place the other hand firmly against second vertebra, and make the pull or thrust quickly and firmly with the other hand. The clicking sound will give evidence of a successful adjustment.

The second cervical is frequently a very powerful adjustment for catarrh of the nose, facial paralysis, sweating of the face, insomnia or sleeplessness, all of which may be cured by adjusting either the atlas or the axis.

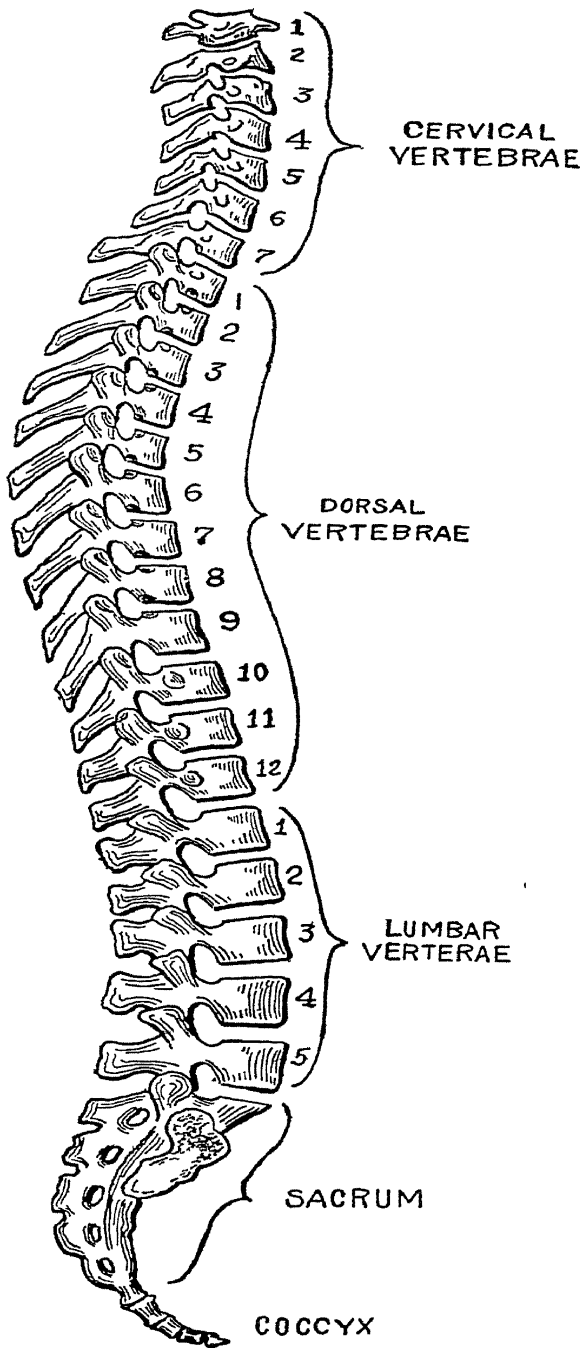
Study the nature and position of all the cervical vertebrae. Palpate carefully, observing all tenderness that may exist. If special tenderness is found anywhere on one side only, let the adjusting be from the opposite side to the tenderness, or, rather, make the pressure from a point opposite this sore point, or, if you adjust both sides, let the last thrust be from the point opposite the tender spot.

The student will readily see the philosophy of making the adjustment in this manner by thinking a moment of the cause of the trouble. A pain exists, we will say, on the right side of the neck only. Now if the right hand of the operator is placed around under the chin until the finger points reach a little beyond the transverse processes on the left side of the neck, the head being held firmly with the left hand, and a quick, pulling kind of thrust be made with the right hand toward the operator, the vertebra will be loosened from the sore side, and the pain usually relieved almost instantly.

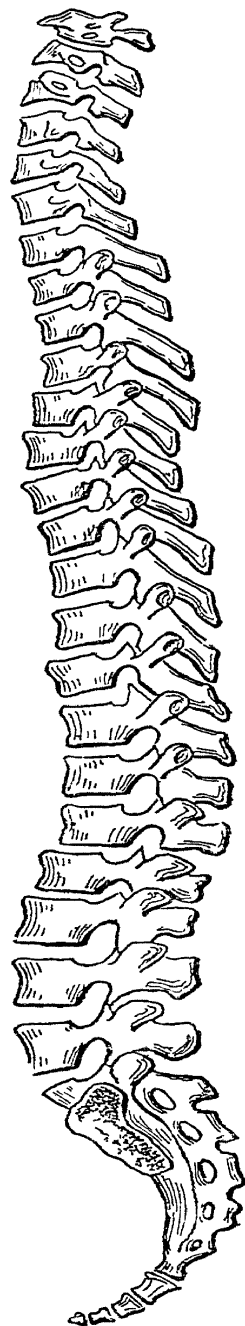
The philosophy of any adjustment is to place the subluxated vertebra or vertebrae into normal position. The operator should bear this constantly in mind in whatever part of the spine he may be making adjustments. The normal spine insures normal health and prevents disease of every kind. The correction of abnormalities in the spine restores health where it is lacking by removing the cause of the disease.

Chiropractic will correct these abnormal conditions in a manner superior to that of any other mode of practice, as seen in instances where thousands of old hopeless chronic cases that have baffled everything else even in the hands of the world's greatest specialists in other lines of practice. Chiropractic absolutely takes these old hopeless cases, and in a comparatively short time restores them to health. The paralytic, the rheumatic, the locomotor ataxic, dangerous heart disease of every kind, and all the old troubles of the eyes, ears, stomach, liver, kidneys, mental disturbances of every kind, all yield readily in the hands of a capable Chiropractor.

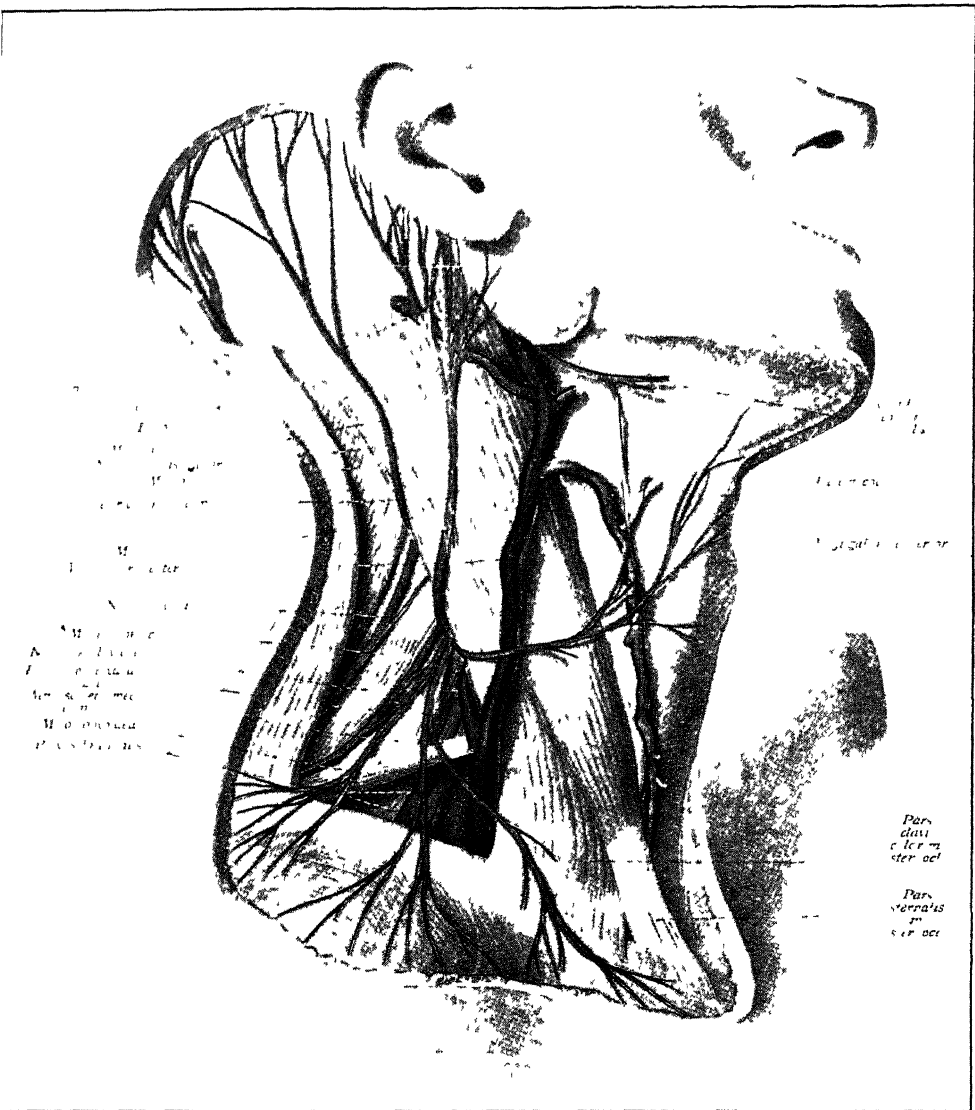
Most wonderful indeed are the results that follow careful and accurate spinal adjustment. Correct adjustment makes the spinal column normal, and, as a matter of course, gives normal nerve impulse to the organs and parts of the body, and health naturally must come. No other science reaches the nerves, and all parts thru the nerves, as Chiropractic does, and hence no other science gives the radical results obtained thru Chiropractic.



NORMAL SPINE

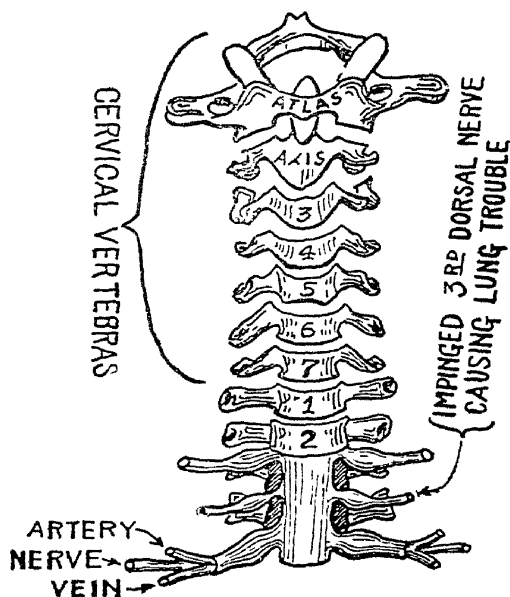


ABNORMAL SPINE



This presents a view of the Cervical Plexus, its long branches running to remote parts of the neck and head. Compare names with those given in text. The large branches divide and subdivide into numerous smaller branches, as seen above, and innumerable others too small to be seen or represented in any picture.

Notice the position of the anterior external jugular veins, the internal lying deeper beneath the Sterno-Cleido-Mastoid muscle. Study the position of the parotid gland, and the various muscles and parts shown in the diagram. Compare one position with another, and become more and more familiar with anatomy. It will all help the student to a fuller mastery of the great subject he is studying.



CERVICAL AND UPPER DORSAL VERTEBRAE VERTEBRAE OF CERVICAL AND UPPER DORSAL REGION

Seven vertebrae in cervical region always. This is true of all vertebrates or animals that have backbones. The neural canal, or openings for the transmission of the spinal cord is very large and oval in shape, somewhat oval shape, and wider laterally than in the posterior-anterior diameter.

Cervical vertebrae have small bodies, bifid spinous processes, and foramina in the lateral processes for the vertebral arteries and veins.

The atlas has no body, the axis has a small body extending upward in an odontoid or tooth-like process, and the spinous process of the seventh cervical is very prominent and is called the vertebra prominens.

THIRD CERVICAL NERVES

Exit between the second and third cervical vertebrae. Unite with the second and fourth cervical nerves, and join the Phrenic, Hypoglossal, Small Occipital, and the Great Auricular Nerves, and the Superior Cervical Ganglia.

They ramify the nose in general, the trapezius muscles, the rectus major, the sterno-cleido-mastoid, longus colli, scalenus medius, multifidus spinae, levator anguli, the diaphragm, muscles of the neck and upper back in general.

These nerves, exert a vaso-constrictor influence upon the lungs, and an accelerator influence upon the heart. Hence an adjustment of the region would constrict the lungs and increase the beats of the heart.

Impingement of this region will cause diseases of the nose, eyes, ears, cause pimples and eruptions on the face and neck, and may effect the muscles of the face and the neck and upper back, or thoracic region. May also affect the heart and lungs thru the Phrenic and Pneumogastric nerve connections.

This is the main adjustment for nasal catarrh and all troubles of the nose. Good also for some troubles of the eyes and ears. May often relieve neuralgia of the face, teeth, and gums, and troubles of the upper throat by adjustment of the third cervical region. Should be studied closely and carefully, and the methods and significance of the adjustments mastered fully.

Adjustment of the third cervical is made very much as in the case of the fourth cervical and the methods will be studied in the next chapter in connection with the fourth. The illustrations of the one will serve equally well for the other.

Adjust here for polypi of the nose, or other tumors or formations in the nasal passages, cancers of the face, glands of the neck, erysipelas of the face or head and many other troubles of the face and head. Diseases of the teeth and gums may be helped by adjustment of this region, but not so radically as from adjustments of the fourth cervical, which will be shown in the next chapter to follow.

It is not easy to palpate and find the third cervical vertebra, as the spinous process is short and sits far under the large spinous process of the axis or second cervical vertebra. However, the adjustment is very easily made by placing the finger just under the second vertebra, which is very easily found, being very prominent. The best methods of adjustment will be shown in next chapter.

Subluxations often occur in this region, as this part of the neck is hardly as strong as elsewhere. Blows on the head or a sudden turning of the head will often cause a subluxation of this vertebra, and careful treatment is needed to restore to normal condition and position. The adjustment should be made, and a good, steady, upward pull given the neck for a few seconds. The upward stretching is always a most useful and beneficial exercise to this segment.

of the cervical region. It is palliative and curative even if no adjustment has been made, itself sometimes adjusting or placing the vertebra in alignment.

As said elsewhere, spinal traction or stretching will often realign misplaced vertebrae, thus removing impingements and the cause of disease. In fact, a good steady, upward pull of the neck will frequently be sufficient to stop those dull headaches that are such an annoyance to so many men and women. Exercises on the stretching machine have stopped them without anything else whatever.

In stretching the neck in the hands, stand to the side of the patient, or to the back or front, and make a good lift upward, with one hand under the chin and the other hand under the occiput. Another good way is to stand in front of the patient, and, while stretching the cervical region, some fingers against or under the occiput or mastoid processes, with the other fingers carefully and firmly manipulate the region around and under the occiput to the back of the neck, high up toward the head, and you will find the head clearing up, and the headache gone in a little while. In reality, you will often make by this means the very adjustment most needed for many headache troubles.

We have found adjustment of the third cervical to be productive of great good in cases of anosmia, or loss of smell, puffing of cheeks, cramps in the musculature of the neck, nose bleeding, cold in the head, troubles of the upper esophagus, the eustachian tubes, far sightedness, lock jaw, nervousness, sleeplessness, unconscious flow of tears, profuseness of saliva, bad taste in the mouth.

Practice makes perfect in anything if the practice is perfectly made, or made according to knowledge, and scientifically, and perfect adjusting brings perfect results in all troubles. The actual knack in adjusting comes from actual practice. The student is too apt to think that great strength is required to make the adjustments whereas it is not strength but skill, knack, and adaptability. The smallest women often make the very best adjusters, and the largest men the greatest failures. Quickness and skill are indispensable elements in good adjusting, combined with knack and skill. With them properly mastered failure is simply impossible. Without them success is hard to attain. They may be acquired by any

Cervical Nerves

one who persists for a short time, some in a shorter time than others, but all may eventually attain the desired end, and be able to adjust easily and painlessly

The end is worth striving for. Ability in any undertaking gives the crown of success, and marks him who thus attains as superior to his less skilful competitor. Patients who need the greatest service will seek the man or woman of greatest ability. The final verdict will always concern the physician's capability and his honesty.

The capable and honest physician will achieve renown, and will reach eminence and fame and popularity with those who amount to most in the world. He may meet with envy from enemies. Successful ones will always have some enemies. He may encounter doubt from doubters, but no doubt can long find lodgement in his own mind, as his own achievements will scatter them all.

Ignorance may hate the successful man, dunces may not understand him, cowards may challenge him, hais may annoy or blackmail him, but he will leave his impress on the face of destiny, and his footsteps will show where a man has travelled.

FOURTH CERVICAL NERVES

Exit between third and fourth cervical vertebrae. Join third and fifth cervical nerves. Send filaments to the Supra-Clavicular and the Phrenic Nerves. Have a rather peculiar and wide distribution, and spring from a most important segment of the cord. This, the middle cervical, is, in fact, one of the most important segments of the entire spine and should be studied with the closest scrutiny and the most careful criticism.

With the knowledge the Chiropractor will gain from a careful study of this region of the spine he will be able to do work and make cures which the greatest dentists and medical men and specialists have never been able to do. In this we refer particularly to the cure of Alveola Pyorrhea. This hitherto incurable disease of the teeth and gums yields so quickly and radically to the Chiropractic treatment of the middle cervical region that people who have never observed it before can hardly believe it. Cases that have baffled everything else for many years or almost

Cervical Nerves



Dr Rileys favorite position for adjusting middle cervical. Note one hand on forehead rather to side. Other hand around and under chin to a position where fingers come between transverse and spinous processes. Push head over until slack is out, and then make pulling thrust very quickly with other hand toward operator. The clicking sound is proof of adjustment. Very easy indeed and very effective.

a lifetime have often been permanently cured in only a few days or weeks, and always in a comparatively short time. In a few cases we have known a single treatment to make a radical cure.

If the Chiropractor learned nothing else in his whole course than what we are teaching him here, it would be worth many times the price of his entire course in college. The dentist who refuses what we teach is a criminal to the best interests of his patients and his profession. Dentists who have kindly accepted the amazing element of power here given them are making fortunes, and are doing work they never could have done without this knowledge. Medical men, too, along this and other lines,

Cervical Nerves

have broadened and deepened into greater abilities than they could ever have otherwise attained, and have dignified the great work of healing the afflicted ones of mankind

These nerves ramify the muscles of the throat, upper trachea, brachial plexus, upper pharynx, teeth and gums, with some filaments to the heart, trapezius muscles, neck and upper back, the pleura, diaphragm, and enter into the formation of the solar plexus thru the distribution of the Phrenic Nerve formed at this place. Some filaments from these nerves may be traced as low as the kidneys and into the suprarenal capsules just above the kidneys

Main adjustment for teeth and gums. This adjustment alone will relieve most headaches at once, particularly indicated for nervous headaches. Will relieve and cure nose bleeding, and will help the eyes and ears in almost all weaknesses of those organs. Toothache may be relieved by this adjustment, and may be permanently cured if the tooth is not festered at the roots, or is in any way sound. Adjust here for all things affecting the optic nerve, catarrh of the head or upper region, cancers and tumors around the eyes, lips, or anywhere on the face or head, psoriasis of the face, nasal catarrh, polipi of the nose, far sightedness, some cases of insanity, and usually a good adjustment for sleeplessness

These nerves join the Ninth, Tenth, and Twelfth cranial nerves, and thru the Superior Cervical Ganglia connect with all the cranial nerves. Thus we see, as in all the upper cervical nerves, a complete connection with the cranial nerves and the brain, and how all diseases affecting the brain and the mind may be helped by treating the upper cervical regions. The Chiropractor thus studies the nervous system from a more radical and a more practical standpoint than any other class of physician, and naturally makes more radical cures than any other class of physician, going to the very bottom of the trouble, removing the cause, and permitting a perfect cure to take place

This is, indeed, an important region, not only from the fact of the nerve distribution, as outlined above, but from the further fact that the nerves or branches of nerves from the middle cer-

Cervical Nerves

vical region go into the formation of other branches or important nerves that have a more extended distribution to more distant organs and parts of the body. Notably the formation of the Phrenic or Internal Respiratory of Bell, formed in this region, and extending downward to the stomach, lungs, diaphragm, heart, liver, suprarenal capsules, etc. Also the External Respiratory of Bell, extending downward to the external muscles.

The action of the heart is always quickened by adjusting this region. The stomach is effected and the lungs as well. Close and careful study will reward the student handsomely, and give the practitioner much room for development in ways that will never be forgotten.

FIFTH CERVICAL NERVES

Exit between 4th and 5th cervical vertebrae. Unite with 4th and 6th cervical nerves. Send filaments to the anterior parts of the brain, the anterior and posterior regions of the chest, the diaphragm, trachea, shoulders, hands, arms, thyroid gland, and all muscles of the neck in the region of exit from spinal cord. They send nerve supply in part to the biceps, deltoid, serratus magnus, pectoralis major, multifidus spinae, scalenus, and mastoid muscles, and all around the neck, shoulders, and upper chest. They help to form the Phrenic nerves.

Send branches to the Brachial Plexus, and to the plexus posterior, to the cervical vertebrae, and thence send long branches along the posterior thoracic region. They send branches also to the thyroid gland, which is involved in fevers, and is an important organ to the entire system. This segment is therefore an important region to adjust for fevers and infectious diseases in general.

This is an essential adjustment for goitre, bronchial cough, some forms of asthma and hay fever, rheumatism of the arms, paralysis agitans, cold hands, scarlet fever, typhoid fever, and troubles affecting the muscles and organs into which any branches or fibres of these nerves enter.

As the thyroid gland is supplied by fibres from these nerves

Cervical Nerves

and from the sixth cervical, this segment of the spine should be studied with peculiar interest. Physicians have never fully determined the functions of the thyroid gland, but it is known to be involved in most fevers, and in infectious and contagious diseases, and permanent injuries to it will cause abnormal growths in this region of the neck, such as goitre, growths in the throat, and to affect the eyes, the mental powers, and the entire nervous system in a general way.

It is a ductless gland, and its function is necessary to the maintenance of life. Its removal will cause peculiar mental disturbances, lack of co-ordination, and consequent death. It discharges a secretion into the blood that seems in some way necessary to the life of the individual, and has the power of destroying toxins or poisons, and assists metabolism in the most general way.

The Pneumogastric Nerve also sends fibres to this gland, and disturbances may affect the brain and mental powers. It is certainly essential to the maintenance of life and the mental powers, and such operations as the removal of goitre by operative work are fraught with the gravest dangers.

A fluid resembling and containing a large proportion of iodine has been extracted from the gland, and has been named iodothyron, but we are finding other secretions in the gland also, and will doubtless know more of the functions of this wonderful little ductless gland within the near future than anatomists and physiologists have previously dreamed of. Study the region well, and learn to adjust it accurately. It is indeed an important region. Its study and thorough mastery will pay you well.

The entire gland weighs scarcely an ounce in an adult, and never but little more than this except in pathologic conditions, where it may be greatly enlarged. It is situated at the sides and front of the upper trachea. Its two lateral lobes are united at the lower parts by a transverse isthmus, the lobes being thicker below than above. For further description and physiological structure see the author's text book on physiology.

From the study of this region and the segments below you will learn the best treatment ever given for exophthalmic goitre. Give

Cervical Nerves

accurate adjustment of this region, with good concussion over the seventh cervical vertebra, and the ugliest goitre that ever grew on the neck of man or woman will gradually or rapidly, but surely disappear. It will prove a great help in the treatment of all kinds of fever to adjust the fifth or sixth cervical vertebra, in connection with other segments, as may be indicated.

However, while we emphasize this and other regions in particular, the student will remember that we have already given a greater emphasis to the thought that no part of the spine and no part of the nervous system should be neglected. Every part is important, and no part should be studied to the exclusion of any other. Adjustment of some parts may have a more peculiar and more far reaching effect than other parts, and carry with them a greater significance, and may require more careful study and more scientific research, but the student who best qualifies himself is he who knows all from the least to the greatest, makes them all his most familiar friends, knowing them as readily as he knows the alphabet.

In the chapter dealing with the seventh cervical region will be given much more valuable information regarding the treatment of goitre, and the specific treatment of a number of hitherto incurable diseases that yield readily to Chiropractic adjustment, combined with spinal concussion of the same region.

PLEXUSES

A PLEXUS, as already defined, is a tangle or network of nerves, veins, or arteries. Thus, where several unite into supporting branches to each other, somewhat like the knotting or tying of strings together, a plexus is formed. By way of illustration, consider all the spinal nerves. In their exit from the spinal cord, these nerves unite respectively with the nerves above and below the point of exit. This being true, we really have a continued plexus along each side of the spinal column from one end to the other. However, we do not speak of this continued nerve connection along each side of the spine as a plexus, reserving the name rather for those plexuses that are formed

Cervical Nerves

farther out from the cord somewhat in the union of several nerves, as in the Cervical, Brachial, Lumbar, and Sacral Plexuses

DEFINITIONS.

Termination -itis

The termination -itis always refers to pain or inflammation, the first syllable or syllables naming the organ or part where the pain or inflammation exists

Thus: ---

APPENDICITIS inflammation of the appendix

NEURITIS, inflammation of a nerve or nerves.

NEPHRITIS, inflammation of the kidneys

COLITIS, inflammation of the colon.

PHLEBITIS, inflammation of the vein or veins

GASTRITIS, inflammation of the stomach

OVARITIS, inflammation of the ovaries.

PROSTITIS, inflammation of the prostate gland

CYSTITIS, inflammation of the bladder.

CARDITIS, inflammation of the heart

PERICARDITIS, inflammation of the pericardium

ENDOCARDITIS, inflammation of the endocardium.

MENINGITIS, inflammation of the coverings or meninges of the brain or cord

HEPATITIS, inflammation of the liver

SPLENITIS, inflammation of the spleen

VAGINITIS, inflammation of the vagina

ORCHITIS, inflammation of the testicle

IRITIS, inflammation of the iris of the eye

MYITIS, inflammation of the muscles

BRONCHITIS, inflammation of the bronchial tubes

PANCREITIS, inflammation of the pancreas

PLEURITIS, inflammation of the pleura

PNEUMONITIS, inflammation of the lungs ,

&c , &c , &c

All these inflammations are removed by our rational methods of treatment

DEFINITIONS

LUXATION --A dislocation or displacement of a part In the Science of Chiropractic it has special application to a displacement or dislocation of some part of the spine

SUBLUXATION --A partial or slight dislocation or displacement of some part. In the Science of Chiropractic it has special application to deviations of spinal vertebrae from the normal

CORRECTION --Whatever be the form of the subluxation, and whatever the cause, the task of the Chiropractor is to replace the vertebra or the vertebrae Subluxation, bringing pressure to the nerves and blood vessels at the point of exit from the spinal cord, may be relieved when the spine is made normal, as the cause of disease is thus removed

CHIROPRACTIC --The science of adjusting or replacing with the hands subluxated or misplaced vertebrae of the Spine

CHIROPRACTOR OR CHIROPATH --One who practices Chiropractic

ORIGIN OF NAME --D. D. Palmer, discoverer and developer, not having found a suitable name for the science, asked a scholarly clergyman, the Rev Mr Seed, to assist him in naming the science, whereupon the clergyman suggested the name Chiropractic, from two Greek words, *Chiro* (Hand), and *Practos* (Practice)

SUBLUXATIONS of spinal vertebrae may be Posterior or backward, Anterior or forward, Lateral to right or left, Superior or spinous process upward, Inferior or spinous process downward, Approximated or drawn closely together, Torted or twisted from the normal

SUBLUXATIONS of vertebrae cause impingements or pressure on spinal nerves at the points of exit of the nerves from the spinal column, interfering with the nerve supply to the organs and parts of the body, and therefore causing disease

THE REMOVAL OF THE CAUSE OF DISEASE may be accomplished by so adjusting the spinal vertebrae as to remove the pressure from the nerves, thus giving normal life and function to the organs and parts affected

Cervical Nerves

The student should study the plates and cuts illustrating these plexuses carefully as he passes in his study the parts of the spine where they are formed

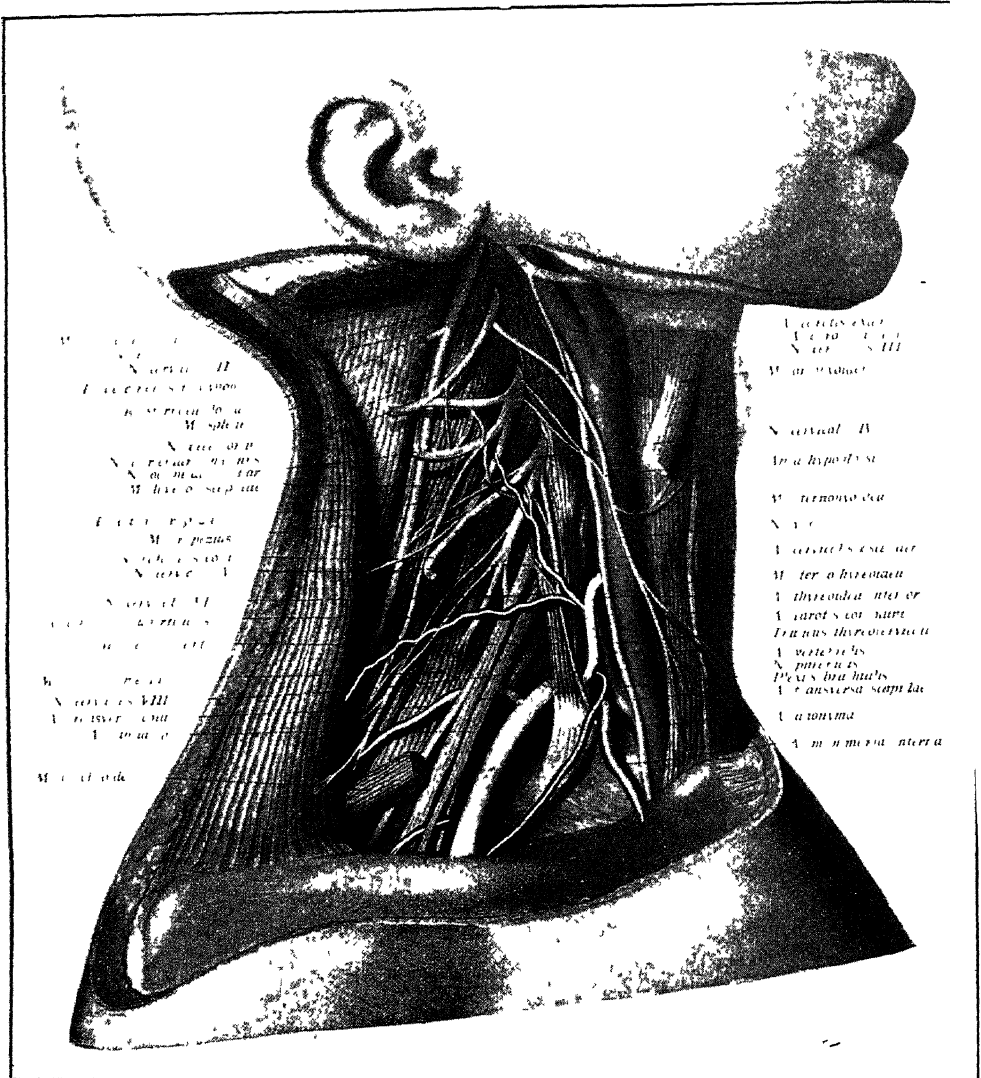
As previously pointed out all long nerves come out of plexuses. When nature wants a long nerve, a plexus is first formed, and from this issues the long nerve, which may be distributed to the utmost parts of the body and to the extremities. Thus the exceeding long nerves that go down the upper and lower extremities clear to the fingers and toes come out of the Brachial, Lumbar, and Sacred Plexuses.

When nerves go into the formation of a plexus, their integrity or individuality is preserved in the plexus and after they emerge from the plexus. This is almost as true and marked as in the case of several strings that may be tied or tangled together, which are clearly the same strings after they come from the plexus as they were before they went into it, but there is apparently a distinction over this in the fact that more branches come out of the plexus in the case of nerves than went into it. Yet a little thought will show this to be a distinction without a difference.

As in the case of the strings knotted together, each string may be divided into several strands, which would be parts of this particular string, its integrity and individuality being undisturbed, and it being possible to trace each strand back to its parent string, so each nerve fibre or branch may be traced back to and thru the plexus to its parent trunk. Just as the white, the blue, the red, the yellow, the black and the violet strings are the same as before and may all be traced back thru the tangle, so all the different branches of nerves may be traced backward to their beginning, and all are the same everywhere.

This is one of the beauties and wonders of nerve distribution, and these facts will enable the student to see why impingement at some particular place in the formation of some plexus will affect some remote part of the limb or other distant part of the body. Notice, for instance, how the nerves from the lower cervical region, or just below the middle cervical, go into the Brachial Plexus, and then, passing out, run down the radial or thumb and index side of the arm and hand. Therefore, weakness

Cervical Nerves



This cut deserves close study on the part of the student. We have said much about the formation of the Cervical and the Brachial Plexuses. This picture shows the nerves entering into the formation of these two plexuses. Note the union of the upper nerves that make up the former, and the lower nerves that make the latter.

Other nerves are seen in the diagram also, as well as arteries and muscles. These should all be studied and mastered in connection with the study of the nerves. A more definite idea is always obtained from the study of a good cut than from any other description. The cuts here presented are as good as ever drawn, and show the comparative positions most perfectly.

Cervical Nerves

on the thumb or index side of the hand may be cured by adjusting that part of the neck where these nerves pass from the spine

Note also that the nerves from the upper dorsal region of the spine enter this plexus, pass out, and run down the ulna and little finger side of the hand. Therefore, any weakness of the little finger side of the hand may be cured by adjusting the upper dorsal region of the spine. The study of any plexus will bring its reward, and the student will never regret such study.

THE CERVICAL PLEXUS is the first plexus to be considered in the study of the spinal nerve plexuses. It is formed from the anterior divisions of the four upper cervical nerves, and is situated opposite or to the side of these vertebrae, the four upper cervical, and rests on the levator anguli and scalenus muscles and is covered by the sternocleido-mastoid muscle. It gives off superficial branches that are distributed to the lower portions of the scalp and muscles of the neck, and branches that have a deeper ramification to the face, neck, and shoulders going deeply into the muscles of these regions.

It has ten or twelve principal branches, including the Occipital Major and Minor, Auricularis Major and Minor, Superficialis Colli, Supra-Clavicular, Communicans Hypoglossi, Muscular, Phrenic, Deep Communicating, Deep Muscular, Communicating to Spinal Accessory, and Communicating to Tenth and Twelfth Cranial Nerves.

Of these some are superficial in distribution, while others are deep. The names indicate these facts in most cases, and the parts to which they are distributed indicate this still farther.

Study the cuts here shown you carefully, and master these distributions as fully as possible. This plexus is as hard as any of them will be, and its mastery will assure easier study to all the others.

THE PHRENIC NERVE is formed from the 3rd, 4th, and 5th cervical nerves, but principally from the fourth. It passes downward between the scalenus medius and anticus muscles, between the subclavian artery and vein, entering the chest anterior to the internal mammary artery. It is distributed to the pericardium, the under surface of the diaphragm, the pleura, the

phrenic plexus, stomach, lungs, spleen, and some filaments reach also as far as the suprarenal capsules. It sends branches also to the vena cava, right auricle of the heart, the peritoneum, and receives filaments from the Sympathetic and Descending Hypoglossi. Hence, it is seen why troubles of the heart and lungs are helped by adjustment in the region of the origin of the nerves from which the Phrenic nerves are formed.

The Phrenic Nerve is sometimes called the Internal Respiratory of Bell. In its distribution to the diaphragm it becomes an essential factor in deep breathing, while in its distribution to the heart and lungs (or pleura) it becomes even more vital in its functions, and the Chiropractor at once sees how both the circulation and the breathing are strengthened by treatment thru the phrenic nerve.

The right Phrenic is shorter and straighter than the left, and is situated deeper, being more vertical also in its descent. It is accompanied on each side by the Phrenic Artery in the thoracic region, this artery being a branch of the internal mammary artery.

THE BRACHIAL PLEXUS

THE BRACHIAL PLEXUS is formed from anterior branches, or internal branches, of the four lower pairs of cervical nerves, and the first and second pairs of dorsal or thoracic nerves. The middle cervical and the third thoracic nerves sometimes enter into the formation of this plexus, but not universally so, as there are many distinct differences in the formation of plexuses, as well as in nerve distribution to the different parts of the body.

This plexus extends from the lower parts of the neck and upper shoulder to the axilla or arm pit. It joins the Sympathetic Nervous System, and communicates with the Cervical Plexus and the Phrenic Nerve. It presents very little of the distinct plexus form at the beginning, but becomes more dense at the axilla, and divides opposite the coracoid process of the scapula into numerous branches to supply the upper extremity, and extends in long branches clear down to the ends of the fingers.

The nerves forming the plexus are similar in size, but vary very widely in their manner of distribution, some being very superficial, and others very deep. Distributions are made to the muscles of the trunk, the shoulder girdle, and the upper extremities throughout. The area of this distribution shows what organs may be affected by the impingement of any nerve entering into the formation of this plexus.

The Long Thoracic Nerve, or External Respiratory of Bell, like the Phrenic, arises from this plexus, from roots of the Fifth, Sixth, and Seventh Cervical Nerves, unites with the Scalenus Medius muscle, descends to supply the Serratus Magnus and other thoracic muscles. The Phrenic really extends from the Cervical Plexus, with connections from the Brachial. The Long Thoracic extends from the Brachial Plexus, with connections from the Cervical.

Branches from the Brachial Plexus are widely distributed to the arms, shoulders, back and front of the chest or upper trunk, intercostal muscles, muscles of the abdomen and breast, as well as to the internal organs thru the Phrenic, and careful study should be made from this area of distribution.

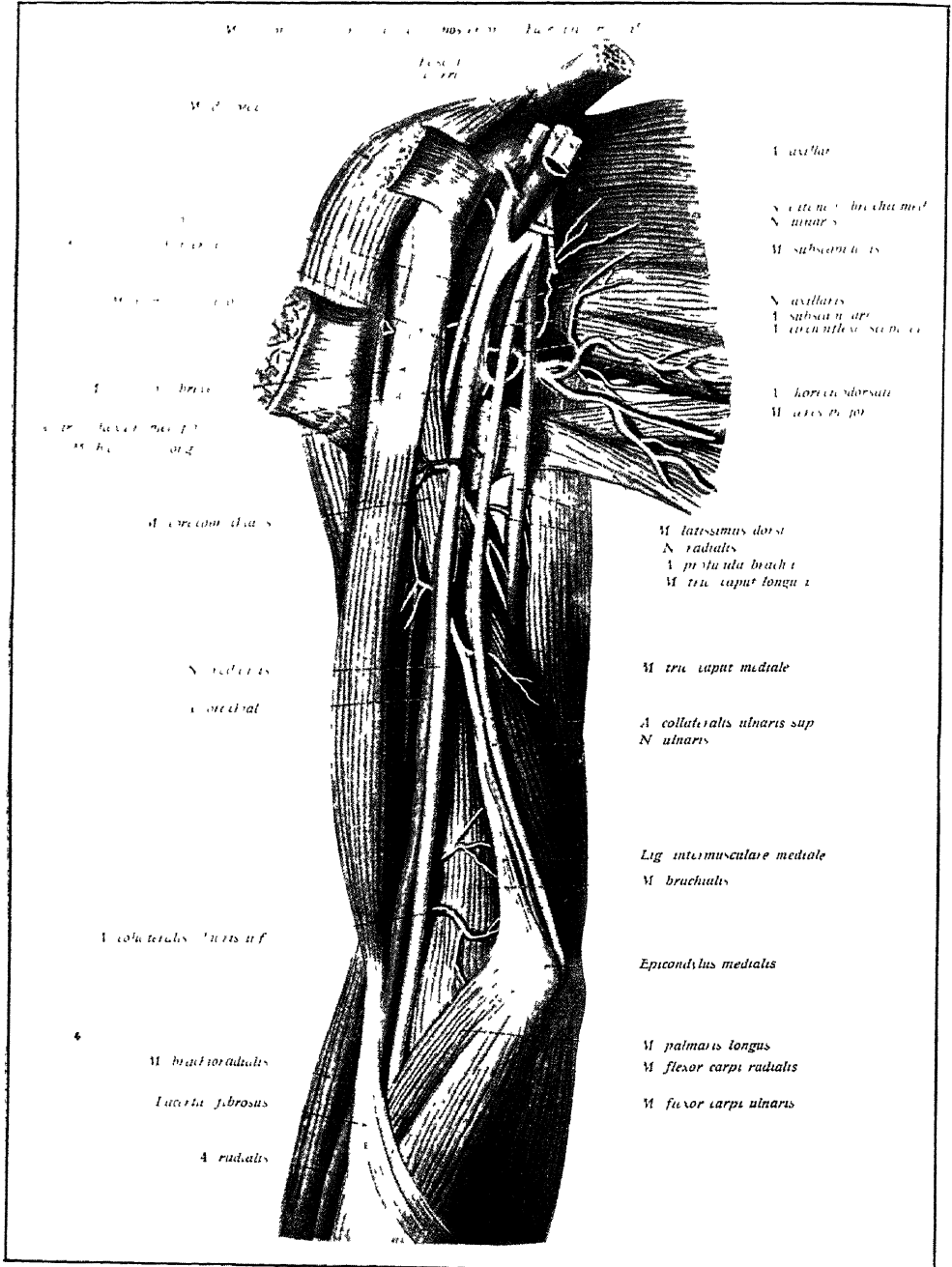
A peculiar fact in the formation of this plexus is seen from the union first with each other of the fifth, sixth, and seventh cervical nerves, and a similar union of the eighth cervical with the first and second dorsal nerves (if the second dorsal comes into the plexus, as it usually does), and following this the union of all branches into the plexus proper.

The branches of the Brachial Plexus above the clavicle are the Communicating, Muscular, Long Thoracic or Posterior, the Suprascapular, being four in all of this region of the plexus.

Below the clavicle there are twelve branches; namely, Anterior, Thoracic, Subscapular, Circumflex, Musculo-Cutaneous, Internal Cutaneous, Lesser Internal Cutaneous, Median, Ulnar, Musculo-Spiral.

In the splendid outline accompanying these lessons, a careful study should be made of this plexus, all the branches traced out to their extremities, and the connections and divisions observed.

Cervical Nerves



SIXTH CERVICAL NERVES

Exit between fifth and sixth cervical vertebrae Unite with fifth and seventh cervical nerves Sometimes help in the formation of the Phrenic Nerve They are distributed to the back of the neck, to the side of the neck, and also to the muscles of the shoulder Thru union with the Brachial Plexus they are distributed to the radial and index side of the arm and hand, and to the biceps, triceps, deltoid, supraspinatus, subclavius, teres major and minor, subscapularis, infraspinatus, adductor pollicis, pronator radii teres, and all the extensor and flexor muscles of the arm

These nerves also send filaments to the heart, esophagus, upper bronchial tubes, the thyroid gland, trachea, the organs of voice, the muscles of the tongue, and to all the mass of small muscles that attach above and below the hyoid bone, being very widely distributed, and very important nerves to deal with

This was the main adjustment for one case of violent insanity the author successfully treated by Chiropractic adjustment Writer's cramp may be relieved in a great many cases by adjustment in this region Stiff and rheumatic shoulders often yield at once, or in a very short time, to this adjustment Cold hands, atrophied hands and arms, choking sensations, weakness of the organs of deglutition, tendency to cough, some diseases of the mouth, etc All these may be relieved by adjustment of this region Some cases of loss of voice have been readily and radically relieved by this adjustment.

This region is less easily adjusted than the fourth or fifth cervical, and needs careful study in order to locate it exactly by palpation and examination and in making the adjustment itself, but it is easily located and quite easily adjusted after proper study and practice are given to it Of course, the muscles are growing stronger here than in the middle cervical, but are not so strong as in the seventh cervical region, which is harder to adjust than this

The middle cervical ganglia are situated opposite this vertebra By inferior and superior branches connection is had with both the inferior and superior nerves, or the nerves above and below, and the ramus to the cardiac plexus

NOTE

IN ALL ABNORMAL
CONDITIONS OF THE SPINE,
THE OPERATOR SHOULD HAVE IN
MIND THE MOST CAREFUL AND
EFFECTIVE WORK TO BRING THE
ABNORMAL BACK TO THE NORMAL. ANYTHING
SHORT OF THIS WILL FAIL TO REACH A COMPLETE
RESTORATION, OR BRING A COMPLETE STATE
OF HEALTH. SEE THAT ALL EFFORTS
ARE MADE TO RENDER THE SPINE
ABSOLUTELY NORMAL

FOOT NOTE

CROOKED POSITIONS OR ABNORMALITIES
OF ANY KIND IN THE SPINAL COLUMN ARE
SURE TO CAUSE IMPINGEMENT OF SPINAL
NERVES, ARTERIES, AND VEINS.

THIS IS AS SURE AS THE RULE OF CAUSE
AND EFFECT. DISEASE WILL FOLLOW
THIS IMPINGEMENT MOST SURELY.

PROPER STUDY OF ALL ABNORMALITIES
AND THE METHODS OF CORRECTION WILL
LEAD THE TRUE PHYSICIAN INTO ALL
THE EXCELLENCIES OF RESTORING HEALTH
TO THE AFFLICTED.

CAUSES OF SUBLUXATIONS

FALLS, as when running, or from horses, houses, carriages, or other objects

BLOWS, from individuals, animals, machinery, falling objects or otherwise,

DISEASES OF CHILDHOOD, as from fevers, infectious diseases, and other maladies,

SETTLING OF AGE, the spine becoming shorter in old age, the special form here being approximation

BRINGING ONE SIDE OF BODY MORE CONSTANTLY INTO PLAY THAN THE OTHER, as seen in seamen and others who do most of their work with one side of body

TWISTING, as when some torited position is constantly held to the exclusion of other positions, as seen in some kinds of factory work

MUSCULAR CONTRACTION, as when cramped position is long held

IMPROPER POSITION IN SLEEP, as on bad beds and pillows

STRAINS, as when heavy lifting and atheltic stunts are performed without due regard to counteracting exercises

INFECTION, either direct or reflexly, will often produce subluxations

BENDING OR CONTORTING, as seen in professional contortionists

WEARING SHOES with high heels.

POISONOUS MEDICINES OR FOODS, contracting and stiffening the spine, are a most fruitful cause of subluxations

WHATEVER THE CAUSE OF SUBLUXATIONS, it is the province of the Chiroprath to replace, and to make the spine assume the position its vertebrae held before any subluxations took place.

SEVENTH CERVICAL NERVES

Exit between sixth and seventh cervical vertebrae They unite with the sixth and eighth cervical nerves, and enter into the formation of the Brachial Plexus They send ramı to the inferior cervical ganglia, and receive ramı from these ganglia

The seventh cervical nerves are distributed to the thyroid gland, trachea, bronchial tubes, esophagus, throat in general, organs of voice, seratus magnus muscle, and all muscles around in this area, in this way very much as in case of the sixth cervical nerves, but extend a little deeper and lower

They also send filaments to the heart, lungs, brain, and thruout the arm and forearm and hand, in this way very similar to the distributions from the sixth cervical They control the organs of voice more largely than any other spinal nerves

This is the place of the principal adjustment for loss of voice, clergymen's sore throat, as well as most other troubles of the throat and speaking apparatus One may often adjust the fifth cervical in connection with this very beneficially Epilepsy and scrofula are often affected from this region in connection with other indications

We have had cases of total loss of voice restored perfectly by this adjustment in only a few days, and the adjustment at this segment is very powerful if properly given, but the region is sometimes hard to adjust, and the student must give it good study in order to become proficient Note the following paragraph in order at this stage to study this particular movement

With patient on back, one hand of operator on patient's head, as shown in cut, and the other hand of operator on vertebra to be adjusted, so that the hands will work antagonistically to each other, a slight rotary thrust will enable the student or operator to make it very easily It is also very easily made with patient lying face downward by placing the hands as shown in

Cervical Nerves



This cut represents Dr. Riley making an adjustment of the middle cervical region with patient lying on back. One hand is placed with finger held firmly against side of neck, point of contact being along the phalanx of index finger out from hand. The hand on the opposite side is held firmly against the patient's head, or clasping patient's head. The thrust is made against the side of the neck, with the other hand making an antagonistic movement. A very easy method of making cervical adjustments. The seventh cervical, or any lower cervical, may also be adjusted by this method.

the other accompanying illustration, and making the thrust antagonistically. This latter is more easily learned than the other, but the former is more easily made when fully learned. Both are effective.

It is our purpose in this work to omit no Chiropractic movement which has ever been found to be of practical use. We are sure no Chiropractic movement has ever been developed that we are not thoroly familiar with, and nothing is too good for the students and physicians who read these pages. Our pages could be burdened with many useless maneuvers, but we also want just as rigorously to exclude all mere trash, unless, indeed, we merely refer to it by contrast or to otherwise show its want of value.

Cervical Nerves



Illustrating adjustment of the seventh cervical vertebra, or other lower cervical, or upper dorsal. The thumb of one hand is placed firmly against the spinous process of the vertebra to be adjusted. Place the other as shown in the cut. Have patient to relax perfectly. Then push antagonistically with the hands until the slack is all out, and make the very quick movement that gives the adjustment. Remember, the thrust must be made with the thumb that rests on the spinous process of the vertebra to be adjusted. This movement is very easy of execution after a little practice, but some necks are much harder to adjust than others. Always make the thrust under perfect relaxation, and seldom will any difficulty be encountered. Often very effective for neuritis of the arm, bronchial troubles, etc.



Favorite position for adjusting middle or other cervical vertebra. Note position. Push head until slack is out, and then make thrust by pulling quickly with other hand. A most effective and easy and painless adjustment.

SOME DANGEROUS DISEASES SUCCESSFULLY TREATED FROM THIS REGION

There are a number of hitherto incurable diseases that may be so surely and so successfully treated from this region that we break the continuity of our work here for the sake of showing the almost infallible work that the practitioner may accomplish on the seventh cervical by a proper combination of Chiropractic and Spinal Concussion.

Among these hitherto incurable diseases we need but mention the names to make the student or physician see how immense our claims are, and the proof will rest in a fair trial, such as we have made in years of practice. In the statements we here make we have our own reputation at stake, and assure the reader

that we have treated all these diseases so successfully by these means as to remove all doubt whatsoever

Among these most dreaded disorders that yield readily to the rational methods here given are Diabetes Insipidus, Diabetes Mellitus, Heart Disease of every kind, including Palpitation, Valvular Leakage, Mitral Stenosis, Mitral Incompetence, Simple. Acute, or Chronic Endocarditis, Fatty Degeneration, Aortic Aneurism, and other acute and chronic functional and organic or structural diseases of the organ; Goitre, either Common or Eopthalmic, Spanish Influenza, and all forms of LaGrippe, Colds, etc, Whooping Cough, Asthma, Resuscitation of drowning persons, Reduction of High Blood Pressure, etc, etc.

We are aware that this list appears rather formidable, but no more formidable than the remedy at hand Tell an honest medical man that these diseases may be easily treated and surely cured by these rational means, and he will treat you as an arrant boaster Induce him to see your work on them, and he will call you a wizard

DIABETES INSIPIDUS

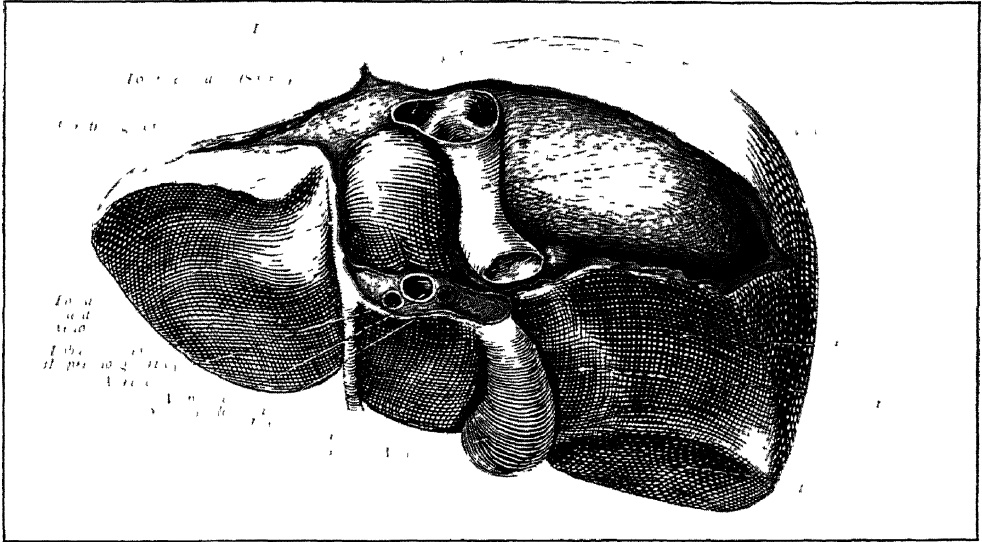
This disease is characterized by the discharge of great quantities of urine The patient will drink great quantities of water, and will discharge corresponding quantities of urine of low specific gravity It may last a long time without becoming seriously dangerous Under rational spinal treatment, it will yield in a short time, and entirely disappear.

The treatment is most easily given by the Chiopath Make spinal concussion for five to seven or eight minutes over the seventh cervical vertebra with hand, mallet, or concussion machine, intermitting a while every thirty seconds The application of the sinusoidal current over the same area, with larger pad over sacrum, will do equally as well, applied with intermissions

The treatments must be made daily, and spinal adjustments must be given with the spinal concussion or sinusoidalization Adjust the spine at the seventh dorsal region, and usually at the first lumbar, according to indications of lesions at these points

Cervical Nerves

Relief will be felt at once, and permanent cure directly. A reduction in the quantity of urine will show the cure is taking place. The specific gravity will increase, the constant thirst will leave the patient, and complete restoration will follow in a short time.



Study this cut well of the liver. Note the lobes, vessels, ligaments, etc.

DIABETES MELLITUS

This is a much more serious disorder than the Insipidus or milder form of the disease.

Among the chief symptoms are loss of weight, thirst, heavy discharge of urine, with sugar in the urine, and in the blood. There is often degeneration of the Islands of Langerhans in the Pancreas, called Pancreatic Diabetes. Again, there is another form, called Bronze Diabetes, where the liver greatly enlarges and hardens, with corresponding changes in the pancreas.

Pruritis or intense itching sometimes complicates with the dis-

Cervical Nerves.

ease Furuncles or boils may form in portions of the body There may be neuralgia and mental weakness Gangrene may take place, and sometimes tubeuculosis may follow

In young people death may come with coma in the acute cases In the chronic cases death usually comes with gangrene of the lungs or the extremities

When death comes by coma, it may be either the Dyspneic or air hunger form, the delirious form, or the collapse form, but usually first of these three forms

Acid conditions vary in the blood and the urine Poor digestion of fats may cause diacetic acid or other acids, and peculiar digestive disorders are responsible for much of the diabetes of the present time, which is greatly on the increase

Medical science has never been able to successfully combat this dangerous malady because no drug has ever been found of any particular use in its treatment Dieting so as to have the patient live on non-carbohydrate diet sometimes holds the disease in check for a long time, but really never cures

Spinal lesions will always be found in the region of the seventh dorsal, and probably in the region of the first lumbar and the sixth or fifth dorsal Examine also the atlas region, as cataracts sometimes form over the eyes

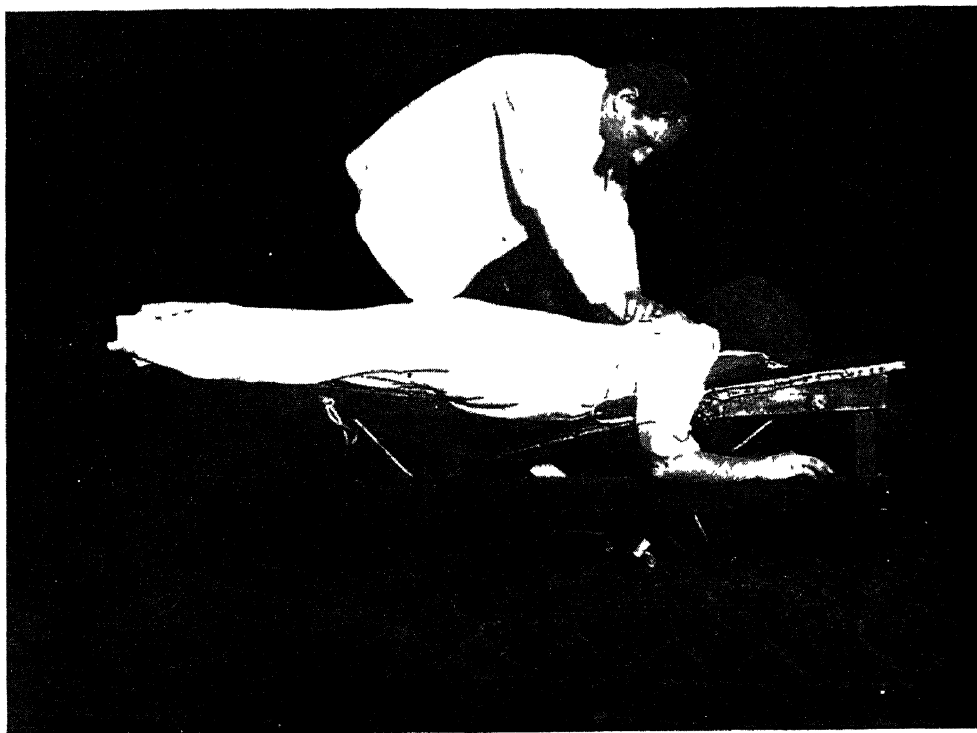
Now, the treatment from the spine is simple, easy to make, and infallible, unless, indeed, the patient is right at death's door before this rational treatment is begun.

Give good spinal concussion five to seven or eight minutes over the seventh cervical vertebra daily This will reduce the size of the liver, and prevent the formation of sugar This treatment is simply marvelous The author has had case after case to improve from the very first treatment May concuss the fifth lumbar region a little also, but not necessarily so

We advise the adjustment of the seventh dorsal region, and elsewhere as indicated, including the first lumbar, and the atlas and middle cervical region Recovery will be uniform and rapid, and will surprise the patient and all others who observe the great work.

Use a little good judgment or common sense in diet at first

Cervical Nerves.



In this picture we see the operator making the straight arm thrust to the fourth dorsal vertebra. Note the position on the left side of the patient. Naturally, however, the physician must learn to adjust from either side. Hand next to patient is placed on the vertebra to be adjusted. Elbow and arm stiffened. The other hand around the wrist of the hand in contact with the vertebra to be adjusted.

Physician is ready now to make the thrust. Holding arm rigid, push forward and downward until all the slack is out of the back, and then without slacking back a particle, make a quick and vigorous thrust forward and downward, and the result will be a good adjustment to the vertebra receiving the thrust.

The point of contact for this position is in a line with the slant of the arm, thus giving the greatest force. And yet it must always be remembered that skill and not great force is needed in making a successful adjustment.

and continually. The author often has paid very little attention to this, and has often had good results in spite of bad diet, but common sense naturally indicates the good assistance of proper diet in the course of treatment. Omit sugars, sweets in general, starches, white bread, and liver and spleen meats.

There is hardly a case that will not get well under the treatment outlined above if the treatment is begun before all hope has been despaired of, or the case advanced to the last stages, and even on just such cases as these the author has had a success that is simply unbelievable until seen. Old men and women, and those of middle life, who were thought to be absolutely beyond help have recovered, and he wants the world to know this, and to learn that help is at hand where help has never before been found.

HEART DISEASE

Can Heart Disease be cured by spinal adjustment and spinal concussion? We unhesitatingly answer this question in the affirmative. We speak from experience, too, after a practice so extensive as to leave no doubt whatever. To a practitioner who has successfully treated hundreds and even thousands of the worst cases of the worst forms of functional and organic heart trouble this question creates no dread whatever, because he knows what the result will be before the treatment is made at all.

And why, we would ask, should it be considered incredible that diseases of the heart may be cured by rational means, the same as diseases of other organs or parts of the human organism? To be sure, the heart has to do more constant work, and diseased conditions may appear to be more serious in consequence, and we may even admit that they are more serious, and yet they are curable and readily so under rational treatment, such as we are showing in these pages.

We will here outline the specific treatment in the most serious forms of heart disease, and will absolutely guarantee a success

Cervical Nerves



Dr Lora B Riley making the "T M " or thumb adjustment of the seventh cervical vertebra for Dr Fannie Cline Thumb is placed firmly against the spinous process of the seventh cervical vertebra The other hand presses firmly against side of head The thrust is then made with the antagonistic movement Any cervical vertebra may be thus adjusted, and the same movement applied as low down the back as the second dorsal, or even to the third dorsal by one well skilled in the movement The thumb movement is not hard to learn or to apply, but is excelled by some other movements delineated in this volume

to every one who follows our instructions carefully, conscientiously, and specifically

PALPITATION—By no means serious to a capable Chiropractic Lesions are usually found in the region of the second and fourth dorsal vertebrae Therefore adjust these vertebrae Give concussion of the seventh cervical about five minutes, with interruptions with each half-minute, and a few days will end all semblance of the palpitation

Palpitation may be caused purely and solely from indigestion, as where the stomach, filling with gases from indigestion, presses against the diaphragm upward to disturb the heart If so caused, just a few stomach adjustments will eliminate the trouble entirely.

However, the palpitation may have another origin than stomach trouble or indigestion of any kind Distinct lesions, as above stated, are usually found, and spinal adjustments must be given, and spinal concussion or the sinusoidal current applied In all cases where we mention spinal concussion of any particular region, the sinusoidal current may be used with equally good results

MITRAL STENOSIS—A narrowing of the mitral or bicuspid valve. This gives less than the usual quantity of blood to the ventricle Thus atrophy or shrinkage of the left ventricle ensues, as it has less to do The left auricle and the right ventricle may both enlarge, changing the shape and position of the heart

The condition becomes very serious unless some rational means may be found to bring a resoration We know of nothing so powerful for mitral stenosis as adjustment of the second and fourth dorsal vertebrae The atlas and middle cervical may also be adjusted, and concussion for a short time may be given over the seventh cervical Improvement and cure will speedily take place The heart will assume its normal shape and position, and symptoms disappear

MITRAL INCOMPETENCE—In this disease the ventricle becomes dilated, stretching and weakening the mitral valve until the blood regurgitates into the auricle, followed by weakness and compensatory hypertrophy Extra quantities of blood accumulate

Cervical Nerves



Dr J S Riley adjusting middle cervical region of Dr Harry M Bodwell
In this position, the operator places the thumb of one hand against the vertebra to be adjusted, and while thus making firm pressure with the thumb pulls quickly toward himself with the other hand placed as shown in above cut. Any cervical vertebra may be adjusted in this manner. Skill and knack will both come by good practice. No illustrations however perfect, no teaching however masterful, will give skill, knack, or precision in adjusting. These powers must come by practice and the study of the individual cases the practitioner will meet in his own practice. Instruction at school, with clinical practice, may and doubtless will give a fair ability in all these, but his greater mastery of them all must come in the months following the opening of his office and the work over his own patients. Here as no place else will he develop into the all round physician who will please, cure, and give life to his patients, becoming the man sought after and loved for his value to his clientele and the community.

Cervical Nerves

on the auricle side, the lungs become indurated. More work is thrown to the right ventricle, which dilates under the strain, and the whole heart enlarges and weakens, and death will eventually follow, and sometimes very quickly.

This may be considered a most serious trouble, but under spinal adjustment and spinal concussion or sinusoidalization, it is speedily relieved and permanently cured.

Adjust the second and fourth dorsal and concuss the seventh cervical. Adjustment of the above regions will remove all interference with the nerve supply to the organ, and concussion of the seventh cervical will increase the myomotor power, while the concussion of the seventh cervical will cause a constriction of the walls and valve of the heart. Cure will rapidly follow.

ENDOCARDITIS AND PERICARDITIS—Inflammation of the endocardium and the pericardium. The pain may become intense, or may be mild. Serum may form in either disease, and the heart be forced to greater action or extra labor. Adjustment of the second and fourth dorsal vertebrae will relieve the pain usually with a single treatment, and cure will permanently take place in a short time. Concussion of the seventh cervical will be of the greatest value. Will not be hard under rational treatment to cure either of these troubles.

FATTY DEGENERATION—In this disease the cardiac tissue is replaced by fatty or adipose tissue. Is seen in cases of obesity, but may also develop from fevers and other wasting diseases. Is curable under spinal therapy if taken before the muscular substance of the heart has become too thoroly infiltrated and so weakened as to have no strength of heart wall to build to.

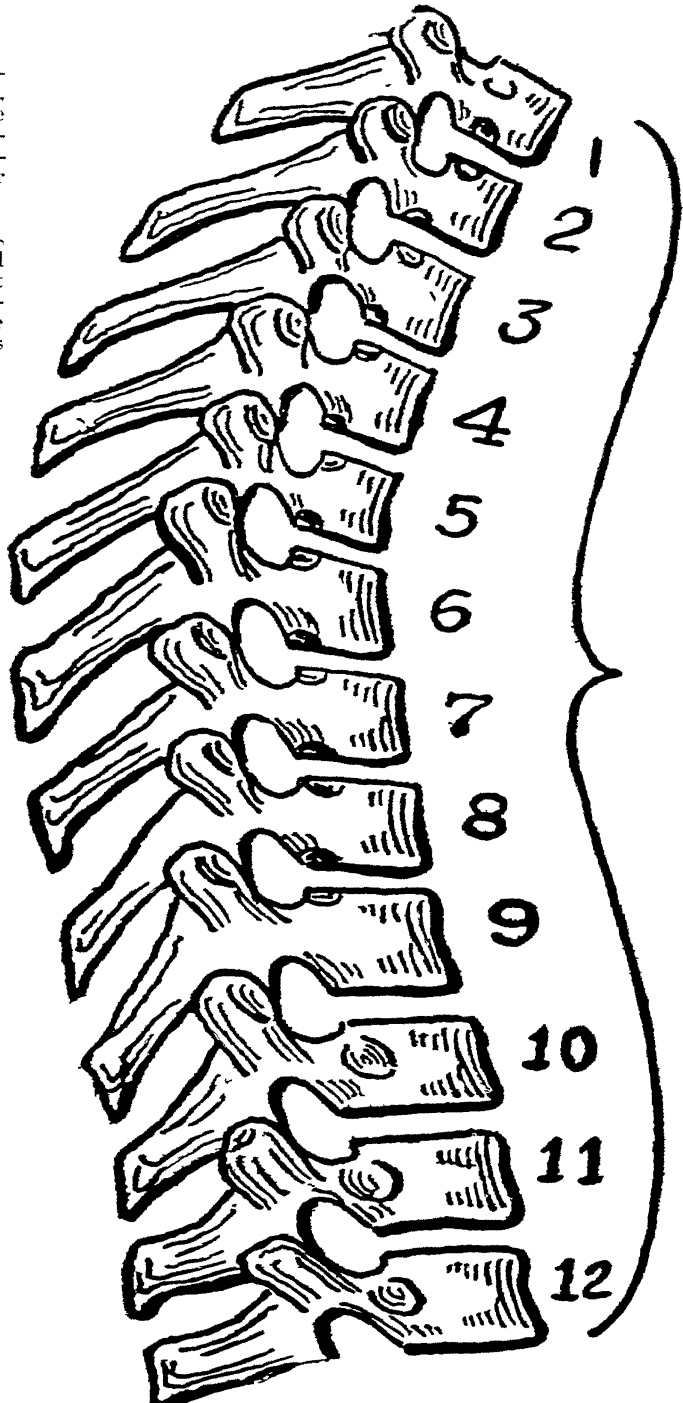
Adjust second, fourth, and sixth dorsal vertebrae. Give good concussion of the seventh cervical, as in most all heart troubles. Limit the patient's diet to small or reasonable quantities of nutritious meats and vegetables. Have him sleep on right side and face rather than back and left side. Improvement will begin at once, and will continue until all vestige of the trouble has disappeared.

This is a very grave trouble, and the treatment we here pre-

Cervical Nerves

Note here the general shape, position, size, and parts of the twelve dorsal vertebrae. The bodies gradually become larger lower down the spine.

Study the shape, slant, and articulations of the processes and the bodies. The most oblique spinous processes are near the centre. Study all parts well.



Cervical Nerves

scribe is certain to vanquish it if applied properly and continued for sufficient time. No heart trouble can resist spinal therapy properly given.

AORTIC ANEURISM—In Aortic Aneurism the walls of the aorta become very thin and expand until the great artery is much larger than the norm. Continued pressure of the expanded vessel will push the upper ribs or sternum far from the natural position. Weakness and inability to work will follow, and the bursting of the aortic walls will eventually cause death.

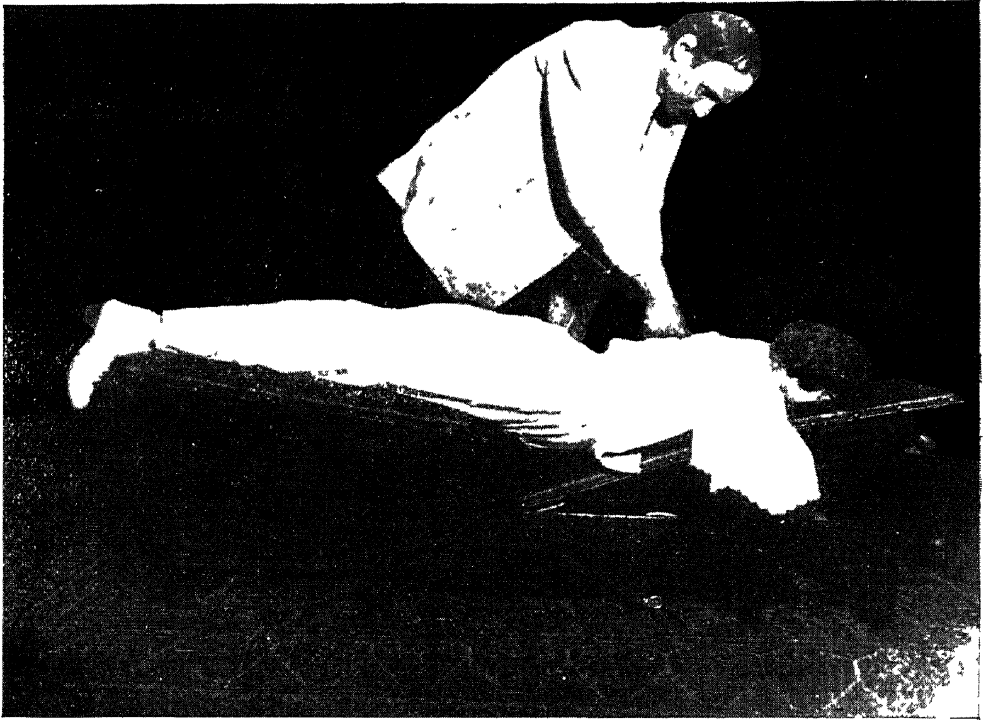
We have seen some of the worst cases fully and permanently cured by spinal methods, and we believe there is hope in every case if taken within any reasonable time from the beginning of the trouble. Like any other serious disorder, the longer the neglect, the harder to reach a perfect and permanent cure, but the author has had a success in the most advanced cases beyond his most ardent expectations.

Adjust the second thoracic vertebra in particular, and also the fourth. May also adjust the seventh cervical and the region in general. Next give good concussion in seventh cervical region, continuing for a space of seven or eight minutes, more or less, interrupting frequently, so as rest every alternate half-minute, as explained elsewhere in these pages.

GOITRE—In all goitres there is enlargement of the thyroid gland region. In Exophthalmic Goitre, there is great increase in the beat of the heart. We have known cases where you could not even count the beat, going away up to 160 per minute and more. The eyes bulge out, the heart is enlarged, and the thyroid gland grows large and hard. The body becomes greatly emaciated and very weak. The patient becomes extremely nervous and unable to perform ordinary labors. The blood vessels of the neck and elsewhere pulsate, and the systolic murmur is often present.

It is a most serious condition to develop, and needs prompt attention. Under old treatment there is the gravest expectation. Under spinal therapy there is an almost certainty of rapid and complete recovery. Some of the worst cases in the author's experience recovered under these methods in a few weeks. Some-

Cervical Nerves



Cut showing operator adjusting patient with thumbs crossed to make the thrust. In this position let the thumbs, brace each other, and brace also against the index fingers. Then place them on the transverse processes of the vertebra to be adjusted. Make the thrust almost straight down in a quick, firm movement, when the well known click will be heard in evidence that the thrust has been effective.

Practice will make the thumbs very strong in this position, and it will often prove to be the most effective method to adjust the dorsals, particularly where the spinous processes are very oblique.

It must be noted here that the transverse processes are slightly to the front or farther forward than the spinous, and nearly or about even with the spinous process of the vertebra next above.

Cervical Nerves

times in two to three weeks, sometimes in a longer period, but recovery came in every instance

The cure is usually quicker than in case of common goitre. In some cases of common goitre, where the growth has become very large and fibrous, the reduction is slow, and may occupy the time of a year, but a few weeks only where the growth is of more recent origin. The author has successfully treated hundreds of cases

In all forms of goitre adjust the fifth or sixth cervical. There is a certainty to find a subluxation here, and usually more to the right, and the goitre is usually worse on the right side. In Exophthalmic forms adjust the second and fourth dorsals to give good strength to the heart

In any form of goitre give good spinal concussion to the seventh cervical vertebra for seven or eight minutes daily. The worst symptoms will disappear in a very short time. The eyes will return to their socketal positions, the heart will become normal in strength and rapidity, and the ugly growth will disappear. There need never be a failure

SPANISH INFLUENZA—Under rational drugless treatment, Spanish Influenza is comparatively harmless. It is a disease always following the injection of the so-called typhoid serum. It develops into a dangerous form of lagrippe, and then often into a fatal form of pneumonia

The temperature of the body may be elevated several degrees above the normal. General weakness may very quickly ensue. The spinal column becomes tender and stiff all along, and will adjust with great difficulty, owing to this tenderness and soreness. During and following the course of the disease there is a degree of constipation that is very marked indeed, and this continues for a long time after recovery under the old forms of treatment. Ordinarily patient remains weak for a long time after recovery under the common form of treatment

We have never had any trouble whatever in controlling the disease. When they were dying all around us by the thousand, we went to many of the worst cases, even where all hope had been abandoned, and saved all we treated. Never lost a patient

Spondylo-Etiology

ANY IRRITATION OF THE PERIPHERAL ENDINGS OF THE SENSORY NERVE, IN ANY PART OF THE BODY, IS SENT TO THE CORRESPONDING CENTER IN THE CORD, FROM WHENCE BESIDES BEING "TELEGRAPHED" TO THE BRAIN, WHERE THE SENSORY IMPRESSION IS PERCEIVED AND RECORDED, IT IS REFLEXED OVER THE EFFERENT NERVE BACK TO THE SITE OF IRRITATION; BESIDES BEING TRANSMITTED OVER THE EFFERENT TRUNK ITSELF, THE EXCESS OF STIMULI, OR INCREASED RATE OF VIBRATION, REACHES OVER EVERY BRANCH OF THE EFFERENT NERVE AND CAUSES INCREASE OF FUNCTION IN ALL TISSUES IN WHICH SUCH BRANCHES OF THE MOTOR NERVE END. (UNLESS THE IRRITATION HAS BEEN SO GREAT AS TO COMPLETELY PARALYZE THE WHOLE REFLEX ARC).

THE FIRST BRANCH OF THE EFFERENT NERVE, AS IT EMERGES FROM THE INTER-VERTEBRAL FORAMEN, BETWEEN THE PEDICLES OF THE TWO ADJACENT VERTEBRAE, IS THE POSTERIOR PRIMARY DIVISION, AND INNERVATES THE SPINAL MUSCULATURE OF THE CORRESPONDING VERTEBRAE. THIS EXCESS OF STIMULI REACHES THE SPINAL MUSCULATURE BEFORE IT REACHES ANY OTHER PARTS, AND, IN CONSEQUENCE OF THE INCREASED RATE OF VIBRATION, CAUSES THE SAID MUSCLES TO CONTRACT BEYOND THE USUAL AMOUNT OF TONIC CONTRACTION NECESSARY TO MAINTAIN THE NORMAL CONTOUR AND ALIGNMENT OF THE VERTEBRAL COLUMN, AND THIS MUSCULAR CONTRACTION PULLS THE VERTEBRAE MORE OR LESS SLIGHTLY OUT OF ALIGNMENT, IF THE IRRITATION IS ON ONE SIDE ONLY, OR IF THE IRRITATION IS BI-LATERAL, APPROXIMATION OF THE VERTEBRAE TAKES PLACE ON BOTH SIDES, THEREBY IMPINGING THE NERVE SHEATH AND ONE OR MORE OF ITS CONTENTS, IN THE ORDER THEY ARE MOST LIKELY TO BE IMPINGED; — THE VEIN, ARTERY, GRAY AND WHITE RAMI, AND THE AFFERENT OR EFFERENT SPINAL NERVES, CAUSING ANEMIA OR CONGESTION OF THE SPINAL CENTER OR PRESSURE ON THE NERVE SUBSTANCE ITSELF, WITH INHIBITION OF FUNCTION.

IN ANY CASE, DISTURBANCE OF FUNCTION IN THE TISSUES SUPPLIED BY THE NERVE FROM THE SPINAL CENTER INVOLVED IS SURE TO TAKE PLACE.

SUCH DISTURBANCE IS NEVER RELIEVED UNTILL THE CONTRACTED SPINAL MUSCULATURE IS RELAXED, EITHER SPONTANEOUSLY (AS OFTEN HAPPENS) OR ARTIFICIALLY (AS IN ADJUSTING OR MECHANICAL TREATMENT OF ANY OTHER FORM), AND ALLOWS THE VERTEBRAE TO RESUME NORMAL RELATIONSHIP.

THE MOST EFFICIENT REMEDY FOR SUCH A CONTRACTION IS THE SKILLED THRUST OF THE TRAINED CHIROPRACTOR.

CONTRACTION OF THE SPINAL MUSCULATURE, WITH CORRESPONDING APPROXIMATION OF VERTEBRAE AND IMPINGMENT OF THE NERVE SHEATH, MAY TAKE PLACE FROM A NUMBER OF DIFFERENT CAUSES, A FEW OF WHICH ARE: BLOWS, FALLS, JARS, TWISTS, STRAINS, UNNATURAL CARRIAGE OR POSTURE (OCCUPATIONAL OR OTHERWISE), FATIGUE, COLDS SETTLING IN MUSCLES OR GROUPS OF MUSCLES, IRRITATING FOODS OR DRINKS, AND IN FACT ACCIDENTS, EXCESSES OR ABUSES OF ANY KIND SUFFICIENT TO CAUSE IRRITATION OF THE PERIPHERAL ENDINGS OF THE SENSORY NERVES

CONTRACTION REMAINDER, OR THE UNCORRECTED CONTRACTIONS REMAINING AFTER ACUTE ATTACKS, IS THE GREAT CAUSE OF CHRONIC DISEASE.

THE PHILOSOPHY AND THEORY OF SPONDYLO ETIOLOGY IS IRREFUTABLE, IT IS ONE OF THE ABSOLUTELY PROVEN FACTS RELATING TO THE CAUSE AND CURE OF DISEASE, AND NO INCONSISTENCIES HAVE EVER BEEN DISCOVERED IN THE SCIENCE BY ITS PROPONENTS OR ITS ENEMIES.

THROUGH THE STUDY AND DEVELOPMENT OF SPINAL THERAPEUTICS MOST OF THE OBSCURE PROBLEMS OF MEDICAL SCIENCE ARE EXPLAINED, AND TREATMENT BASED ON THESE PRINCIPLES IS THE TRULY RATIONAL SYSTEM, AND WILL PRODUCE RESULTS WHEN SCIENTIFICALLY APPLIED

IRRITATION FROM TRAUMA, OVERSTIMULATION, OR ANY OTHER CAUSE AT THE FOLLOWING PARTS AND ORGANS CAUSES SUBLUXATIONS AS FOLLOWS, THESE FEW BEING GIVEN AS EXAMPLES ONLY.

BRAIN - FIRST TO SEVENTH CERVICAL; EYES, NOSE, THROAT, TEETH, GUMS ETC., FIRST TO FOURTH CERVICAL; THYROID GLAND - FIFTH TO SIXTH CERVICAL, ARMS, FOURTH CERVICAL TO SECOND DORSAL; HEART, FIRST TO FOURTH DORSAL; LUNGS - THIRD DORSAL, STOMACH, FIFTH TO SEVENTH DORSAL; LIVER, SIXTH TO EIGHTH DORSAL; KIDNEY, TENTH TO TWELFTH DORSAL; APPENDIX, SECOND LUMBAR, OVARIES, THIRD LUMBAR; - PELVIC VISCERA, LUMBAR REGION AND THE INNOMINATES, ETC, ETC.

Cervical Nerves

Many of our students went as we did to the very worst cases, with results equally gratifying

The treatment is simplicity itself. We always adjusted the spine according to lesions found. These were usually in the region of the atlas, middle or fifth or sixth cervical, the fifth, seventh, and tenth dorsals, and the second and fourth or the third lumbar. Following this we always gave spinal concussion over the seventh cervical vertebra for a period of from five to seven or eight minutes.

In bad cases we gave the treatment twice daily. The adjustments were given much as indicated here, and the spinal concussion over the seventh cervical for six or seven minutes, interrupting every half-minute. With this we usually gave the Zone Therapy Treatment on the fingers and tongue, or rather we had patient do this latter occasionally in our absence.

Recovery was within a very few days, and strength came rapidly to the patient. No lingering weakness whatever.

We taught the simple spinal concussion by hand over seventh cervical to many patients, so they might apply same to other members of their family, and it worked like a charm. Any father or nurse could very easily treat his wife and children. Then the little tongue and finger treatment of Zone Therapy was the crowning element, and many a child escaped entirely by this most simple method of treatment.

Of course, in all such troubles relief may be given to the congested bowel conditions, constipation, etc., by dilating the rectal muscles, thus reaching and flushing the sympathetic nerves. In some few cases only did we resort to this additional means, as the treatment outlined above was all-powerful.

WHOOPING COUGH—Whether in children or adults, Whooping Cough may be most easily cured by spinal adjustment and spinal concussion. We have never had the slightest trouble in breaking up this trouble in a very few days. Adjust the cervical region and the fifth dorsal. In addition to this, give concussion over the seventh cervical vertebra for five or six or seven minutes three or four times a day.

There will be but few paroxysms after this treatment is begun,

Cervical Nerves

and often none at all. Spinal concussion has proved a wonderful treatment alone, but the paroxisms are not so radically broken as when the two are combined. The mother or nurse may give this spinal concussion with the babe or child lying face downward on bed or lap. May sing a lullaby to the babe to keep the little fellow quiet, and gently tap the seventh cervical either with hand direct or with one hand on vertebra and the other tapping that hand.

We have never found anything that would equal this treatment for whooping cough in children or grown-ups.

And all other coughs and colds are equally amenable to this same treatment. It is impossible for any cold to develop where this treatment is given as a preventive measure, and impossible for it to continue where this treatment is administered even after it has had a start. It will break any colds, lagrippe, influenza, or similar trouble.

HIGH BLOOD PRESSURE—In this condition the seventh cervical vertebra again comes thru concussion as an infallible means of reduction. A single seance will often bring a pressure of 200 or more down to the normal standard, and treatments given daily for a few days will make a permanent cure.

Simply concuss for about thirty seconds, and rest thirty seconds. Then concuss thirty seconds again, and rest the same length of time again, and continue these alternate concussion and rest periods for about five to seven minutes daily. May extend the concussion down over the second and third dorsal a little along with the other. Concuss third dorsal in case of high blood pressure. Also first, second, and third lumbar. Seventh cervical where heart is weak.

EIGHTH CERVICAL NERVES.

Exit between the seventh cervical and first dorsal vertebrae. Unite with the seventh cervical and the first dorsal nerves, and help in the formation of the Brachial Plexus, and having a very wide and extended distribution. Like the nerves above, these

Cervical Nerves

nerves have a very powerful effect upon the organs of voice. They affect the bronchial tubes, the trachea, pharynx, some fibres to the thyroid gland. They are distributed to all the muscles of the neck, shoulders, chest, and thru the Brachial Plexus all down the arm.

They are distributed generally to the triceps and biceps muscles of the arms, the pectoralis major and minor, all the pronator, flexor, and adductor muscles, the digital muscles, the brevis and longor palmar muscles, and all the muscles around the shoulders and upper chest.

Thus it is seen how widely these nerves are distributed, and how wide an area may be affected by an impingement of the eighth cervical nerves.

This is a most essential adjustment for loss of voice, some forms of asthma, for eye and ear troubles where there is any abnormal condition of the optic nerve. Good for rheumatic conditions of the arms and shoulders.

We have known some old chronic cases of asthma that had baffled every other treatment for years to yield in a surprisingly short time to adjustments in this region. The rotary movement is often best for this region. See cut and explanation for rotary movement of this and the vertebrae of the upper dorsals.

Subluxations in this region do not readily occur, as the muscles and tendons are very strong. Practice will make perfect, and abundance of work will make the work easy. The Chiropractor should be very careful in making his examination and palpation. If the trouble is found to exist here, he must, with care and persistence, make the adjustments, as it is usually no easy task to move the vertebrae of this region. It is often possible to adjust by the rotary movement where it is impossible to move the vertebrae by the ordinary methods. However, it may be necessary to make the regular downward and forward movement or thrust also after making the region loose by the rotary movement. This must be determined by the Chiropractor himself, who may observe whether the vertebra is posterior or otherwise after the rotary movement has been made.

The seventh cervical segment is of extraordinary importance as

Cervical Nerves

a centre for spinal concussion or the application of the sinusoidal current. In case of heart trouble of any kind, after making the ordinary adjustments, as explained and illustrated in these pages, make spinal concussion over the seventh cervical vertebra, with hand, mallet, or machine, and quicker relief and final cure will be given than will be experienced by the spinal adjustment alone.

Drowning persons may often be resuscitated by concussion of this region. Persons falling in fainting spells may often be relieved almost instantly by concussion of the seventh cervical. Concussion of the seventh cervical vertebra relieves all pain in the heart, overcomes dilation and valvular lesions of every kind, rapidly reduces and quickly cures exophthalmic and common goitre, cures aneurism of the heart and aorta, and is a powerful aid in the treatment of cardiac asthma, coughing, colds, lagrippe, whooping cough in children or adults, and affections of the upper organs.

Adjusting alone will take care of most of these troubles, or all of them, but old cases of heart troubles, asthma, persistent coughs, goitre, angina pectoris, diabetes, etc., are greatly assisted to rapid recovery by also making spinal concussion over the seventh cervical.

The origin of the second pair of thoracic nerves is under the arch of the seventh cervical vertebra, and the second thoracic nerves have a powerful influence or control over the action and strength of the heart. The first and third thoracic nerves are greatly stimulated by concussion over the seventh cervical vertebra, but not so powerfully as the second.

Other important centres of concussion will be developed in future lessons of this treatise, and the amazing potency of spinal concussion in connection with the almost invincible force of spinal adjustment will be better realized.

So many hitherto incurable diseases may be so radically cured from the seventh cervical region by spinal concussion, combined with spinal adjustment, as indicated, that we have devoted a special chapter at this part of our text on the treatment of these disorders. For this see the chapter following treatment from the seventh cervical.

THORACIC NERVES.---Twelve Pairs.

The Thoracic Nerves present some differences from the nerves of the cervical region in their mode of distribution, and in other particulars. They join the cords of the Sympathetic System at or thru the ganglia of the Sympathetic cords, or Gangliated Cords, and are then distributed to the internal organs of the body. The anterior branches join the Sympathetic cords in this way. The posterior branches from all these nerves are distributed to the muscles of the trunk and limbs. This will be illustrated, segment by segment, in our future and present pages.

The anterior branches of the thoracic nerves, joining the ganglia and the great plexuses of the Sympathetic System, are distributed to the viscera or internal organs of the body in the region of their exit of the spine.

Every internal organ of the body has some nerve supply from the thoracic nerves, and the proper functioning of these organs depends on their nerve supply and the additional nerve supply given them from the Pneumogastric nerve, the Phrenic nerve, etc. It, therefore, becomes of the utmost importance to be able to locate the segment of the spine where the nerves have their exit from the cord to supply the affected organs or viscera. In these pages we will show this distribution accurately, so that the student need not ever be in doubt to know where to adjust for treatment of any disease he may be called upon to handle.

FIRST THORACIC NERVES

Exit between the first and second thoracic vertebrae. Unite with the eight cervical and second thoracic nerves.

To relieve these nerves when impinged adjust first thoracic vertebra forward and upward, or adjust the second thoracic vertebra downward, depending upon the position of the vertebra subluxated which causes the impingement of the nerve. In this matter exercise care in examination, just as care should be exercised in all examinations and in all treatments. Sometimes relief may be given either way, and the rotary movement here resorted

Thoracic Nerves

to gives perfect adjustment in this region

It will be found that all the vertebrae in this upper dorsal or thoracic region are hard to adjust as a rule, as the upper ribs are short and heavy, and brace and hold the vertebrae very strongly, and skill and knack will be required in order to secure the movements in this region

The first thoracic nerves ramify the heart, and control the heart beats to a large extent They send filaments to the intercostal muscles, the integument of the upper chest, the bronchial tubes, the lung tissue, muscles of the arms and shoulders, pectoral muscles, deep muscles of the back, the Erector Spinae, Latissimus Dorsi, flexors for the fingers, the Scalen₁ and Seratus Pos-
ticus They connect with the Stellate Ganglia by the Rami Communicantes, and are thus distributed to the region of the eye, and affect the pupil and muscles around the eye

The Stellate Ganglia are situated near the head of the first rib Filaments from the upper thoracic nerves pass these ganglia, and thence to the Superior Cervical Ganglia, and thus affect the head and cervical region These nerves connect with the nerves forming the brachial plexus

Adjust to control heart action, neuralgia, and paralysis of the arms, gouty nails and finger joints, also club hands Asthma of some forms, heart spasms, cold hands, dilation of the heart, hay fever, atrophy of the arm, tumors of the hand and arm

Spinal concussion over the first and second thoracic vertebrae will inhibit and strengthen the heart and assist in the cure of heart troubles, will stimulate the texture of the lungs, and will increase the tone of the colon, will also constrict the ciliary muscles of the eyes

SECOND THORACIC NERVES

Exit between the second and third thoracic vertebrae They unite with the first and third thoracic nerves and send rami communicantes to the second thoracic ganglia and to the superior cervical ganglia, and thus exercise motor effects upon the pupils of the eye, with vaso-constrictor effects upon the vessels of the

Thoracic Nerves



DANIEL DAVID PALMER

The great old father of Chiropractic A royal adjustor A masterful
anatomist An intuitive pathologist Who had an aim in life Greater than
all who opposed him More kingly than all who sought to rob him of the glory
of his discovery The earth was the theatre of his achievement Eternity
shall declare the end Too great for small minds to molest

Thoracic Nerves

eyes, head, and face, and vasomotor effects upon the lungs, heart, and bronchial tubes

These nerves ramify the tissue of the upper lungs, heart, pleura, intercostal muscles, erector spinae, serratus posticus, shoulder muscles, and the muscles of the arms and hands. It is a very important segment of the spine for many reasons, as these nerves affect both the heart and the lungs very powerfully.

This is an important adjustment for Tuberculosis or Pulmonary Consumption and all lung troubles. Adjustment of the second and third segments, in cases of Pneumonia, and the chest kept warm and well protected, will insure rapid recovery wherever possible, and where it is often impossible under other methods of treatment. All troubles of the parts and organs in the area of distribution of these nerves, as outlined above, may be relieved by adjustment in this region, such as chronic cough, enlargement and fatty degeneration of the heart, hemorrhage of the lungs, hoarseness and loss of voice, valvular trouble of the heart, abnormal conditions of the heart in general, heart murmurs, squeaking heart, palpitation of the heart, either pulmonary or cardiac regurgitation, leaky valves of the heart and all troubles of the heart and lungs may in general be affected and treated from this region, altho it will be seen in the latter pages of this series that these organs may be affected by impingements above and below this region.

The fact that an organ or part of the body has nerve supply from several segments of the spine in no way contradicts what we here say of the nerve supply from this or any other region, but rather shows that the vitality of the organ or part of the body is supplied from several points, a fortunate circumstance or fact, as the consequence would be much more serious if the nerve life came from a single point or segment only. For instance, the heart receives its nerve supply from the second and fourth segments, and the Phrenic and Pneumogastric nerves. If the integrity of only one of these is interfered with, and that not very heavily, the consequence may not be very serious, but if several of these points of supply are impinged and some of them rad-

Thoracic Nerves



Any cervical vertebrae may be adjusted as here shown. Place hands as shown here. Brace patient's shoulder and head against operator, and make thrust quickly. Not the best method, but may be of use at times.

ically so, then the trouble may assume a more serious aspect, and treatment may be required at more than one place of the spine.

It thus becomes the part of the able practitioner to study all well and conscientiously, with the greatest desire to relieve the patient permanently. Adjust all parts that need adjusting in any way. The work of the physician should be so sacred as to actually become a part of the physician himself, the sole thought being to relieve and cure, stopping short of nothing within the bounds of reason and the possibility of restoring to health and life every patient received for treatment.

As explained under the preceding section, spinal concussion of the first and second dorsal segment is very strengthening to the heart, lungs, eyes and other parts of the human anatomy, and the physician should not neglect this powerful additional agency in the great work he is doing for humanity.

THIRD THORACIC NERVES

Exit between the third and fourth thoracic vertebrae and unite with the second and fourth thoracic nerves

To relieve when impinged adjust third thoracic vertebra superior, or fourth thoracic vertebra inferior, but adjust according to indications to make relief in quickest possible time

These are very widely distributed nerves, sending filaments to almost all the organs and parts of the entire body. No spinal nerves are more widely distributed than these.

They ramify the heart and brain in general, and send filaments to the diaphragm, stomach, lungs, back, arms, hands, ovaries, kidneys, testes, uterus, liver, spleen, pancreas, intercostal muscles and all the muscles of the thoracic region.

They accelerate the heart, strengthen the lungs, and in a great measure tone up the entire nervous system. They affect the secretions and sweat glands of the neck, arms, and chest, and give vaso-motor effects to the blood vessels of the chest, head, lungs, etc. Therefore, an important place to regulate the blood pressure and render the circulation normal.

They connect with the third thoracic ganglia by white and gray rami, and find their way to the remote parts of the body.

Important adjustment for diseases of the heart, throat, general nervousness, some forms of insanity, pleurisy, diseases of the upper and lower lungs, diseases of the mammary glands, diseases of the stomach of the milder forms, and diseases of the diaphragm.

Adjust here for Lagrippe, also, and for cold in the chest, if indicated, for dilation of the heart, dropsy, fatty degeneration of the heart, gangrene of the lungs, pleurisy, valvular leakage of the heart.

In all these troubles examine carefully and determine whether the lesion is in this segment, or immediately above or below it, and adjust accordingly, remembering that, while an organ may receive its strongest nerve supply from some particular segment or part of the spine, this particular segment may appear to be perfectly normal, and the lesion must be sought in some seg-

Thoracic Nerves.



A great picture the above. Note always that the man or woman who takes the most medicine is the man or woman who has the most sickness. The poor man seen above cannot eat his meal until he has first taken his tonics and his toddies. The tempting morsels around him cannot be eaten until he has first taken his medicine, and another medicine must be taken after the meal.

Reader, go back a little in your life, and bring to mind some of the people you have known who have been all the time taking various and varied Medicines, and recall how sickly and inefficient they were in everything. Recall pleasantly, too, some others who did not use medicine at all, and see how immensely more healthy they were or are than those who continually resort to drug medication. The less medicine the better the health always.

Thoracic Nerves.

ment of the spine that may give even a much weaker nerve supply to the organ in question, but the adjustment must always be given where the lesion is found. Study and determination of the points of lesion or subluxation constitute part of the philosophy of Chiropractic, and mark the physician as a man of progress.

Too much study cannot be given to this region, as it is one of the most important of the entire human anatomy. The distribution of the nerves from this region is simply marvelous, covering the scope of the body almost from one extremity to the other, and impingement is very significant and far reaching.

Spinal concussion of this region is often a very important adjunct. Concussion, properly given over this region, will strengthen the walls of the stomach, will contract the pyloric end of the stomach, will dilate the cardiac orifice, will stimulate the throat by strengthening the tissue, will contract the esophagus, and will clear up persistent tendency to cough and choke, or asthmatic troubles of the throat and contiguous regions.

Study the good that may be done by spinal concussion in connection with spinal adjustment, always doing the adjustment first, in order to make the spine loose in its vertebral articulations, thus permitting the impulse from the concussionary movement the better to escape.

FOURTH THORACIC NERVES

Exit between the fourth and fifth thoracic vertebrae. Unite with the third and fifth thoracic nerves. Join the fifth pair of ganglia of the Sympathetic System, and thence send accelerator fibres to the heart, lachrymal glands, etc.

These nerves on the fifth dorsal vertebrae are called Stomach Place, because they send a very strong nerve supply to the stomach.

Ramify the stomach and send fibres to the duodenum, eye balls, brain, heart, lachrymal glands, salivary glands, larynx, tonsils, etc. Are also distributed to the heart, liver, diaphragm, spleen, esophagus, tonsils, lungs, pleura, and thru the Sympathetic send

Thoracic Nerves

connecting branches to the optic, auditory and other cranial nerves

Adjust here to relieve diseases of the stomach, eyes, etc. as indicated above. An adjustment of the fifth dorsal vertebrae restored hearing to the first patient treated with spinal adjustment by D. D. Palmer in 1895. We have seen it restore sight to the blind, hearing to the deaf, correct stomach troubles of the most serious nature, cure sore throat, tonsilitis, etc.

The fibres to the eyeballs and to the optic and auditory nerves are for the purpose, no doubt, of nourishment, as they come from the gastric or stomach region. Adjustment here usually gives quick results.

We truly believe that in all cases of deafness and blindness coming under our care and observation the adjustment in this region has been more essential and more conducive to good results than any others. Of course, however, we do not in any way neglect to adjust the atlas and middle cervical region in case of deafness and blindness, and must continually bear in mind the fact that the nerves from these regions have connections with both the optic and auditory nerves, and there may be a special good in many cases from the adjustment here as well as in the fifth dorsal region.

Blindness and deafness are both very serious maladies, but are often caused by nerve impingement, in which case a cure may be had by proper Chiropractic adjustment. Careful study should be made of each patient from individual study of each case.

All cases of deafness and blindness, where deterioration has not taken place in the eyeball or the optic or auditory nerve, may be either benefited or permanently cured by spinal adjustment. We had one case of total deafness of 52 years standing cured in three days. We had also a case of a little boy six years old born blind in one eye restored to sight in three treatments. We have thousands of cases of partial and total blindness perfectly or partially restored in from one to two weeks to two or three months.

This sixth thoracic nerves have their origin at this segment of the spine. Therefore, we at once see some of the phenomena elicited by concussion of the fourth segment of the spine.

Thoracic Nerves.

As the spleen is supplied by the sixth dorsal nerves, it will be greatly stimulated by concussion of the fourth dorsal segment. Concussion of the fourth dorsal will, therefore, greatly benefit the spleen when that organ is suffering from any derangement whatever.

Concussion of the fourth dorsal will also stimulate the muscular walls of the heart thru the fourth dorsal nerves, and will make the heart beat strong and steady. Often a good treatment for the heart.

Concussion of the fourth dorsal will greatly stimulate the entire nervous system, as the sixth dorsal nerves have their origin in this segment of the spine.

FIFTH THORACIC NERVES

We are now reaching a position on the spine called Central Place. By actual count there are 25 pairs of spinal nerves above the sacrum, making the fifth thoracic nerves, or the thirteenth pair in the count downward from the occiput, the middle of the spine or the fifth thoracic nerves, or the sixth thoracic vertebra. The sixth thoracic vertebra is called Central Place.

These nerves have their exit between the fifth and sixth dorsal vertebrae. They unite with the fourth and sixth dorsal nerves and the fifth pair of dorsal ganglia. They have a very wide distribution, passing upward and downward to the remote parts of the body, reaching and affecting the head, face, arms, all muscles in region of exit, heart, stomach, liver, lungs, gall bladder, upper spleen, pancreas, suprarenal capsules, kidneys, and most all the viscera or internal organs of the body, and muscles of the back and abdomen.

They send fibres to the aortic, pulmonary, esophageal, cardiac, hepatic, renal, and other small and great plexuses, including the solar plexus. They help to form the Great Splanchnic Nerves. One of the most important segments of the spine. Should be studied with great care.

The white rami communicantes from the fifth thoracic nerves pass to the cords of the sympathetic system unchanged until they



MRS C L CHASE, A WOMAN BEAUTIFUL

Young and glorious at the age of 59 years She ate and drank and slept naturally Used no creams or cosmetics except pure almond oil fresh and sweet to sometimes rub gentle into skin of face and neck Such living would make all women young and beautiful at this age And the present age has another means for health, youthfulness, and longevity in the science of spinal adjustment, which gives and maintains health, youthfulness, and effectiveness in all lines of work

Thoracic Nerves

reach the superior cervical ganglia, and are thence distributed to the brain

A good adjustment for the stomach and some forms of liver trouble, as well as for general nervousness and all things that affect the system in a general way. This is one of the segments to adjust for typhoid and scarlet fevers and most other fevers, in connection with other segments as indicated

Adjust here for cold and chilly feelings, convulsions, some forms of dropsy, paralysis, influenza (in connection with dorsal three and cervical four), St. Vitus Dance, general wasting diseases, hemiplegia, nervous exhaustion, tired feelings, weakness and loss in any part of the body, obesity, meningitis, rheumatism in connection with other indicated adjustments, any skin trouble, in connection with dorsal seven and ten, and elsewhere as indicated, also some troubles of spleen and general nervous headaches

No spinal nerves have a wider distribution than these, their general distribution being uniform, but permitting some variations concerning which no definite rules can be given. Adjusting this is always significant, as the nerves reach so many organs and parts of the body. If subluxations occur in this region study their nature well and seek by adjustment of the vertebra to its normal position to bring normal action to the great number of parts effected by the subluxations. We have known some of the most serious ailments permanently relieved within a few weeks by this adjustment. Sometimes it is only adjustment of one vertebrae that is needed, and sometimes others are needed in connection with it.

A word here as to spinal concussion over the fifth thoracic segment. The seventh and eighth pairs of thoracic spinal nerves have their origin in this region and are very important nerves, as they go into the Great Splanchnic nerve and Solar Plexus. Concussion over the spine or transverse processes of the fifth thoracic vertebra will stimulate the liver, but will contract the gall bladder, the stomach, and will stimulate and contract the pancreas, will dilate the pyloric orifice of the stomach, and will make the stomach assume a position more nearly perpendicular. To open

Thoracic Nerves

or dilate the pyloric orifice of the stomach therefore, concussion of this region is very important and is sometimes a desirable adjunct in connection with the adjustment. It has been known to relieve stomach troubles at once where adjustment had failed. As a rule, however simple adjustment will give relief, it being only exceptional cases where concussion is absolutely needed. Concussion here also stimulates the liver and the pancreas, and may sometimes prove a great help in treating these troubles, but remember that nothing can surpass or even equal spinal adjustment for the relief of all ailments. Make the spine normal, and of necessity nerves become normal in their functioning, organs become normal in consequence, and health must and will follow. In exceptional cases only should we use concussion of necessity, but in many cases it will prove helpful whether necessary or not.

SIXTH THORACIC NERVES

The region of the sixth and seventh thoracic vertebrae may be called Liver Place, because the liver receives its strongest nerve supply from this region. The liver is the largest gland in the body, and receives a good nerve supply from the fifth, sixth, seventh, and eighth thoracic nerves, and either the sixth or seventh may be called Liver Place. However, as the sixth is Central Place, it would be better to call the seventh Liver Place.

Exit between the sixth and seventh dorsal vertebrae, and unite with the fifth and seventh dorsal nerves. Unite in the formation of the Great Splanchnic Nerves and the Solar Plexus. Have a very wide distribution, and impingement here is far reaching, and may affect many organs of the body, with a marked effect on the liver.

White rami from these nerves, thru the ganglia of the Sympathetic System, pass upward and downward. Above this region the rami pass to the ganglia, and thence upward, some of them reaching the cranial nerves thru the cervical ganglia. Below this region of the fifth, sixth, and seventh dorsal nerves the rami pass downward thru the ganglia of the sympathetic cords.

NOTE - Besides the Spinal nerves, the Gray and White Rami communicantes, and the artery and vein, the nerve sheath contains Lymph sinuses and fat cells.

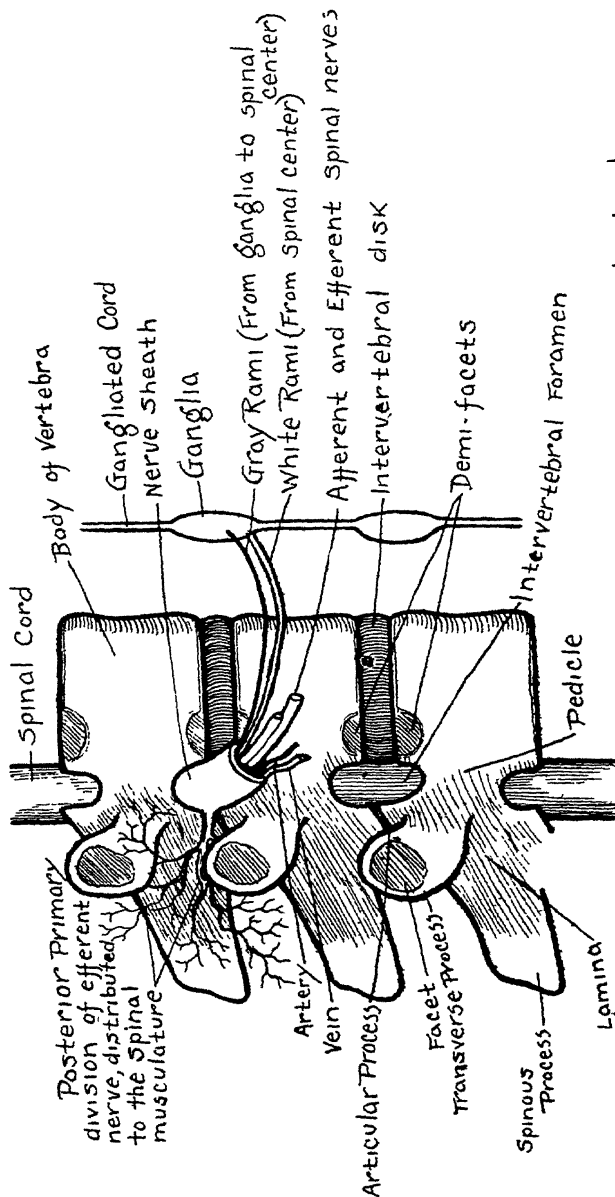


Diagram to Show principal structures of the vertebral column and the connection, at this point, of the Sympathetic System and the Cerebro-Spinal. While the health of all organs of the body depends on the free transmission of impulses from the relative spinal centers to the Sympathetic System, yet conversely, the nutrition and proper functioning of the spinal center itself depends upon the integrity of the Gray Rami of the Sympathetic System.

Thoracic Nerves

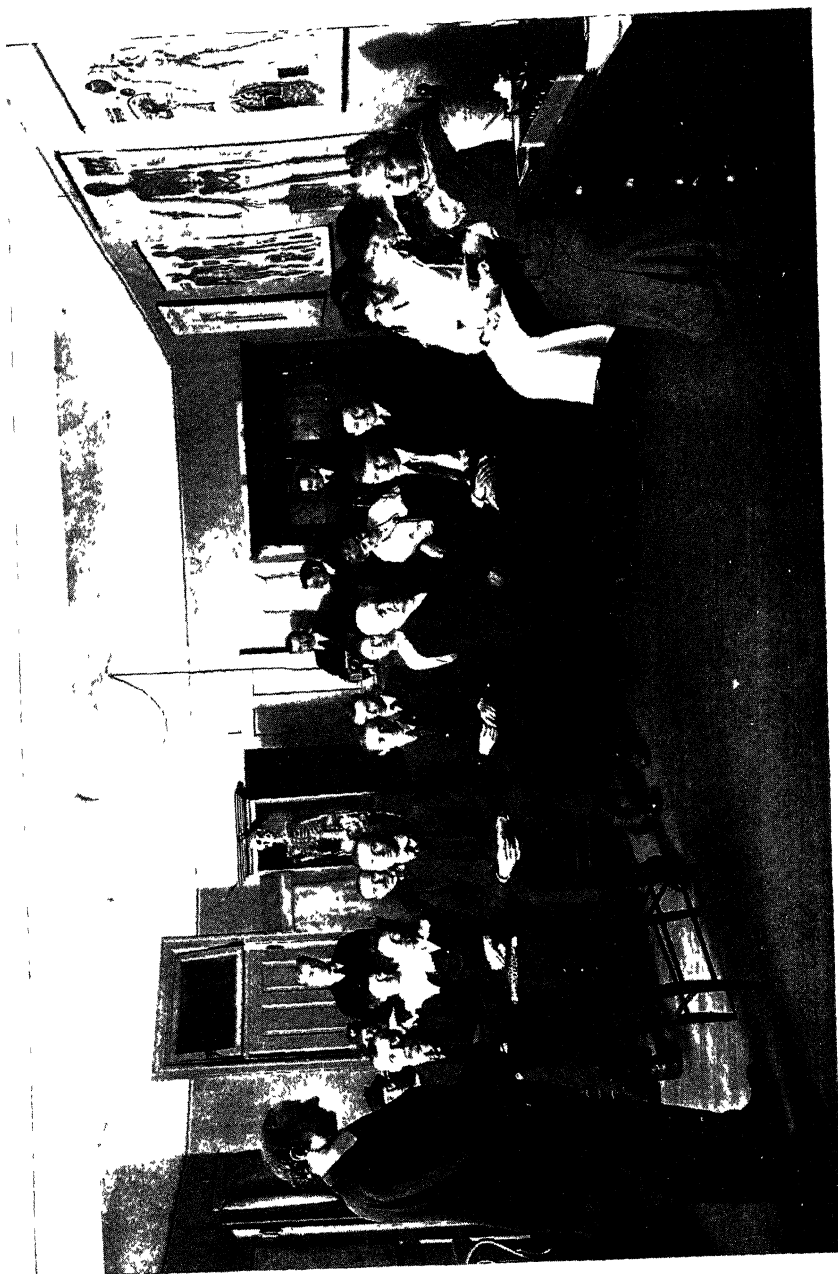
In either case the viscera or internal organs receive nerve supply from segments of the spinal cord, or rather from the spinal nerves at these segments

These nerves send branches to the cardiac, solar, pulmonary, aortic, and other plexuses, and to the sixth thoracic ganglia. The posterior branches supply or ramify the muscles in the region of their exit from the spinal cord, including the deep and shallow muscles of the back and sides of the thorax, and the intercostal muscles as well. They send vaso-inhibitor branches to the stomach and bowels, vaso-constrictor branches to the portal vein, and vaso-motor branches to the blood vessels of the abdomen. They ramify the liver and its ducts, the gall bladder, and send filaments to the spleen, pancreas, transverse colon, duodenum, diaphragm, upper parts of small intestines, skin of thorax, and have a peculiar and strong effect upon the sweat glands of the entire body, and therefore an important adjustment in all kinds of fevers.

A particularly good adjustment for all liver troubles, such as jaundice, enlargements of all kinds, any of the many conditions of hardening of the liver, gall stones, and perhaps no liver trouble could exist that cannot be helped by adjustments from this region. Of course, some minor troubles of the liver might be produced by subluxations entirely separate from this segment, in which case the adjustment must be made accordingly, but most of the serious ailments of the liver are caused by subluxations of this region.

An adjustment at this region will always lower the temperature of a patient suffering with typhoid fever or other fevers. Should therefore be examined and studied in all cases of fever. Many troubles of the omenta may be relieved by adjustments of this region, as well as troubles of the spleen and pancreas, troubles of the diaphragm, hepatic and diaphragmatic coughs, and troubles that involve the walls of the intestines in a general way.

The Lesser and the Least Splanchnic Nerves are formed from the ninth, tenth, eleventh, and twelfth thoracic nerves, and these nerves have their origin under or within the sixth, seventh, and eighth thoracic vertebrae. The ninth thoracic nerves also enter



Division of Class in Lecture Room

Thoracic Nerves

into the formation of the Great Splanchnic Nerves. The Splanchnic Nerves seem to take the place of plexuses in the thoracic region, and are distributed exclusively to the internal organs of the body.

Spinal concussion over the sixth, seventh, and eighth dorsal vertebrae will stimulate the adrenals and kidneys, and will stimulate and restrict all the organs in the abdominal and pelvic cavities. Will also dilate the lungs thru connection of fibres from the Phrenic Nerve and the Sympathetic System.

Adjustment should be given before concussion. Concussion, following adjustment is always more powerful and more useful or beneficial than when given alone or before spinal adjustment. Concussion, when given at all, should be given with the utmost care. Indeed, this should be true of all adjustments as well as spinal concussion methods, and, in fact, with all treatment of any kind whatever.

With human health and life at stake, whatever be the method of treatment, the physician should be absolute master of what he undertakes. With rational methods, skill, and conscientious application, he may expect recovery in a very large number of cases, but some patients must, from the very nature of the case, pass thru the portals of death. When this takes place in spite of the physician's skill and knowledge, let it be said that nothing was neglected that might have saved human life. Duty first; duty last; duty all the time, and conscientious application, untiring devotion, and masterful persistency in the noble work.

SEVENTH THORACIC NERVES

The seventh segment of the thoracic division of the spine is called Liver Place, because of the strong nerve supply from this region to the liver, the strongest of all points to this gland.

Exit between the seventh and eighth thoracic vertebrae. Unite with the sixth and eighth thoracic nerves. Join the seventh ganglia of the Sympathetic System. On the right side the seventh thoracic nerve is distributed principally to the liver, but



Students at Work in Clinic Room

Thoracic Nerves

sends some filaments to other organs also

These nerves ramify the liver, pancreas, spleen, upper small intestines, transverse colon, greater and lesser omenta, lower parts of lungs, intercostal muscles, skin over body and thorax.. all the muscles, deep and shallow, of the region Send some filaments to the stomach, kidneys, and suprarenal capsules Send both sensory and secretory fibres to the stomach, liver, spleen, and vaso-motor fibres to other viscera

A good adjustment for troubles of the liver, spleen, and pancreas, diseases of the omenta, tapeworm, pinworm, and most of the troubles that may be helped from adjustments in the segment above this may also be helped from adjustment of the seventh thoracic vertebra

Sometimes when the viscera of the body seem to prolapse or drop down this is a good adjustment to draw them back and hold them in place, as it gives strength to the omenta

Spinal concussion over the region of the sixth, seventh, and eighth segments of the spinal column has already been explained under the preceding division and need not be repeated here

However, we would remark that concussion alternately and continuously along the region of the fifth, sixth, and seventh segments of the spine is very significant, having a very powerful effect in the stimulation of the pelvic organs, will increase the pulmonary circulation, will stimulate and contract the omenta, the mesentery, the kidneys and the suprarenal capsules, will tone up all abdominal organs and the pelvic organs

Concussion may be given either in prone or sitting posture. The thought should always be to concuss scientifically, that the greatest good may be done In adjusting the intention should be to get the best adjustment with the least pain to the patient So in concussion the aim should be to concuss so as to get the most scientific results

As a supplement to spinal adjustment concussion should be studied with the sole end in view to so give it as to strengthen and not to weaken the patient and the great good received by spinal adjustment For instance, concussion over the ninth to twelfth thoracic vertebrae will dilate the heart and the great

Thoracic Nerves



Showing position of thumb contact for dorsal adjustment A very fine position and faultless

Adjust here for diseases of the spleen, such as enlarged spleen, cancer or tumor of the spleen, troubles of the transverse colon, diseases of the pancreas, the duodenum, worms of the intestines, either in children or adults, prolapsed conditions of the omenta and organs held together by the omenta

Important adjustment for many internal organs of the body, and should be well studied and fully mastered Note also the

Thoracic Nerves

theory of spinal concussion for this region as given in the concluding paragraphs of this chapter

THE SPLANCHNICS are the viscera or internal organs of the body Whence the name of the Splanchnic Nerves.

THE GREAT SPLANCHNIC NERVE is formed on either side by internal branches from the thoracic ganglia between the region of the fifth and sixth and the ninth or tenth thoracic nerves of the spine It pierces the crus of the diaphragm, and terminates in the semi-lunar ganglion, sending branches to the renal plexus, the suprarenal capsules, and other internal organs or viscera of the abdomen and pelvis

THE SMALLER SPLANCHNIC NERVE arises on either side from the tenth and eleventh thoracic nerves, pierces the diaphragm, enters the solar plexus, as is the case of the Great Splanchnic, and is thence distributed to the internal organs of the abdominal and pelvic cavities

THE SMALLEST SPLANCHNIC NERVE (sometimes called RENAL) arises from the last thoracic nerve and ganglion on either side Pierces the diaphragm, and, like the other Splanchnics, enters the solar plexus, and is thence distributed to the viscera of the body Sometimes, but not universally, joins the other splanchnic nerves Has been thought by some to terminate in the solar and renal plexuses, but it is now known to have numerous distributing fibres beyond these plexuses.

The Splanchnic Nerves are distributed to all the internal organs of the abdominal and pelvic regions

There are no plexuses formed from the cerebro-spinal nerves in the thoracic region The cervical, extreme upper dorsal, the lumbar, and the sacral regions of the spine form plexuses, as seen in the cervical, the brachial, the lumbar, and the sacral plexuses. Instead of the regular plexuses along the thoracic or dorsal region, we have the splanchnic nerves, which are really internal or visceral plexuses, formed from branches of several spinal nerves uniting with the sympathetic thru the ganglia of the sympathetic cords to be distributed to the internal organs

From the above outline for the Splanchnic Nerves, it will be seen that the nerves that form the Splanchnic have their exit

Thoracic Nerves.



Point of contact for making thrust with straight arm movement

from the spinal column at the region of the fifth or sixth segment on down to the twelfth. And it will also be seen that these same spinal nerves from which the Splanchnics are formed have their root origin along the spine from the third to the eighth segment. Continuous concussion along the spine from the third to the eighth or ninth thoracic vertebra will elicit a number of phenomena.

In the first place, this concussion will tone up all the visceral organs of the splanchnic zones, and will prevent and go very far toward the cure of inguinal hernia or rupture by maintaining proper position of the viscera.

In the second place, concussion of this region collectively will prevent and take away extra accumulations of fat or adipose tissue, and is a most powerful treatment for the reduction of fat with people who are disposed to stoutishness. For this purpose

Thoracic Nerves.



Point of contact when making thrust with side of hand

it should be combined with adjustment of the fifth, sixth, seventh, and tenth vertebrae of the dorsal region

In the third place, it will dilate the lungs, and force or permit an extra quantity or flow of blood to the lungs and to some other organs. If this is not desired, then the proper concussion or other treatment to tone the lungs must be given, as previously illustrated, and more of which will be given in later pages. However, this may be desirable, and the third and fourth segments coming into the area of concussion makes it strengthening to the heart

NINTH THORACIC NERVES

Exit between ninth and tenth thoracic vertebrae. Unite with eighth and tenth thoracic nerves, and send white rami to the ninth thoracic ganglia

Thoracic Nerves

Distributed to the adjacent muscles of the spine, upper portions of kidneys, suprarenal capsules, rectus abdominus muscles, the transversalis, erector and multifidus spinae spleen, peritoneum, and supply nerve filament also to the aorta, ureters, pancreas, liver, stomach, testes or ovaries, uterus, and have a decided effect upon the skin on all parts of the body, but somewhat stronger above this region than below

These nerves also send filaments to the lungs, diaphragm, eyeballs, eyelids, muscles around the eyes, and some filaments reach the brain This distribution may seem strange, but it is nevertheless true

The ninth and tenth thoracic nerves are peculiar in their distribution, and should be studied with the utmost care in order to adjust scientifically, and so remove troubles located remotely from the region of their exit from the spinal column

Adjust here for kidney troubles, and also for granulated sore eyes, which are often relieved very quickly by adjustments in this region or the tenth dorsal, and soon permanently cured In all eye troubles great help is always obtained by securing normal kidney action, and the ninth and tenth dorsal nerves have a very powerful effect upon the kidneys

Adjust here for the suprarenal capsules, and also for diabetes, Bright's Disease, Addison's Disease, Gonorrhea, Gleet, Hydrocephalus, dry skin, moist skin, abnormal perspiration of any kind, any unnatural condition of the skin, Rickets, Scarlet Fever, Typhoid Fever The lesion to be corrected may be at the tenth dorsal instead of the ninth

The ninth and tenth thoracic nerves, or the tenth thoracic vertebra, may be called Kidney Place, or Central Place for skin action, and is most important for all skin troubles of whatever nature

Some stubborn cases of asthma have yielded to adjustment of the ninth or tenth thoracic vertebra after having resisted all other forms or methods of treatment for years Should therefore be very carefully examined for lesions in case the asthma will not yield to ordinary adjustments

Thoracic Nerves



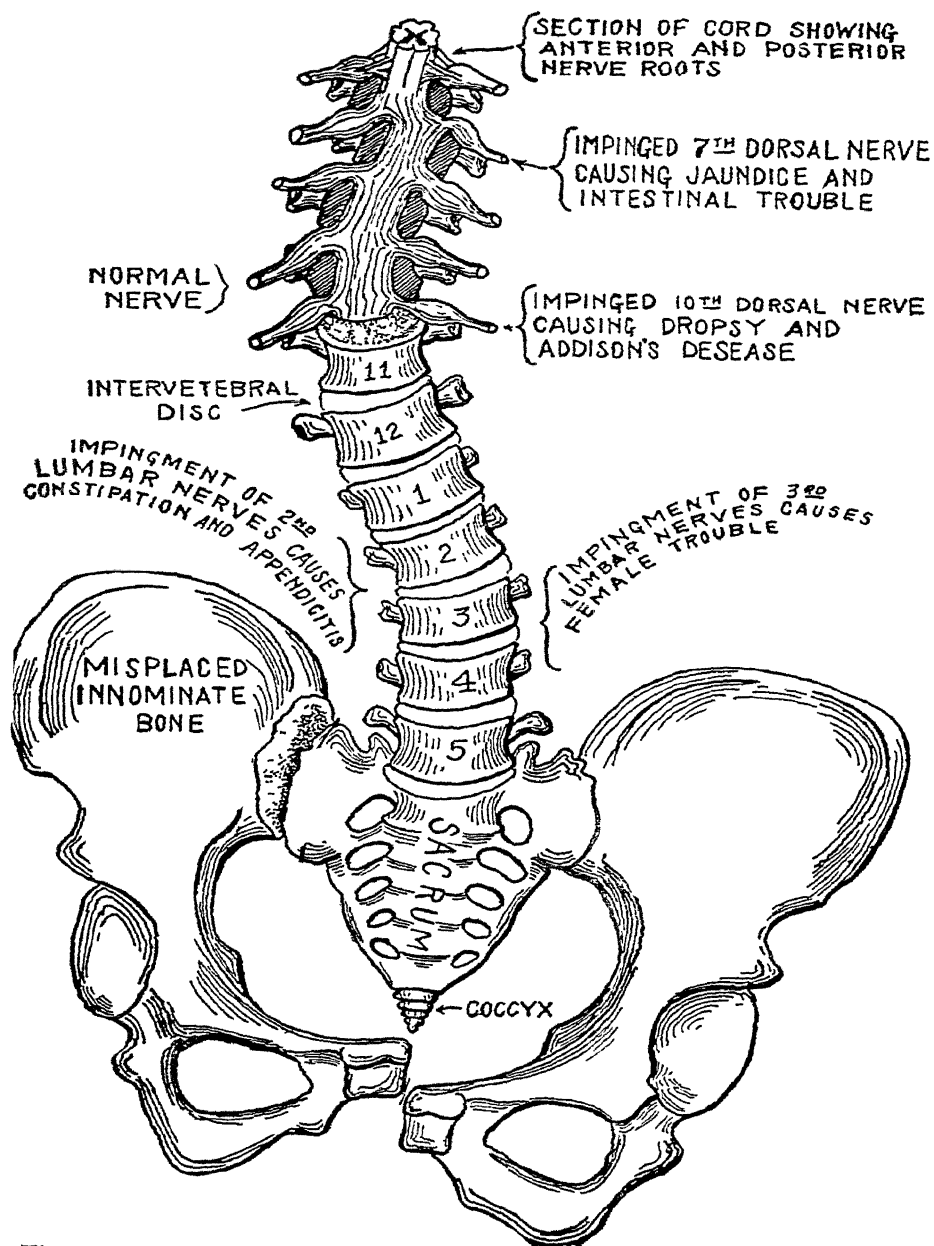
Old first point of contact in making adjustment of the dorsal or thoracic vertebrae. Pisiform is placed in contact with the vertebra, and the hard bones at first give pain to operator and patient. Better use the common position. You will find the above position not the best. While some schools adhere to the old first method, it is far behind.

The first lumbar nerves originate under the arch of the ninth thoracic vertebra, and spinal concussion is very significant in this region. Spinal concussion over the ninth thoracic vertebra will dilate the gall duct and the gall bladder, and will therefore have a decidedly good effect in case of gall stones and such troubles of the liver as have a tendency to obstruct the bile from the liver to the duodenum.

In the second place, concussion of this region will stimulate the nerve supply to the bladder, and greatly tone up that organ, and will sometimes prove to be a great relief in case of asthma of the lungs. In such cases due consideration should be given to concussion of the region.

Steady, continued pressure over the ninth thoracic nerves will

Thoracic Nerves



This cut explains itself. Note the different curves of the spine, and the consequent impingement of nerves. It is readily seen why misplaced vertebrae cause impingement to nerves, which in turn bring weakened and diseased conditions to organs. Make the spine normal, and disease will disappear.

Thoracic Nerves.

stimulate the adrenals. Make pressure over the nerves at the point of exit from the spine, and continue it for a space of several minutes, with some interruptions.

Study each case in hand, and determine whether or not concussion is needed, and give it scientifically when needed or indicated. You will find it a powerful aid in some instances, and, in fact, a necessity sometimes.

Be ever ready to give the patient the best possible service, and regard your work as the most sacred trust. The best is none too good, and the physicians who stop short of the best may expect to have their work taken away by physicians who do have the best.

Be not satisfied until you have attained the best in every field, and then be assured things superior to anything yet found will every year be found by some one, and will be yours, too, for the accepting, and the rainbow of progress with its bags of gold will arch your horizon and light up your pathway to the brightest and best things in all therapeutic lines.

TENTH THORACIC NERVES

Exit between tenth and eleventh thoracic vertebrae. Unite with ninth and eleventh thoracic nerves. The tenth segment of the spine is called Kidney Place, and the tenth nerves are called Kidney Place also.

The tenth thoracic nerves are distributed to the internal and external transversalis muscles, and to all other muscles in the region of their exit from the spine. Distributed also to the testes, ovaries, intestines, diaphragm, lower portions of lungs, kidneys, liver, pancreas, ureters, and send filaments to the brain, eyelids, muscles around the eyes, and to a large extent control the secretory powers of the skin. Send the strongest nerve supply to the kidneys of any spinal nerves.

These nerves usually send branches to unite with the Great Sciatic Nerves. Some anatomist have doubted and disputed this fact, but it is now generally admitted, and careful dissecting

Thoracic Nerves.

proves the fact. We have seen some cases of sciatic rheumatism relieved from adjustments in this region, a proof that these nerves do really connect with the Great Sciatics.

The nerve fibres from these nerves to the fluid cavities of the brain are of the utmost importance, and impingement of the region will cause sometimes the worst headaches, which can be relieved only by adjustment in this region, although other adjustments, as in the cervical region, may be necessary.

This region is very easily subluxated. We believe that spinal lesions are of more frequent occurrence here than in any other region of the spine. The reason is apparent. The longer ribs are here leaving off. The floating ribs are situated immediately below this region, and are very weak comparatively. The dorsal or thoracic region is here merging into the lumbar region of the spine. Many men and women sit pretty well all day at the desk, and the back at the weaker place bends more than elsewhere, causing impingement of these nerves more readily than others may be impinged.

If business men and women would think more, and force themselves to sit more erect at the desk, there would certainly be less bending, and in consequence less kidney troubles. Beyond doubt there are more men than women suffering with kidney troubles.

A most peculiar observation is found in the fact that there are more men than women suffering with kidney trouble of some kind. One reason for this is found in the fact that women wear corsets, and are thus forced to sit straight or more nearly in an upright position. This is one redeeming feature of the corset. It makes women sit a little more nearly in the proper position than men. The corset would not be a bad thing if it were worn loose, as most women do wear it at the present time. Tight corsets are a great evil.

Woman's figure and form cannot be made to conform to the shape and form of man. The thorax, bust, breasts, waist, hips, all differ from the corresponding parts in man, and her form is more beautiful with corset than has a moderate fit, and in this way is a handicapper. Let woman exercise good judgment and



Dr. Riley making the famous lumbar adjustment, named the "Femur Twist" by himself. Patient is placed comfortable on side with face toward operator, who places one hand on patient's shoulder, as shown in picture above. With the other hand the operator takes firmly hold of the patient's upper leg at the bend of the knee. Patient's lower or under leg rests on the table straight with body. Operator draws upper leg of patient well up toward patient's chin or abdomen, pressing patient's leg below knee somewhat against operator's leg. In this position, with patient perfectly relaxed, operator gives a quick thrust with each hand, one being antagonistic to the other. A general adjustment of the lumbar region will result. The reverse position may be taken for the other side if desired.

If patient's leg is pulled toward the abdomen only so far as to make it at right angles to body of patient, the fifth lumbar only will be adjusted as a rule.

Several modifications and advancements have been made of this adjustment which will be found fully explained in cut that follow.

common sense, and she will never be criticised for wearing the corset. In times past she has made her form ridiculous and ludicrous, but she now makes it handsome and magnificent. However, all should sit straight regardless of the use of any article of wearing apparel.

People who sit much at desk should avoid the stooping posture, and take reasonable counteracting exercises following work, such

Thoracic Nerves

as stretching the spine on a traction machine, drawing up and chinning a pole, and other good exercises, in moderation always. Better than all else is an occasional adjusting of the spine to give it the normal position. This will prevent and cure all troubles of the kidneys and other organs, and insure continuous good health.

Subluxations in this region may cause dropsy, Addison's Disease, Barbers' itch, blackheads, brick dust sediment in the urine, granulated sore eyes, eruptions, erysipelas, gravel, rash, rheumatism, Bright's Disease, albuminuria, all kinds of costiveness, diabetes, many disorders of the urine, dysentery, epithelioma, too frequent urination, gleet, spongy and sore gums, hydrocephalus, jaundice, lead poisoning, locomotor ataxia, obesity, paralysis agitans, psoriasis, scarlet fever, night sweats, swelling of feet and hands, uremia, floating or loosened kidneys. Of course, where these diseases exist, we will find other lesions besides the tenth, but the tenth will usually figure in as one of the principal subluxations when most of the above diseases exist. Study all symptoms collectively, and examine all conditions thoroughly, and you will never be at a loss as to course to pursue in making treatment.

The second, third, fourth, and fifth lumbar nerves have their origin in the tenth and eleventh segments of the spinal cord, or within the tenth and eleventh thoracic vertebrae. It will be seen that the lumbar nerves ramify in general all the organs of the lower adomenal and the pelvic cavities. Concussion of this region, being very wide in application and force, will require a chapter devoted to its special significance.

CONCUSSION OF TENTH AND ELEVENTH THORACIC VERTEBRAE

As stated above, the second, third, fourth, and fifth lumbar nerves have their origin within that part of the spinal cord contained within the tenth and eleventh thoracic vertebrae. Therefore, stimulation of this region will have a very marked effect upon the nerves that originate here. These nerves, as will be seen, ramify the organs of the pelvic region, and all these organs

Thoracic Nerves

will be affected by stimulation of the region of their origin, the tenth and eleventh thoracic vertebrae

Concussion of the tenth and eleventh dorsal vertebrae will dilate all the blood vessels, and will cause dilation of most of the viscera. It will cause marked dilation of the heart and the aorta, and should, therefore, not be given to patients suffering with dilated hearts unless strong concussion is also given over the seventh cervical and upper dorsal vertebrae. It can be given safely in most cases if these upper regions are also concussed, but we have seen cases where it is absolutely unsafe until concussion has been given repeatedly for several days in the lower cervical and upper dorsal region, or until spinal adjusting has been given for such heart trouble as may exist.

Spinal adjustment and spinal concussion will absolutely cure the worst cases of heart trouble that ever existed. We are making cures by these methods all the time after all other methods have proved absolutely worthless, and we never take a case where we have the least doubt as to the result. We mean by this our treatment is simply all-powerful. We have really, to the time of this writing, never had a failure in these troubles. Not boasting, but stating absolute truths. Results will come every time.

Concussion of the tenth and eleventh dorsal vertebrae will cause dilation of the stomach, liver, spleen, pancreas, and kidneys. It may, therefore, be a very important aid where these organs are involved. Dilation of the stomach may be a very important aid in some cases where these organs are involved. Dilation of the stomach may sometimes be a necessity in some cases of severe indigestion, or retention of contents in the stomach. Adjusting alone will usually accomplish all that is desired, but in some cases a most peculiar and powerful aid may be had in spinal concussion.

The liver being dilated and the gall duct enlarged would permit the passage of gall stones, making concussion here a great factor in the cure of this trouble, although spinal adjustment alone is invincible, and we have never known a failure. Nothing can excel or equal spinal adjustment properly given.

If the spleen is dilated the red blood corpuscles will be in

Thoracic Nerves



When adjusting in this position, see that patient is perfectly relaxed, and the adjustment becomes very easy. Never make the thrust until perfect relaxation is obtained. This may be truly said of any adjustment.

creased in number, and the action on the pancreas gives decidedly more activity to that organ.

It will cause expansion and nourishment to the lower portion of the spinal cord, and is indicated very strongly in cases of locomotor ataxia. If continued a long time at any one place will cause bad after effects, and the pelvic organs may have a tendency to prolapse. We have noticed this in some cases. Such tendency, when it occurs, may be overcome by concussion of the fifth and eighth thoracic vertebrae or segments. However, care and moderation in concussion will obviate all these troubles which may arise from over concussion.

Concussion from this region will increase the secretions from the intestines, give greater peristaltic action to the alimentary tract,

Thoracic Nerves

and will, therefore, greatly aid in curing some cases of constipation and costiveness, which also are invariably relieved by spinal adjustment in this and the lumbar regions

Through this greater activity in the alimentary tract and in the abdominal and pelvic organs, a greater volume of blood is formed, and all anemic conditions corrected. Here again, let us remark, that spinal adjustment will do everything in almost every case, but the best physician is ready for the good from every source where it may be found. He asks not what its origin or its age may be, but what will it do to help my patient.

Let all concussion of this region be moderate, and continued for a reasonable time only. Some areas will stand concussion for a longer time than can be given in this area. These will be made clear as we progress. In particular matters of this kind, each unit should be so studied as to become a real part in the nature of the student or physician, not simply a part of his knowledge in a general way, but really and truly a part of himself, so that in making an application of any principle the application is really automatic, as much so as for the skilled violinist to tread his strings with his fingers in playing his instrument.

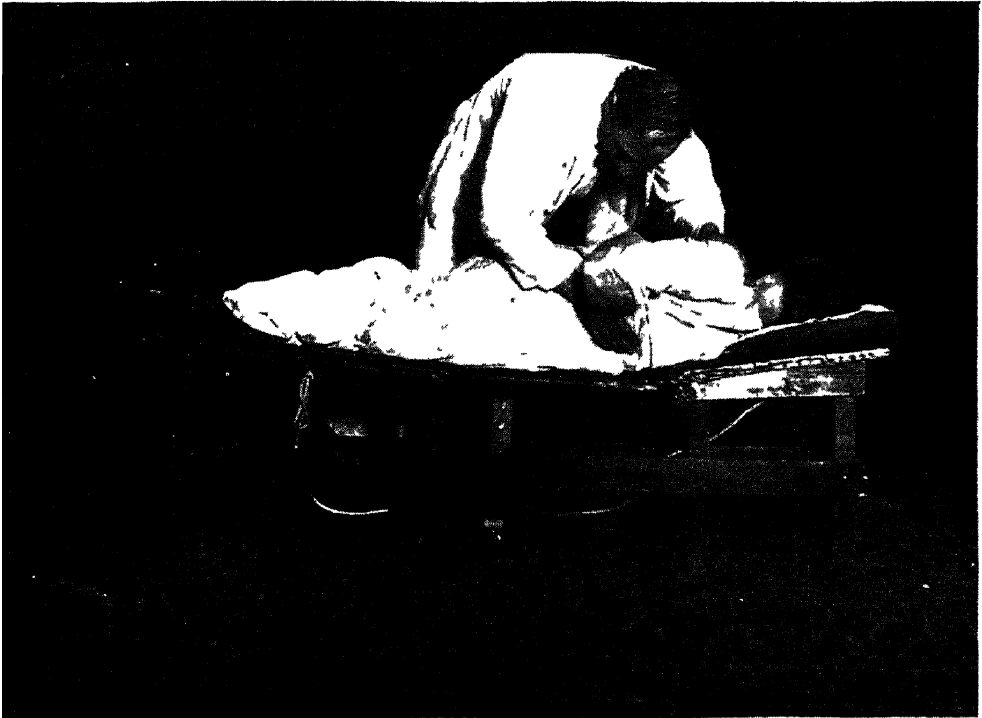
In fact, so skillful and deft and full of knowledge should the Chiropractor become that a glance at the back of the patient should lead him automatically to place his hand on any particular vertebra without any count whatsoever. Not in many a year has the author found it necessary to count or to apply any rule in locating the spinal vertebrae. With absolute and unfailing accuracy his hand goes to the vertebra sought and needing adjustment.

ELEVENTH THORACIC NERVES

Exit between the eleventh and twelfth thoracic vertebrae. Unite with the tenth and twelfth thoracic nerves. The eleventh segment of the spine is sometimes called Upper Bowel Place, and sometimes called Lower Kidney Place.

These nerves ramify the kidneys, peritoneum, large and small intestines, and send filaments to the uterus, prostate gland, bladder, floor of the orbits, the eyelids, muscles in region of exit,

Thoracic Nerves



We believe nothing to be better than the straight thrust in the thoracic and lumbar regions, but the lumbar and dorsal regions may very easily be adjusted as shown in above cut. Operator places one knee and leg against the leg of patient drawn up toward the face. With one hand on shoulder, and the other hand so placed as to rest on the vertebra to be adjusted. Push antagonistically with knee and hand, but let the pressure be light and perfect relaxation, and then make the quick thrust with hand on back. Sometimes a very useful adjustment.

salivary glands, gums of lower jaw, the lips, the rectum, the sweat and sebaceous glands of the lower parts of the body, the lower extremities, most of the viscera, including the liver, spleen, ovaries, testicles, prostate gland, bladder, etc.

An important adjustment for gleet, in connection with other adjustments as indicated. Also good for scarlet fever, unless the greater lesion is found at the twelfth dorsal. Any organ receiving a nerve supply from these nerves may be affected by subluxations of this region.

Thoracic Nerves

This region should be studied very closely and treated carefully, as many troubles arise from lesions at this segment of the spine, and lesions very readily occur, being, like the tenth segment, a little weaker than the regions farther up or down the spine

We have known some kidney and bladder troubles to be cured by adjustment in this region. Some bowel troubles have also yielded from adjustments carefully given here

The Small Splanchnic Nerves are formed in part from this nerve on either side, as already explained, and hence its wide distribution to the viscera or internal organs of the body

All the muscles of the body in this region receive some nerve supply from the posterior branches of these nerves

Spinal concussion of the tenth and eleventh thoracic segments has been explained in preceding chapter. Concussion over eleventh segment alone apparently has a mixed effect on the viscera of the body, and, we believe, should be given in connection with other segments of the spine

Concussion over the eleventh segment of the spine in the dorsal area will dilate the intestines, and as a consequence cure some cases of constipation, reaching them very readily

The nerves we are passing now in our descent of the spine are becoming perceptibly larger, and we shall find the spinal nerves in the lumbar area larger than elsewhere in the body

We shall see that the lumbar and sacral plexuses are formed in the lumbar and sacral areas of the spine, from which come the largest and longest nerves in the body. The Great Sciatic is the largest and longest nerve, being as large as a finger where it leaves the sacral plexus, receiving branches also from the lumbar plexus, and one branch from the tenth dorsal nerve

The lumbar vertebrae are themselves larger than the vertebrae in the other areas of the spine, having to support the weight of the body above, and thus requiring more strength. There being no ribs to support the body here, the transverse processes of the vertebrae are much longer than elsewhere, thus giving greater room for the attachment of muscles. However, these processes are less thick than in the other regions of the spine

Thoracic Nerves

The vertebrae in the eleventh and twelfth segments of the spine are larger than the vertebrae anywhere above them, but not quite so heavy as in the lumbar area. The bodies are large and somewhat round, the intervertebral foramina are large, the ligaments and musculature strong and well placed, making the lumbar region very strong and pliable when in good condition.

Spinal adjusting with spinal traction will always insure a good strong back.

TWELFTH THORACIC NERVES

Exit between the twelfth thoracic and the first lumbar vertebra. Unite with the eleventh thoracic and the first lumbar nerves. A most important segment of the spine, as will be seen in the study we here present, and positions we take concerning the cure of certain diseases.

Distributed to the aorta, kidneys, most of the abdominal and pelvic viscera, rectum, bladder, sweat glands to lower parts of the trunk and to the lower limbs, and they help in the formation of the smaller splanchnic nerves and plexuses.

They ramify and send filaments to the intestines, peritoneum, uterus, bladder, prostate gland, ovaries, vagina, testicles, lachrymal glands, the meningeal spaces of the brain, the floor of the mouth, gums of the lower jaw, muscles of the arms. These nerves control the heart action to some extent.

The nerves from this region are secretory, trophic, and vasomotor in the nature of the nerve supply given to the viscera of the body. They have much to do with the control of the action of the kidneys, or the functioning of the kidneys, and subluxations here will cause decay in the substance of the kidneys themselves. Tenderness will be found here in case of enlargement of the prostate gland. An enlarged prostate may be rapidly reduced by concussion of the twelfth dorsal segment.

This is one of the adjustments, in connection with the sixth dorsal, to be given to break up typhoid fever. Important also for some other fevers.



The skillful operator will always be able to adjust lumbar vertebra by straight down movement, but will find the Swedish movement, as here illustrated, to be very easy to make. Have an attendant lift one leg up about as seen in cut, and when relaxation is perfect, make a very quick thrust to the vertebra to be adjusted. A very successful method for lumbar adjustment.

Effect of subluxation at this region — May cause Bright's Disease, other kidney troubles, renal calculi, diabetes, eruptive fevers, lead poisoning, rickets, scarlet fever, abnormal sweating, swelling of the feet, water on the brain, pyuria or passing of pus in the urine, polyuria or excessive quantities of urine, sugar in the urine, frequent urination, dry skin, redness in spots or generally over the surface of the body, icterus, housemaid's knee, dry tetter and tetter in all forms, costiveness and splotches anywhere on the body, etc.

Adjust in this region to relieve the troubles indicated above, in connection with other segments, as found necessary. It relieves bladder troubles in children and adults, and frequently

Thoracic Nerves

relieves severe kidney troubles, although the strongest nerve supply to the kidneys comes from the tenth thoracic nerves

The twelfth thoracic nerves, together with fibres from the eleventh thoracic nerves and the first lumbar nerves, through corresponding ganglia, form the lesser splanchnic plexuses. Subluxations in this region very easily occur under strain of heavy work of any kind, and will cause much pain and many troubles unless relieved by spinal adjustment.

The sacral nerves have their place of origin in the region of the twelfth thoracic segment of the spine. The Pneumogastrics end in the pelvic region, here joining the pelvic and lower spinal nerves generally.

Concussion, therefore, over the twelfth thoracic vertebra will dilate the organs of circulation, and is most important if needed. Concussion of the twelfth thoracic vertebra will also greatly tone up the sphincter muscle at the neck of the bladder, and will greatly assist in the cure of incontinence of urine, bed wetting, etc., in children or adults. We have had remarkable cures of these troubles from treatment in this region.

This is also an important treatment in case of troubles of the prostate gland, or prostatic troubles, concussion here being all powerful for such troubles. Even where the prostate gland is enlarged to several times its normal proportions or size, concussion will bring it to normal size in a most remarkably short time. Actual tests show it to be perceptibly decreased in five minutes time, and continued daily treatment will bring it absolutely to its normal size and tonicity. Most young, middle aged, or old men have suffered at some time or other with prostatic troubles, and the power of spinal adjustment and spinal concussion is a never failing relief to all sufferers.

A further lesson will follow this regarding the extraordinary power of spinal concussion and spinal adjustment for such troubles as enlarged prostate and some other equally serious troubles that may be treated from this region. Here we state in brief the amazing power of our methods over this and other incurable and otherwise unmanageable diseases of the prostate gland and other organisms.

FIRST LUMBAR NERVES

Exit between the first and second lumbar vertebrae Unite with twelfth thoracic and second lumbar nerves They help to form the Genito-Crural, the Ilio-Inguinal, and the Ilio-Hypogastric Nerves, and send branches to the first of the lumbar ganglia of the Sympathetic They enter the Lumbar Plexus, and thus help form the nerves mentioned above, and some others as well

Send filaments to the large and small intestines, sexual organs throughout, prostate gland, anterior and posterior pelvic muscles, bladder, uterus, urethra, sacrum, coccyx, sides and back of brain, fallopian tubes, peritoneum, external genitals, greater and lesser gluteal muscles, muscles and skin of the back in the region of exit from the spine, upper and lower parts of the thighs, epididymis, vas deferens, the sebaceous and sweat glands, all the lower parts, of the body, and the lower limbs

These nerves are vasomotor, secretory, trophic, and sensory to the organs supplied, and therefore, have much to do with the complete functioning of these organs

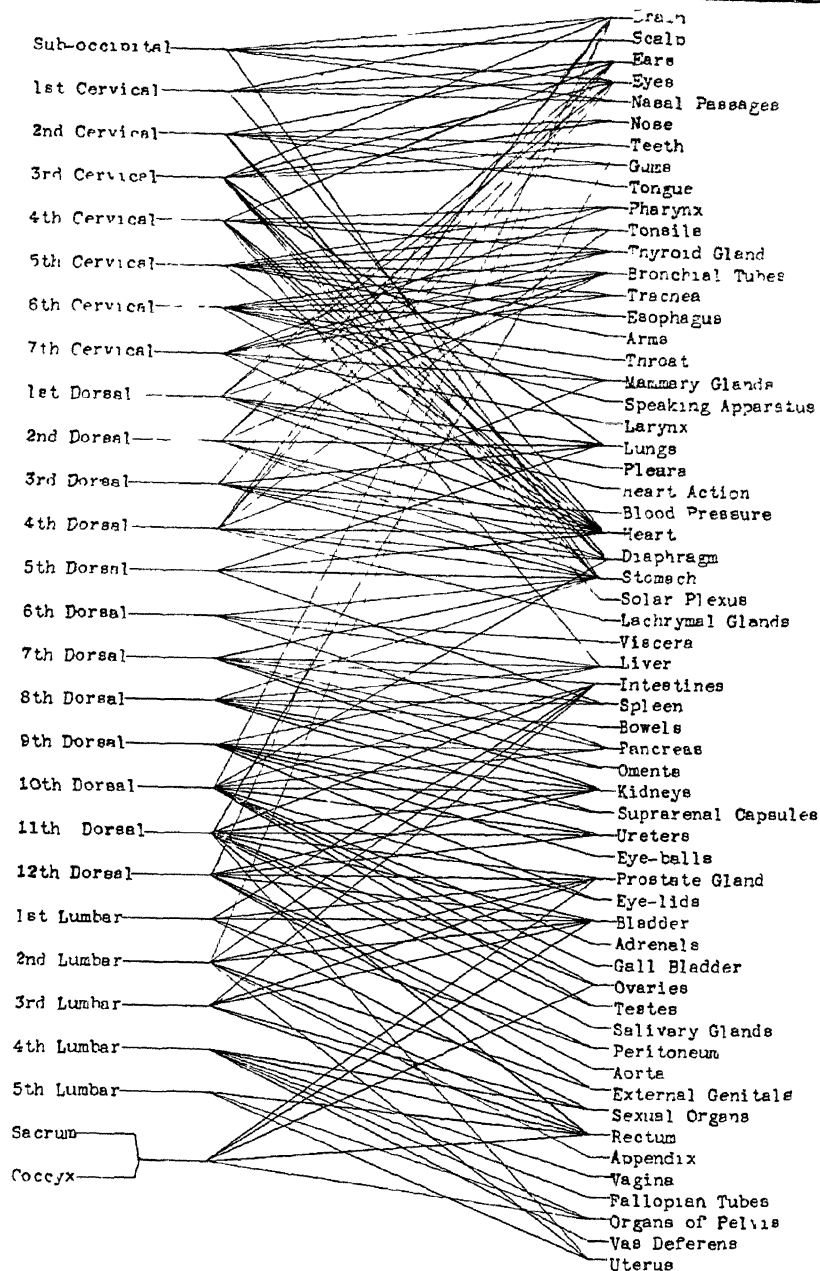
They have a powerful influence over the bladder, giving strength to the walls of that organ, and to its sphincter muscles as well, with power to either control or expel the urine A most essential adjustment for incontinence of urine either in adults or children

Subluxations in this region may cause incontinence of urine, bed wetting, many other disturbances of the urine and weaknesses of the bladder, scantiness of urine, dribbling, too frequent desire to urinate, pain in attempting to control the urine, costiveness, and almost all troubles involving the bladder and kidneys An important segment of the spine

Adjust here for all these troubles, and for colitis, dropsy, senility, lumbago, pains in the bowels, and for any and all troubles involving the organs supplied by these nerves

Bed wetting in children is frequently cured by a single adjustment in this region, and always in a very short time We have never known a failure for this trouble either among children or

C-ART OF NERVE DISTRIBUTION



Lumbar Nerves

adults. It comes around to a certainty. Other troubles of the bladder yield with equal certainty.

THE LUMBAR PLEXUS is formed by communicating branches or loops from the anterior division of the four upper lumbar nerves in the psoas muscle, which has its origin in the margins of the bodies, intervertebral substance, and cases of the transverse processes of the twelfth thoracic and all the lumbar vertebrae. From this plexus comes seven great trunk nerves, namely, the Ilio-Hypogastric, Ilio-Inguinal, Genito-Crural, External Cutaneous, Obturator, Accessory, and Anterior crural, the latter being the longest, largest, and most widely distributed of all the nerves from this plexus, next largest in size to the Great Sciatic of the Sacral Plexus, sending branches to the very ends of the toes.

In this connection study the plate illustrating this plexus and these distributions very carefully. Study also the scheme for distribution. Trace each nerve and note the muscles it supplies. Become as familiar in every way as possible with all the parts and distributions.

Thus, the Genito-Crural is formed from the first and second lumbar, as shown in the plate, and is a special nerve to the genitals and portions of the lower limbs. Also, for instance, see Anterior-Crural, formed from the second, third, and fourth lumbar nerves, and note its great size and length, its wide branching and extensive distribution to the lower extremities.

In this way observe and closely study all the formations and distributions of the seven great trunk nerves from the lumbar plexus. It will fix and co-ordinate all parts we'll in the mind, and will show why impingement of the region will affect the nearby muscles, as well as those more remote from the region.

SECOND LUMBAR NERVES

Exit between second and third lumbar vertebrae. Unite with first and third lumbar nerves. They enter into the formation of the Genito-Crural, Recurrent Meningeal, External Cutaneous, Obturator Nerves, Anterior Crural, and all nerves that emerge

(The region known, the following table shows the nerves affecting it)

[illegible]

NERVE DISTRIBUTION

(The nerves known, the following table shows the regions affected)

Sub-occipital-	- - -	brain, scalp, ears, eyes, nasal passages, stomach.
1st Cervical	- - -	eyes, ears, nasal passages, heart, brain, scalp.
2nd Cervical	- - -	nose, teeth, gums, tongue, diaphragm, stomach.
3rd Cervical	- - -	heart, stomach, diaphragm, solar plexus, brain, teeth, gums, eyes, ears, nose, lungs.
4th Cervical	- - -	pharynx, tonsils, thyroid gland, heart, diaphragm, liver, stomach.
5th Cervical	- - -	pharynx, heart, thyroid gland, tonsils, bronchial tubes, trachea, esophagus, arms.
6th Cervical	- - -	thyroid gland, trachea, bronchial tubes, esophagus, throat, mammary glands, heart, speaking apparatus.
7th Cervical	- - -	bronchial tubes, trachea, larynx, pharynx, thyroid gland, heart, mammary glands.
1st Dorsal	- - -	heart, lungs, eyes, ears, pleura, bronchial tubes, controls heart action
2nd Dorsal	- - -	lungs, heart, bronchial tubes, diaphragm, stomach, ears, eyes.
3rd Dorsal	- - -	heart, brain, diaphragm, stomach, lungs, regulates blood pressure.
4th Dorsal	- - -	eyes, ears, mammary glands, stomach, brain, heart, lachrymal glands, diaphragm, tonsils.
5th Dorsal	- - -	heart, stomach, lungs, spleen.
6th Dorsal	- - -	liver, stomach, pancreas, viscera.
7th Dorsal	- - -	spleen, pancreas, intestines, liver, omenta, stomach, kidneys.
8th Dorsal	- - -	kidneys, bowels, liver, spleen, stomach, suprarenal capsules, omenta.
9th Dorsal	- - -	suprarenal capsules, kidneys, pancreas, liver, ureters, eye-balls, eye-lids.
10th Dorsal	- - -	kidneys, adrenals, diaphragm, pancreas, gall bladder, ureters, testes, ovaries, liver, intestines, brain, eyelids.
11th Dorsal	- - -	kidneys, ureters, intestines, bladder, prostate gland, salivary glands, rectum, gums, uterus, testes, ovaries.
12th Dorsal	- - -	kidneys, bladder, peritoneum, prostate gland, aorta, external genitals, ureters, brain.
1st Lumbar	- - -	bladder, kidneys, intestines, peritoneum, prostate gland, sexual organs.
2nd Lumbar	- - -	uterus, bladder, prostate gland, genitals, intestines, brain, rectum, appendix.
3rd Lumbar	- - -	sexual organs, intestines, rectum, prostate gland, bladder
4th Lumbar	- - -	sexual organs, vagina, Fallopian tubes, organs of the pelvis, rectum, Vas deferens
5th Lumbar	- - -	rectum, uterus, organs of the pelvis.
Sacrum and Coccyx	--	Organs of the pelvis, bladder, rectum, ovaries.

Lumbar Nerves

from the Lumbar Plexus Connect with both the Hypogastric and the Aortic Plexuses

These nerves ramify the bladder, uterus, prostate gland, the internal and external genital organs, the upper and lower parts of the limbs, tissue about the pubic bones, large and small intestines, and the testes They send filaments to the back and sides of the brain, to the ovaries, to the muscular walls of the rectum, the iliac arteries, and to the inguinal region throughout

They send the strongest nerve supply to the appendix, and in attacks of appendicitis, we may always expect to find a tenderness over the region of the exit of these nerves, particularly on the right side, the appendix being on the right side This affords an unfailing diagnosis between appendicitic and ovaritis In appendicitis the tenderness will always be on the right over the exit of the second lumbar nerve In ovaritis the tenderness will always be over the exit of the third lumbar nerves on the side of the inflamed ovary

The impulses of these nerves are vasomotor, sensory, secretory, and trophic, and their impingment causes a weakening throughout the lower organs and all parts supplied by these nerves

Impingment of these nerves will often cause severe headaches, not only from the fact that the pelvic organs, when diseased, cause trouble to the brain through the Pneumogastric Nerves and the Sympathetic, but also from the fact stated here that these lumbar nerves really and truly send some filaments to the brain This is a veritable truth, however great the distance may seem to the student, and however peculiar such a connection may seem

These nerves have much to do with the expulsion of the urine from the bladder and the excrement from the bowels, that is, with the acts of defecation and micturition Defecation, to expel from the bowels; micturition, to discharge the urine from the bladder We may also add that in parturition, or the delivery of the foetus or child at birth, these nerves play an important part Later on in a special chapter on the delivery of the child, some most useful information on this subject will be given

Impingment here will cause lumbago, neuralgia, menstrual disorders, bladder troubles, many female derangements, and may

Lumbar Nerves

cause rupture or hernia by weakening the muscles in the inguinal region. Other troubles following impingment in this region are appendicitis, flux, diarrhea, pains in the bowels, constipation, some forms of piles, etc

Adjust here to relieve all these troubles, adjusting other vertebrae in connection as indicated

Either continued or suppressed menstruation is usually corrected at once by adjustment in this region. We have known a single treatment to correct at once a menstrual flow that had been continuous for months, and to bring menstruation where it had been suppressed for months or years. It never takes but a short time to correct either of these troubles, and there will never be a failure if the adjustments are correctly given. Sometimes the segment above or below this must be adjusted for relief, as the impingment may be one segment above or below

Lumbago is frequently cured by a single good treatment in this region. Female troubles of all kinds respond very readily and quickly. Constipation, diarrhea, and many other bowel troubles may be treated from this region

In connection with other segments as indicated adjust here for locomotor ataxia, barrenness, hemorrhage of the bowels, cancer of the uterus, cholera infantum, cholera morbus, inflammation of the womb of any kind, gonorrhea, constipation, diseases of pregnancy, delays in arriving at the age of puberty, and misplacement of the uterus, ulcers of the rectum or other lower organs, piles, urethral disturbances and inflammations, typhoid and most other fevers, syphilis, seminal weakness and emissions, loss of sexual power, improper development of the sexual organs of any kind, rheumatism, painful menstruation (whether scanty or profuse), hernia, itching of organs, periodic headaches, gravel, gleet, and all diseases involving the integrity or proper functioning of the organs or parts supplied, in part or wholly, by these nerves

This is an especially good adjustment for appendicitis, and sometimes gives immediate relief. We have known it to save operations on patients where the diseased organs had reached a condition where preparation had been made for operation. Should be tried in every bad case, and relief will usually come in a little while, and a complete cure in a very short time

THIRD LUMBAR NERVES

Exit between third and fourth lumbar vertebrae Unite with second and fourth lumbar nerves They send branches to the hypogastric and aortic plexuses, and to the gangliated cords of the Sympathetic System

Further, they ramify the large and small intestines, lower part of the abdomen, peritoneum, sexual organs, uterus, prostate gland, rectum, muscles of the leg and knee, ankle, back and front of hip, the saphenus, multifidius spinae, erector spinae, and all the muscles of the lumbar region, the bladder, and all organs of the pelvic region

This segment of the spine is usually called Sex Place, because of the strong nerve supply these nerves send to the sex organs

Impingment of these nerves may cause uterine and female trouble, disturbances of the menstrual flow, hemorrhoids, diarrhea, dribbling of urine, constipation from paralysis of the lower bowel, lumbago, impotency, piles, rectal troubles of all kinds, diseases of the pelvic organs, prostatic troubles in man, etc., and by connection with the *cauda equina* or Horse's Tail, affects all the lower parts of the body and the legs

In one of the most noted cases of paralysis that ever came under our notice and care, the lesion was found to be in this region The patient had severely wrenched his back in lifting and throwing heavy cotton bags into the wagon Weakness began at once, and complete paralysis soon resulted to the lower limbs After the patient had been assured for months at the hospitals that there was no hope for him, and that he would never walk again or use his legs in any way, spinal adjustment gave complete cure in a few weeks, and this strong young man returned to his farm labors

When the back is severely injured in this region, paralysis of some of the internal organs may follow, along with some form of weakness of the legs, and restoration may be complete by careful spinal adjustment given by a skillful Chiropractor to the third lumbar region

Such diseases as epilepsy are often successfully treated from this region, particularly so since epilepsy and kindred diseases

Lumbar Nerves

are frequently caused by lesions in this region. Many such cases are found among young women who never menstruated properly, and among older women at the time of the menopause. A little spinal adjustment here will always reach these cases. Cases of insanity have been cured by adjustment of this region, as restoration of the female organs to proper functioning alone will work marvels in some cases of insanity among women. Suppressed menstruation, continued menstruation, painful menstruation, or any other similar trouble of the region may be reached almost immediately through spinal adjustment here.

It is a most important region to treat for all female troubles or disorders, bladder troubles, piles, rectal ulcers, impotency, all derangements of the female organs, dribbling of urine, spermatorrhea, bowels, some cases of sciatic rheumatism, lack of sexual development, barrenness, sterility, hydrocele, incontinence of urine, fibroid tumor of the womb, abnormal menstruation of any kind, headaches that occur at the menstrual periods, and all derangements of the organs of the pelvic cavity.

We have known large polypi of the uterus to gradually disappear through adjustment of this region. Fibroid tumors of great size and long standing will gradually, but continuously decrease through adjustment of this region, and some times they disappear more rapidly. We have successfully treated many growths of these two kinds through adjustment of this region of the spine, and we are sure that persistent treatment of this region will conquer most cases of such troubles. In some cases we have used spinal adjustment alone, while in others we have also made spinal concussion of the first, second, and third lumbar vertebrae for about five minutes at each treatment. Undoubtedly, this latter is a most potent factor in some cases, and should be used when needed.

THE ANTERO CRURAL NERVE is formed from the third lumbar, with filaments from the second and fourth lumbar nerves. See cut and outline of this nerve and study its branchings and distributions closely. It is one of the greatest nerves in the body, and second in size only to the Great Sciatic, being as long as the Great Sciatic, and more than half its diameter. A most

Lumbar Nerves

extraordinary nerve; the largest and longest nerve extending from the lumbar plexus

THE CAUDA EQUINA, or Horse's Tail, is the lower part of the cord, from the first lumbar region downward, terminating in the small gray prolonged substance called the medullaris. It is really no part of the cord, though usually spoken of as the lower part. The cord proper ends at the upper lumbar region, and the lower lumbar nerves have their origin above the region of the beginning of the Cauda Equina

FOURTH LUMBAR NERVES.

Exit between the fourth and fifth lumbar vertebrae. Unite with third and fifth lumbar nerves and the corresponding ganglia of the sympathetic cords

Ramify muscles of the pelvis, thighs, feet, ankles, rectum, sexual organs, vagina, vas deferens, seminal vesicles, bowels, lower limbs and feet, joints of the hips, knees, and ankles

This is an important adjustment for piles, sterility, impotency, disturbances of the menstrual flow, spermatorrhea, pains in the hips, ankles, knees, and other parts of the legs

These nerves help to form the lumbar plexus, and sometimes go into the sacral plexus. They are large round nerves, and their impingement affects both the sacral and the lumbar plexuses, and directly affects the lower bowel and the female organs

Some fibres from this region are distributed far into the body, and from the upper parts of the spine branches (as for instance, the tenth dorsal region) descend to this region and join the sacral and lumbar plexuses, and thus help to form the Great Sciatic Nerve

Adjust this region to relieve the troubles mentioned above, and all troubles of the organs in the pelvic region, as well as some troubles higher up, according to findings

FIFTH LUMBAR NERVES

Exit between fifth lumbar vertebra and the sacrum. Unite with the fourth lumbar and the first sacral nerves



Lumbar Nerves

Impingement here is often very serious, as, owing to the wedge shape of the fifth lumbar vertebra it is hard to replace this vertebra when subluxated anteriorly. This vertebra, however, being held by strong ligaments, is not easily displaced unless the wedge or V-shape is, indeed, very marked. Even then, the ligaments and laminae hold it well in place. Yet it is possible to cause its misplacement, making very serious trouble.

These nerves ramify the muscles of the rectum and anus, lower limbs, uterus, all the organs of the pelvic cavity, muscles of the back, obturator internus, quadratus femoris, erector spinae, multifidus spinae, and communicate with the plexuses of the pelvic region.



A method of adjusting the fifth lumbar. Take position as shown, and make thrust firm and strong.

Adjust here for sciatic rheumatism, rectal troubles, diarrhea, paralysis of lower limbs and joints, fissure of anus, catarrh of the lower bowels, cold feet, cramps in the legs or feet, gout, hemorrhoids, inflammation of the vagina, and any trouble with any organ or part of the body affected by the varied distributions of these nerves.

Lumbar Nerves

Varicocele is often helped at once by adjustment of this region, and permanently cured in a short time

This region and all the lumbar vertebrae may often be adjusted to the best advantage by the rotary movement, or femur twist, as we are pleased to call it from our own discovery and development of this remarkable method of adjusting the lumbar region. This method is fully illustrated and explained by the cuts and pages of instruction in this work. Students will also be drilled fully in our practical lessons and clinical work.

Physicians will see the scope and practicability of the method at once. Let all these methods be learned so thoroughly that there is no hesitancy whatever in applying them.

THE SACRAL AND COCCYXIGAL NERVES

There are usually five pairs of sacral nerves and one or two pairs of coccyxigal nerves. The upper pairs of sacral nerves are large, round, and gradually become smaller as the coccyx is approached, the lower nerves being quite small, as compared with the upper.

The sacral nerves have their origin in the lower part of the spinal cord at the lower dorsal and upper lumbar regions. Their long roots, with those of the lumbar nerves, form the *Cauda Equina*, or Horse's Tail, from its resemblance to the tail of a horse.

They exhibit the anterior and posterior divisions, the anterior being larger than the posterior, each division passing out through the solid foramina of the sacrum, and the lower passing out between the sacrum and the coccyx.

These nerves, particularly the third and fourth, send a strong nerve supply to the bladder, rectum, anus, ovaries, testicles, etc., and are joined in these regions by the coccyxigal nerves. All muscles in and around the sacrum and coccyx receive nerve supply from the posterior branches of these nerves.

As these nerves pass through openings in solid bone, they are not easily impinged, but bony growths and formations that in any way tend to close the foramina where the nerves have their exit will interfere with the proper functioning of the nerves.

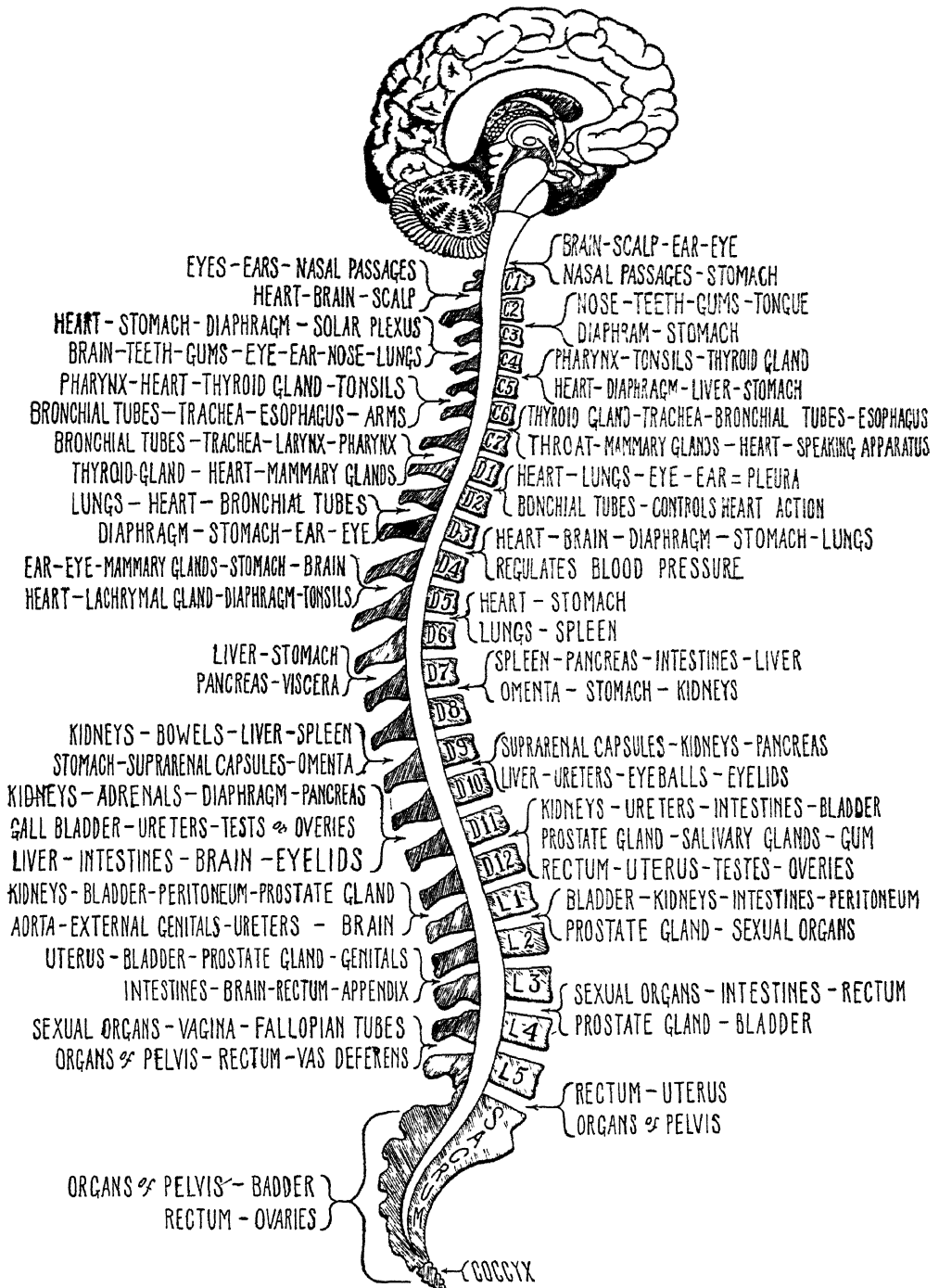
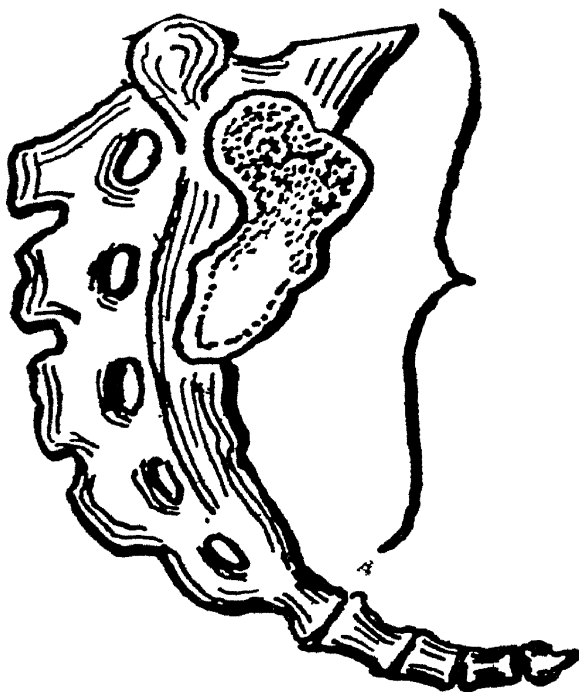


Figure of Spinal Nerve Distribution

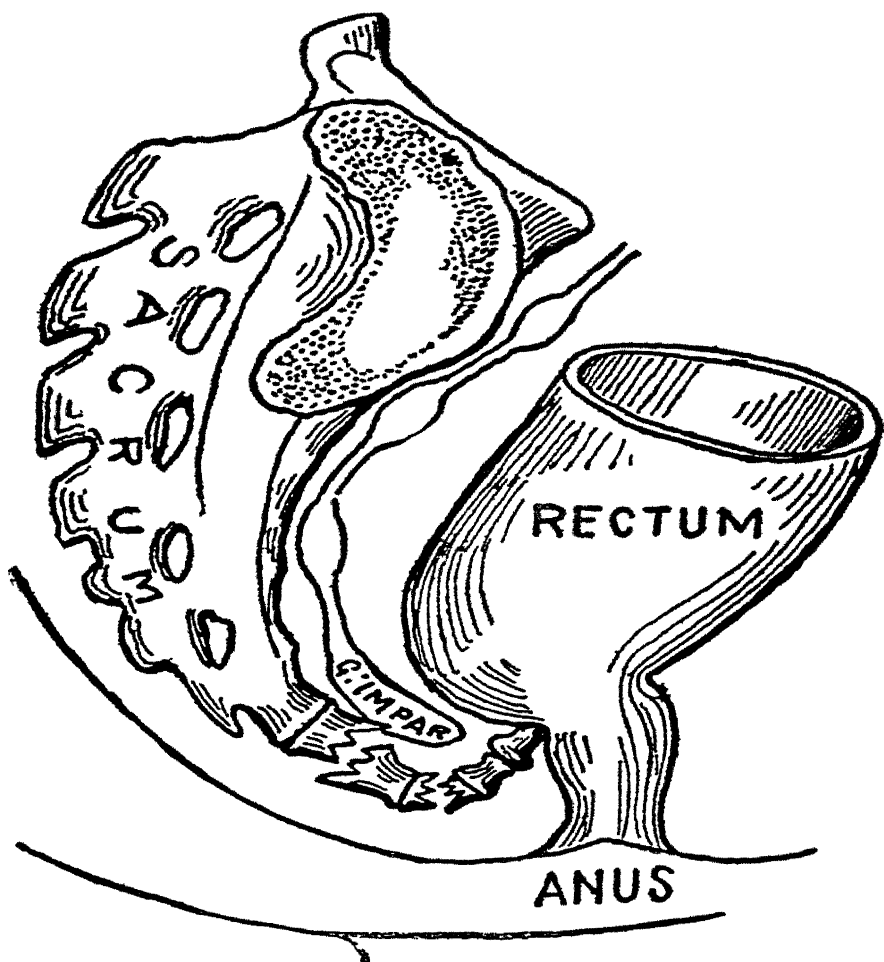
Lumbar Nerves

Injury to or fracture of the sacrum or coccyx may cause excruciating pain. Where falls have caused fracture of any kind, the fractured parts should be replaced as far as possible, and this, followed by vibration, massage, concussion, and rectal dilation, will often give permanent relief and complete cure to the broken parts.



Sacrum and Coccyx, side view

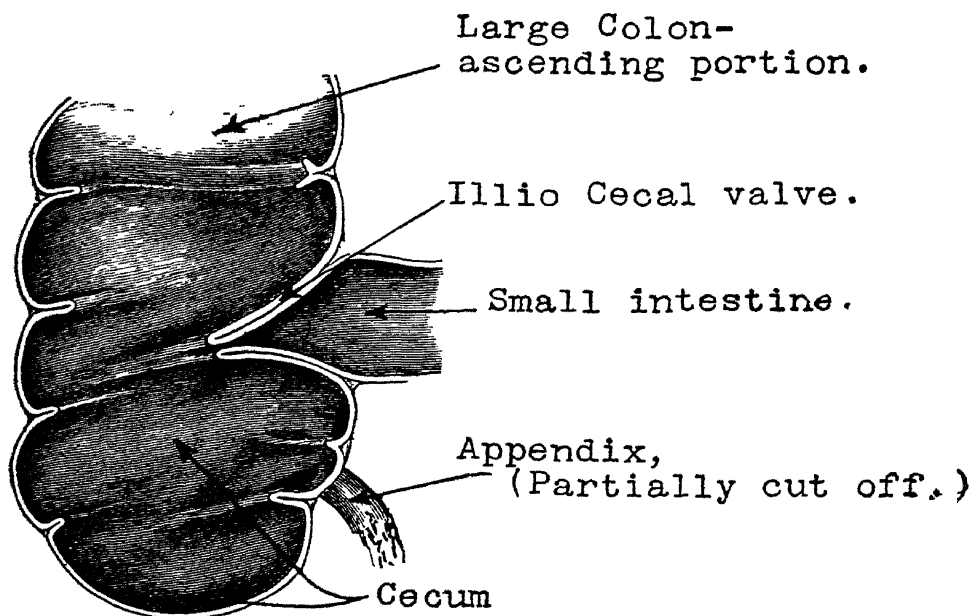
The two lower nerves on either side really have their origin in the brain from the pituitary body and the pineal gland, never entering the cord at all, but spreading in minute fibres throughout the myelin sheath, portions passing out with all the spinal nerves, and the remaining fibres coming together to form the lower two pairs of spinal nerves or coccyxigeal nerves. From this formation they are distributed to the sphincter muscles of the rectum, to the neck of the bladder, to the ovaries, testicles, terminal ganglia of the sympathetic system, and to the pelvic plexus, and all the pelvic organs.



**A BROKEN COCCYX OR LOWER
SACRUM, BY INTERFERENCE
WITH THE SYMPATHETIC SYSTEM,
AND IMPINGMENT OF THE MYELIN
NERVES, NEAR THE GANGLION OF
IMPAR, MAY CAUSE WEAKNESS TO
ALL LOWER ORGANS, MENTAL
DEPRESSION, INSANITY, OR PARALYSIS.
MAY BE EASILY REDUCED
WHEN BREAK IS FRESH.**

Lumbar Nerves

The two gangliated cords have their termination at the coccyxigeal region in the ganglion of impar, and a break of the coccyx often becomes very serious, and should be replaced by a finger or thumb adjustment of the coccyx within the rectum. Where it is not possible to so adjust on account of long standing, rectal dilation, properly given, will prove to be a powerful treatment, and will be good in case of any abnormal contraction of the sphincter muscles of the rectum.



The appendix when inflamed or diseased, should be cured, not removed. It lubricates the bowels and prevents constipation. Its removal causes constipation, shortens the life to an average of seven years. Adjustment cures and prevents a return of the disease.

When indicated, rectal dilation and spinal concussion will greatly aid in the treatment of piles, paralysis, constipation, diarrhea, bladder troubles, consumption, heart disease, head noises, cold feet, cold back, pains in the abdominal and pelvic regions, fevers, rheumatism, nervousness, etc.

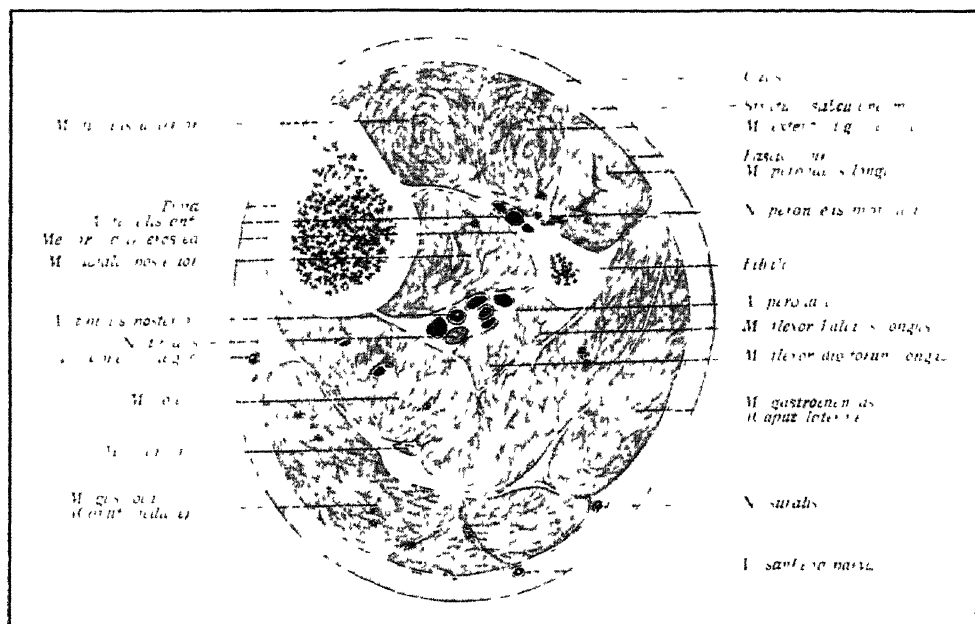
Incontinence of urine has been permanently cured by rectal dilation when all other methods had failed. Piles and hem-

Lumbar Nerves

orrhoids invariably yield to rectal dilation. Spinal adjustment alone will always reach this trouble if the injured nerves or impingement causing the trouble should be above the sacrum. If the trouble has its origin lower down, the treatment must consist of rectal dilation and spinal concussion.

Wonderful, indeed, are the effects of spinal concussion and rectal dilation in cases which call for this treatment, surpassing all other agencies, and giving results more surprising than could be described. By their aid life has been saved and health restored even after death was knocking at the door and demanding its victim.

When advisable use these methods by all means. Study symptoms and conditions carefully. Such methods are not needed in all cases, but when needed use daily, and sometimes two or three times a week.



NERVE SUPPLY TO ORGANS AND PARTS OF THE BODY

This division of this treatise is naturally very important from a purely Chiropractic point of view. As nerves are responsible for all bodily and mental function, it becomes of the utmost importance to the Chiropractor to be absolutely familiar with the nerve supply to every part and parcel of the human organism.

In reading the previous pages of this book, the student or practitioner has been taught the distribution of each spinal nerve, the diseases possibly and probably caused by impingement at the different segments of the spine, and the method of treating these diseases by the various modes of spinal adjustment.

In these previous pages he has been made to see the beauty, harmony, grandeur, and divinity of the wonderful house we live in. Its great and varied complexities can never be described in human language. Its unmeasured infinities must be discerned by gifts of God. The commoner and grosser aspects may be learned by study.

In the present division we outline the nerve supply from the different segments of the spine and the cranium to organs and parts of the body, with further instructions regarding treatment for disease or pathologic conditions that may arise to the viscera, brain, and other parts.

The closest study is asked. Let it be mastered fully in every detail to insure the greatest success in the treatment of patients. There should never be a doubt in the mind of the practitioner as to the outcome of any proposed course of treatment. The man or woman who fully and completely masters his study will never be in doubt. To such a one the most obstinate diseases will disappear, and human hands will break to pieces the greatest superstructures of disease.

From what has already been taught, the student will have seen that each organ or part of the body has nerve supply from several sources. For instance, the heart receives a very strong nerve supply from the fourth dorsal nerves, with a scarcely less nerve supply from the second, third, fifth, and sixth dorsals, and from the Phren-

Nerve Supply

ic and Pneumogastric nerves. A slighter force is received from some other spinal nerves.

Thus, without any further argument, the student will see that lesions affecting the heart might be from a number of segments along the spine, and treatment must be watched accordingly. And for many things the treatment may be indicated thru the Sympathetic, or the Sympathetic in combination with the Cerebro-Spinal System.

Therefore, we will begin with the upper portions of the body, as the brain, for instance, and go downward so as to include all the viscera and internal parts.

NERVE SUPPLY TO BRAIN

The brain, itself the greatest aggregate of nerve matter and cells, has a nerve supply and blood circulation that gives it nourishment and keeps it in working order for the work it must perform. Without this nerve and blood supply to the brain, this mighty mass would become inert, and death would soon follow.

The brain is supplied by all the cervical nerves, but most strongly and directly by the first, second, and third cervicals, and in a less degree by the lower cervicals thru the sympathetic cords.

The upper dorsal nerves affect the brain thru the sympathetic cords, reaching the cranial nerves, and distributed to the substance of the brain itself, and to the meninges and coverings of the brain.

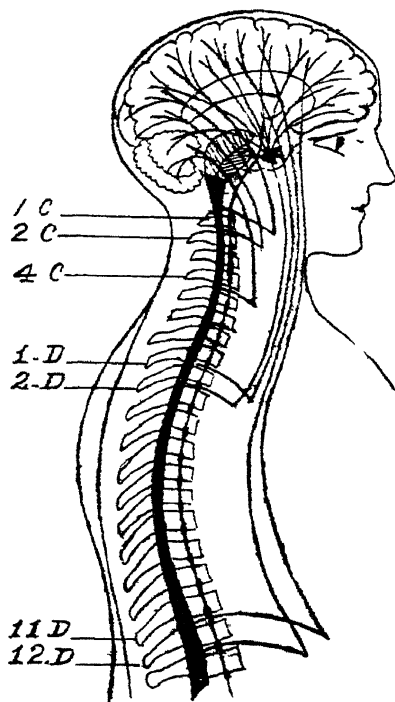
There can be no doubt either that the lower dorsals and the lumbar nerves have fibres that reach the brain. This is thru the pneumogastric and the sympathetic, and is of the utmost importance in the study of many mental disorders.

Accordingly, the student will at once see why headaches are so readily relieved by an adjustment of the atlas or middle cervical region. In nearly every instance relief immediately follows the adjustment. The nerve supply and the circulation are both at once increased or normalised, and perfect relief must follow.


It is also seen why so many mental disorders disappear when the upper and middle cervical regions are skillfully adjusted. Bad

Nerve Supply

memories become good, ringing noises disappear, delirious conditions in fevers, are banished, unsteady and doubtful feelings vanish, and some forms of insanity are cured. Hallucinations, mind wanderings, weak eyes, crossed vision, and such like become as tho they had never been



NERVE SUPPLY TO BRAIN

Mentally defective children become stronger and more fitted to labor from this treatment, combined with other adjustments and rational methods, and while we would not promise miracles with every mentally defective, many of these sufferers are greatly benefited by rational treatment, and in some cases do really become strong and useful mentally and physically. 

Many great physicians have spent their lives studying to benefit these unfortunates, but none of them have ever found any means of treating half so potent as we outline or prescribe here. Let every lover of humanity hear what we say from our own experience.

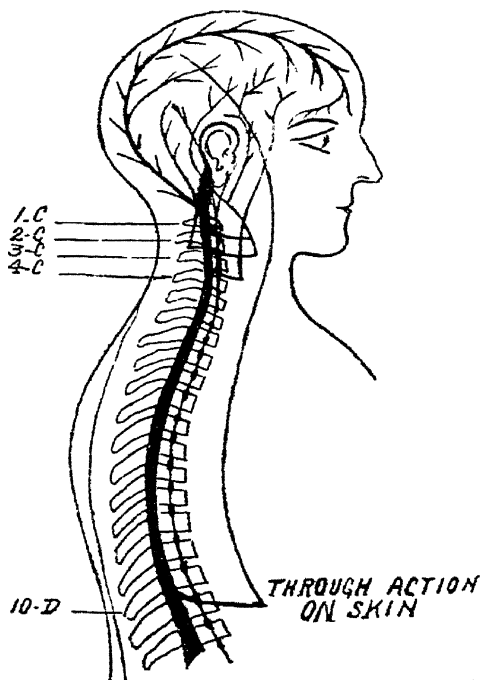
Nerve Supply

We have called attention elsewhere to the potency of the atlas adjustment for epilepsy or falling sickness of any kind, and in connection with other possible indications, will cure where there is no pressure on the brain

Any brain trouble whatsoever may be helped by this adjustment, with others as indicated, remembering always that, as the brain receives nerve supply from so many segments, either direct or indirect, lesions must be corrected wherever they exist. While the strongest and most direct supply may be from the upper regions, no part must in any way be neglected or overlooked

NERVE SUPPLY TO THE SCALP

The Scalp receives its nerve supply from the Sub-Occipital nerves and branches from all the nerves going into the formation of the cervical plexus, including the auricular and occipital branches-



Nerve Supply

es, and adjustment in the upper cervical region will always assist in curing scalp troubles of every kind, including dandruff, baldness, itching scalp, sweating scalp, etc

These nerves are distributed to the scalp in a direct way. The upper portions of the scalp have less fullness of this supply than the lower portions, but all receive a good supply, and all are affected by adjustment of the atlas region, and by adjustment thruout the upper cervicals

The fourth cervical nerves affect the scalp in a direct way also, but affect the circulation very powerfully thru formation into the Phrenic nerve, where they stimulate the circulation thru effect on the heart, diaphragm, lungs, etc

* As the cervical nerves connect with the cranial nerves, there is doubtless an effect upon the scalp from the cranial nerves, particularly from the tenth or pneumogastric. Here we should rather say that the pneumogastric affects the scalp thru its connections with the cervical nerves

The Sympathetic System also doubtless affects the scalp very materially just as it affects the skin all over the body. In fact, there can be no doubt whatever that scalp troubles are from internal disturbances in very many instances. Baldness, dandruff, and other scalp troubles are often cured by restoring the system to health by the general means of Chiropractic adjustment of the spine

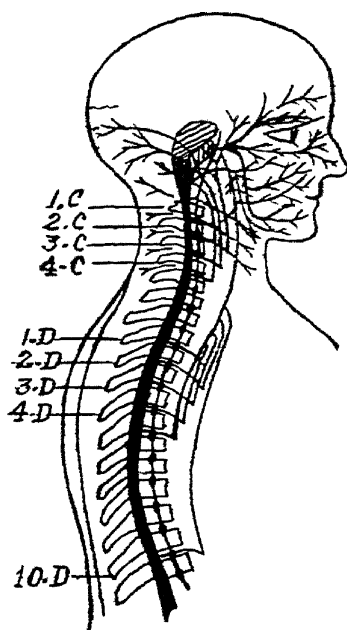
Of course, cervical adjustment, as outlined above, should never be neglected, but it must be remembered that other matters should be looked after also. Combination treatment is often the wisest. Many scalp troubles are quickly cured by cervical adjustments alone, but we would not limit to this region alone

NERVE SUPPLY TO THE FACE

The face and the neck receive nerve supply fully from the Facial and Trifacial Nerves, all the cervical nerves, the upper several pairs of thoracic nerves, and the tenth pair of thoracic nerves

Therefore the skin and muscular structures of the face and neck

Nerve Supply



NERVE SUPPLY TO FACE AND NECK

may be directly affected by impingement of any of these nerves, and disease will consequently follow. Conditions of age will follow such impingement, wrinkles will form in the skin, the mouth sag at the corners, the eyes become haggard and dim. Relief will quickly follow the careful adjustment of the affected region, and bouyancy come, and a feeling and look of youth.

Connection is made directly and thru the gangliated cords, and thru increased skin action by way of adjustment of the tenth dorsal or kidney place, which is central place for skin action.

Women and men who suffer from bad complexions will find quick relief from treatment as outlined above in connection with such other segments as may be indicated. Let each region be well studied in a primary manner, and then in connection with other segments.

There can be no complete mastery of any part of the spine, or of any part of the human body that does not consider all conditions that may confront the physician, who should witness his case.

Nerve Supply

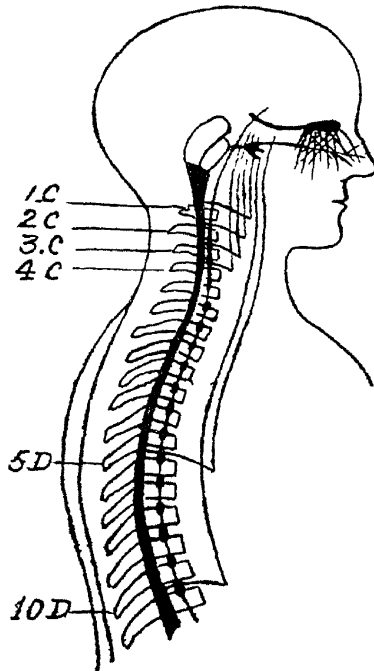
from every angle, and then outline a course of treatment accordingly, with such daily variations as may be required as the case progresses under his care

With proper care in treatment there is no reason why the face should not be constantly free from wrinkles, the neck smooth and clear in complexion, and the whole expression one of youth and confidence

No cosmetic, no medicine, can do what spinal adjustment will do to maintain youth. Medicines and cosmetics have no lasting good whatever. Some systems of exercise are valuable. Good food is always to be desired, but nothing can take the place of first rate spinal adjustment for the purposes here outlined

NERVE SUPPLY TO THE NASAL CAVITIES

The nasal cavities receive their nerve supply from the upper



NERVE SUPPLY TO NOSE

Nerve Supply

four cervical nerves, the Olfactory or first cranial nerves, the Facial, the Trifacial, and the tenth dorsal nerves thru skin action

It is seen at once why adjustment in the upper cervical region will always be so useful in treating all colds, catarrhal conditions, and so many other troubles affecting the nose, head, eyes, ears, etc

Old standing catarrhal conditions may be very readily cured by adjustment of this region. At the same time the hearing and the eyesight will be greatly improved

Many a case of these troubles that has baffled great specialists has been very quickly relieved and permanently cured by Chiropraths who have had but little experience in adjusting, but who have applied that knowledge where it was clearly indicated.

Experience will make any and everyone more efficient, but practitioners of little experience will often astound a community by making some great cure of some old disease that all other means had failed on

Let no one be discouraged. Those of but little experience this year will have a more extended experience next year, and will soon be ranked as those of vast experience

NERVE SUPPLY TO THE EYES

The Optic Nerve is distributed exclusively to the eye ball, merging into the retina of the eye. The further nerve supply to the eye comes from the upper cervical region and down as far as the middle cervical and below

The fifth dorsals also send a strong nerve supply to the eyes, and must not be overlooked in treating for all kinds of eye troubles

There is also a nerve supply from the tenth dorsal region, and the upper and middle lumbar regions. This may seem strange, but is true nevertheless

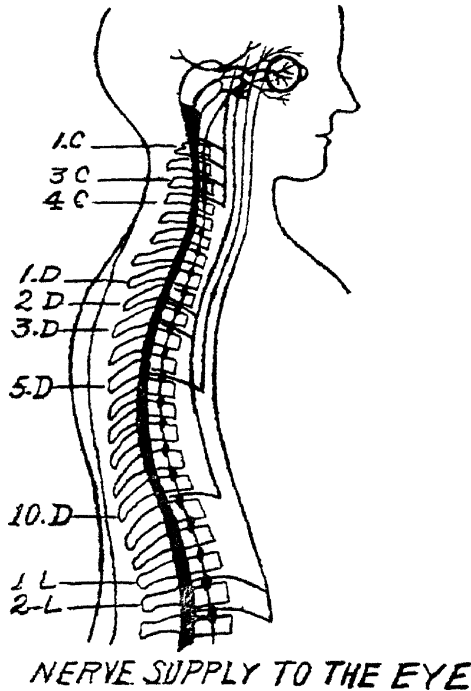
The worst of eye troubles may be successfully treated by adjusting as indicated in the nerve distribution as outlined above

The fifth dorsal nerves send branches that unite with the optic

Nerve Supply

and auditory nerves for the purpose of nourishing them. Therefore a very important segment to adjust.

The tenth dorsal nerves send fibres that reach the eyes through the ganglionic cords, and are an essential adjustment to the kid-



NERVE SUPPLY TO THE EYE

neys for some eye troubles where kidney action and skin action help in granulated and inflamed conditions.

The cervical nerves have a direct effect on the eyes, and naturally must not be overlooked in making these adjustments for the eyes. The sight is often quickened at once by adjustment of the atlas and middle cervical regions.

The entire digestive system is improved by adjustment of the fifth dorsal, while it affects the eyes in a most powerful and direct manner.

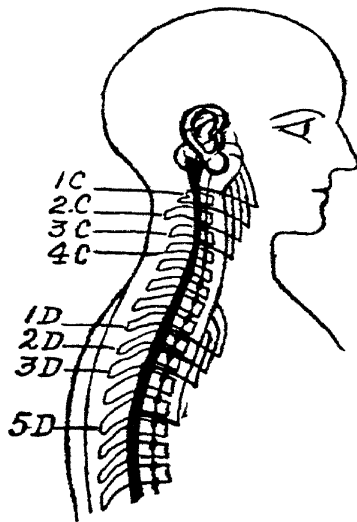
We have known several cases where total blindness existed to be restored by spinal adjustments alone, and we are sure a majority of cases of blindness and partial blindness may be cured by spinal adjustment.

Nerve Supply

As these methods become better known, there will be fewer cases of weak eyes and blindness. Let those unnatural things that contribute to weakness of the eyes be banished, and at once there will be an improved condition of the eyesight. Then spinal treatment will secure good sight and long life to every one.

NERVE SUPPLY TO THE EARS

The nerve supply to the ears comes from very much the same regions as to the eyes. In treating deafness in the beginning of spinal adjustment with the old developer, D. D. Palmer, it was



NERVE SUPPLY TO THE EAR

observed that, along with the improvement of the hearing, came the improvement of the eyesight.

The author has never treated a case of deafness or partial deafness that did not show some improvement. There will often be

Nerve Supply

the most extraordinary improvement noted at once, and sometimes a radical cure will follow the very first treatments given

Dr Palmer's first case was one of deafness, as noted elsewhere, and for about five years he treated nothing else, adjusting every one at the fifth dorsal region. He got some radical cures immediately following the adjustment, but some responded only in a partial manner. Later, when the old hero adjusted the cervical region as well as the fifth dorsal, his success was greater.

We believe that with proper spinal adjustment in the cervical region, the fifth dorsal, the tenth dorsal, lumbar, as indicated, made more definite assurances in his work. An epoch is marked in the treatment of deafness, as it is in the treatment of blindness and impaired vision.

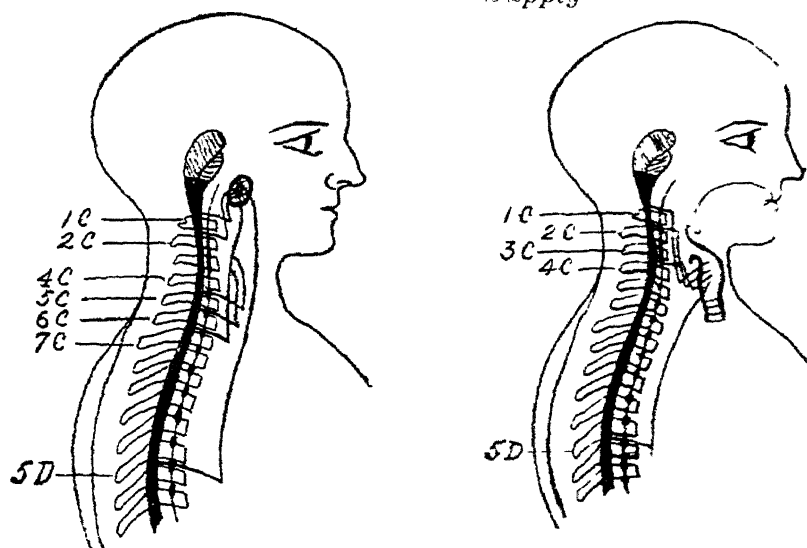
Catarrhal conditions are readily cleared out, which alone will restore hearing in many instances, while the restoration of normal nerve life will bring improved conditions in almost every case.

NERVE SUPPLY TO THE TONSILS

These nice little glands, stabilizers to the processes of metabolism, receive nerve supply from the Glosso-Pharyngeal, the Hypoglossal, the upper and middle cervicals, the fifth dorsal region, and the Pneumogastric.

These glands, when inflamed, or diseased in any way, may be successfully treated by spinal adjustment as indicated by this nerve supply outlined above. Give the adjustments as indicated here, keep the little fellows warm, use a little spinal concussion over the seventh cervical and up to the upper cervical probably, and your patient will soon recover, and will have his or her tonsils in a healthful condition to perform their function as nature designed. Cure tonsillitis by rational, sensible means, but keep the tonsils for future use. Some therapists may say they have no function, but you had better keep them if you wish to live long in the world. Their removal will shorten life, tho not so materially as the removal of the appendix.

Nerve Supply



NERVE SUPPLY TO LARYNX

NERVE SUPPLY TO TONSILS

NERVE SUPPLY TO THE TEETH AND GUMS

A most interesting chapter in this treatise Knowledge here given will enable the physician to preserve the teeth to old age provided proper food is eaten, and reasonable care taken of the teeth Adjustments so given as to reach the nerve supply to the teeth and gums, with other adjustments as indicated, will insure good teeth all thru a long life time, be that life ever so eventful and its years ever so endless

The most important nerve supply to the teeth and gums comes from the fourth cervical nerves, but the third and fifth send a good nerve supply also, and other cervical nerves to a less degree In adjusting the fourth cervical region we naturally adjust the third and fifth along with it

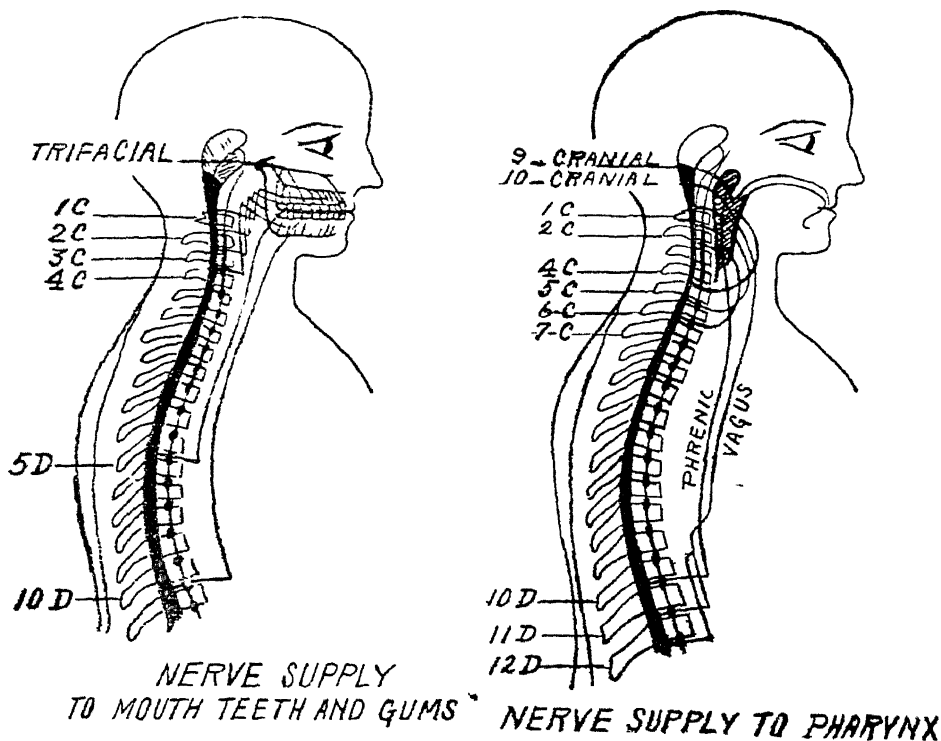
The fifth thoracic nerves also send fibres that reach the teeth and gums This is thru the gangliated cords and superior cervical ganglia in connection with the cranial nerves The fifth dorsal

Nerve Supply

is always important to adjust in alveolar pyorrhea and other diseases of the teeth and gums, as it increases the power of digestion, so essential in all weakness of this kind

Likewise the tenth dorsal is essential in troubles of this region, being central place for skin action, as taught by the first great master of the science, the immortal D. D. Palmer. Good elimination thru the kidneys greatly assists in the cure of any disease

Of course the student knows that the Fifth or Trifacial nerve



is distributed to the pulp of the teeth, and is the great sensitive nerve to that region, giving life to the teeth. With this nerve broken, the teeth become dead teeth, but may be useful after becoming dead. However, live teeth are better than dead ones, and should be preserved alive when possible. The Trifacial has connections with all the upper cervical nerves and some others as well.

We believe it should be made compulsory to all dentists and pyh-

Nerve Supply

sicians of all schools to study Chiropractic sufficiently to be able to treat Alveola Pyorrhea and some other hitherto incurable diseases that yield so readily in the hands of any capable Chiroprath

Any good dentist or physician can learn this great science in a few months, and may thus become master of these diseases that have hitherto baffled his best efforts. Fair trial will convince the most sceptical, and those who try will never have reason to regret, as the horizon of their usefulness will never have a boundary

Nothing adds more to the personal appearance of man or woman than good teeth, eyes, ears, and hair, and the segment of the spine we are now discussing holds the key to the method of maintaining good teeth, and to some extent will help to maintain normality to the eyes, ears, and scalp, but its greatest significance is to the teeth and gums

Man and woman in extreme age should have good teeth and, we believe that coming generations will have better teeth than the present, altho the present generation have poorer teeth than any previous generation, and dentists consequently have more work to do than ever before. We acknowledge the workman to be worthy of his hire, but an increase in the number of victims of poor teeth in the ratio the past generation has shown, in one or two more would leave no one with good teeth

However, we are sure the time for revolution in this field is at hand, and those who refuse to learn the great truths here held out as free will offerings will lose an influence that some other will gain and profit by to the extent of becoming benefactors of the human race

On with the work. The Renaissance is at hand. Conquerors who believe in mighty things are at hand. Truth and time have announced ready for battle, and eternal justice will announce the decision. Not any particular genius, but wisdom and work. Men and women who believe in themselves and the work they are called to do. Ever constant, forever sure, the pure gold of good work will weave the chain that no power on earth can break

NERVE SUPPLY TO THE THYROID GLAND

The nerve supply to this peculiar little gland comes from the

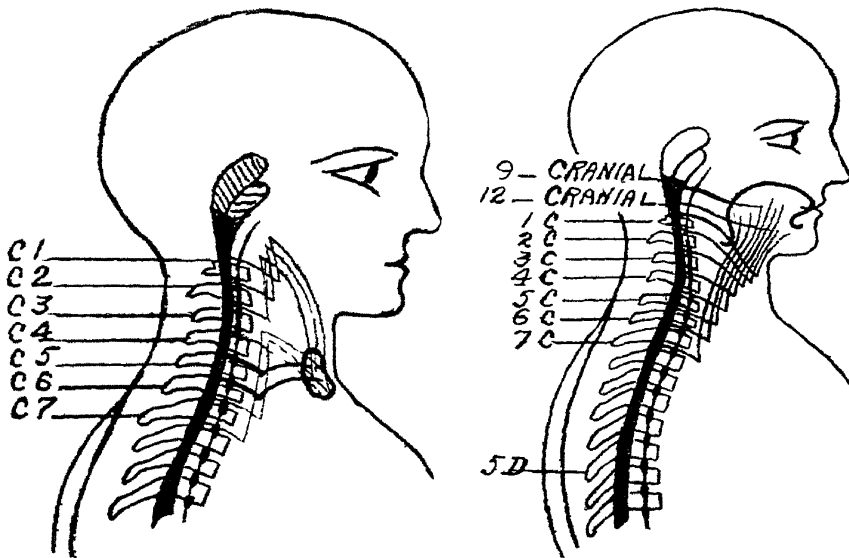
Nerve Supply

fifth and sixth cervical nerves, and from the Pneumogastric and the Sympathetic

The Thyroid is a most peculiar gland, with most peculiar characteristics. It has been well described in other parts of this book, and the particular description will not be repeated here.

Its derangement will cause the ugly growth in front of the neck known as goitre, which greatly disfigures the individual, and sometimes weakens the health and endangers the life.

Goitre may be either the common form, where it may become very large, and greatly disfigures the individual, or it may be of



NERVE SUPPLY TO THYROID GLAND NERVE SUPPLY TO TONGUE

the exophthalmic variety, where the size is not usually so great as the other form, but where the heart becomes affected, the eyes bulge, and general nervous weakness takes place, and death comes after a while.

In either form, spinal adjustment of the fifth or sixth cervical will reduce the goitre in some cases. When spinal adjusting is

Nerve Supply

combined with spinal concussion, cure is had in almost every case. In fact, we never knew a case that did not respond to the combined treatment.

The patient may hasten the cure along by bathing the goitre daily for several minutes in good strong epsom salt solution. This only hastens matters, and is not necessary to the cure.

Patient may eat such foods as contain iodine forming elements, or may take a drop or two of iodine daily. This, too, is not necessary, but seems sometimes to hasten things along.

Spinal adjustment with spinal concussion will cure every case. Adjust fifth or sixth cervical, and concuss or sinusoidalize the seventh cervical. Concuss for five or six or seven minutes, with interruptions, and do this daily for a good long time, according to size and age of goitre.

The treatment for goitre, as here outlined, thru the nerves, is one of the most distinctly marked epochs in modern therapeutics. It is certainly an epoch, and offers an extraordinary means to cure this ugly deformity. Nothing has ever equalled it, and its work is sure and simple as simple as the alphabet, and as sure as fair trial can make it. It succeeds every time.

Study the form and position of this gland from the cuts presented, and study the nerve supply from the cuts and the text of this book. You will have occasion to use the treatment in your practice many times.

NERVE SUPPLY TO THE LUNGS

The lungs receive nerve supply from the Pneumogastric, the Phrenic, the lower cervical nerves, the upper dorsals as far down as the sixth and from the tenth dorsal regions to some extent.

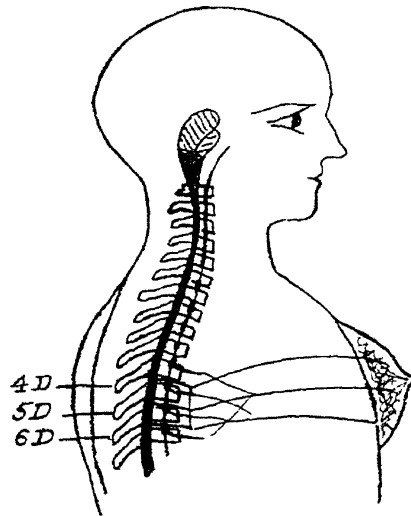
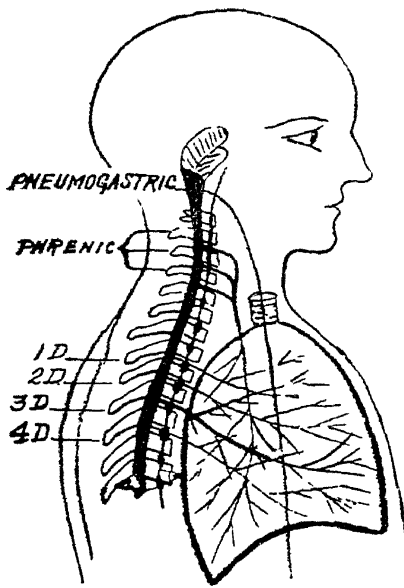
The strongest or fullest direct nerve supply is from the second and third dorsal nerves, where the spinal adjustment has its most powerful effect on the lungs. All that long list of lung and bronchial troubles so common in some localities are most easily treated by spinal adjustment as indicated in the above region.

It is now an established fact that consumptive patients all sleep on the left side most exclusively. Exceptional cases sleep

Nerve Supply.

on the back, which is also a bad position for lung troubles. With consumptives break this habit, feed the patient properly with good nutritious food, and adjust the spine as indicated here and recovery will take place every time where recovery is possible, and there will seldom be a loss.

As a rule spinal concussion is not indicated in tubercular troubles. Adjust the third and fifth dorsal regions for lungs and stomach, make the patient sleep mostly on the right side or the face, and you may be almost assured of success in your treatment.



NERVE SUPPLY TO MAMMARY GLANDS

NERVE SUPPLY TO LUNGS

However, common colds and coughs will be most speedily cured by concussion of the seventh cervical region after making the spinal adjustments as here directed, and influenza of every kind successfully treated by spinal adjustment and concussion.

The student is referred to that part of the treatise on the spinal nerves relating to the seventh cervical for a fuller outline of diseases treated by spinal concussion of the seventh cervical.

The author has seen many cases of tuberculosis that were thought

Nerve Supply

to be absolutely hopeless recover under spinal adjustment, diet, exercise, and sunshine The author's treatise on Consumption contains much matter not included in this treatise The student may read that work for more elaboration, but the present pages give all essential elements to the successful handling of all lung troubles whatsoever, included at the present part of this treatise and in the previous in the distribution of the spinal nerve

In pneumonia of any kind, adjust the regions stated above, keep chest warm with double jacket or otherwise, have patient sleep mostly on right side, and recovery will rapidly take place In pneumonia and most other troubles of the lungs may give spinal concussion of the seventh cervical

The middle cervical and the atlas, thru effect they have on the Phrenic and Pneumogastric, will always help in the cure of any lung trouble, and should be adjusted in connection with the third dorsal

But it must be remembered that treatment may be overdone Usually two or three adjustments are all that are indicated, and harm may come from over adjusting In lung and other troubles, let good enough alone, and be careful that too much treatment may not undo what would otherwise reach the case better

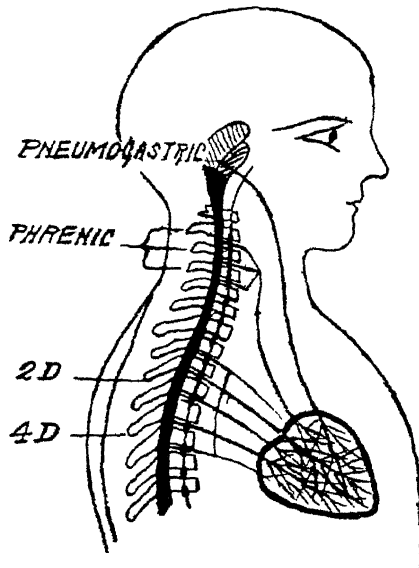
NERVE SUPPLY TO THE HEART

The heart receives direct nerve supply from the second and fourth dorsal or thoracic nerves, and from the region above and below these segments, and from the third dorsals

Therefore, nearly all heart troubles may be cured by adjusting the second and fourth dorsal segments of the spine Careful adjustments in the regions here indicated have a really powerful effect on any form of heart trouble The author's success has been more than marvellous in all forms of heart trouble from the ordinary forms of palpitation on to and including valvular leakage, mitral stenosis, dilation, fatty degeneration, endocarditis, incompetency of every kind, hypertrophy atrophy, etc , all of which have yielded most readily to spinal adjustment properly and carefully given

Nerve Supply.

At present the author treats many serious heart troubles by combining spinal adjustment with spinal concussion, and with a success so uniform that he never has a doubt in mind regarding the outcome of the treatment, but his success was just as good during the days when he used spinal adjustment alone, tho perhaps the results come more quickly when the two methods are combined. For this reason our treatise includes the two and all other methods that are useful when human beings are in need.



NERVE SUPPLY TO HEART

Further, regarding nerve supply to the heart, will say that this great organ receives distribution from the Phrenic, the Pneumogastric, and from several of the lower dorsal nerves, and even from the lumbar

The Phrenic, being formed from the second, third, and fourth cervical nerves, and adjustment at the fourth cervical region will always quicken the heart's action, as well as affect many other internal organs of the body.

As the Pneumogastric is so strongly affected by connections

Nerve Supply

with the upper cervicals, an adjustment of the atlas will quicken the heart's action also and will affect many other parts of the body and the brain

We believe that no centre of the spinal cord can be of more importance than this region regarding the action of the heart. No other organ is so vital to existence as the heart, which must continue its work thru the whole cycle of life

So many great physicians have contended that there is no cure for real organic heart trouble, but our experience has been so varied, so vast, and marked with so many radical cures that we always answer the question in the affirmative regarding the cure of any heart trouble whatsoever

We are well aware that the heart must keep constantly at work. Yet at or during sleep this organ undergoes great recuperation. Some other organs are just as constantly at work, or nearly so, such as the liver and bowels, pancreas, etc., yet all these may be cured by rational means in the hands of those who understand, and we know the heart will respond just as well if handled with equal skill

Let it be remembered always that the principle direct nerve supply to the heart comes from the second and fourth dorsal regions, and must be adjusted accordingly, while the nerve supply direct to the liver comes from the seventh dorsal region, as will be pointed out later on. Thus in treating any organ or part of the body, the adjustments must be specific in order to give the greatest good

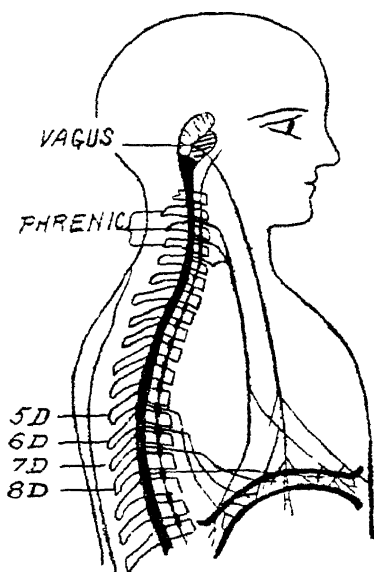
A great man believes in his work. A successful man lives by his work. We believe in the power of rational spinal treatment to cure heart disease of any kind. This has been our experience, and never shall we forsake a conviction that has led us to so many successes in the treatment of functional and organic or structural heart disease

Study all cases well, and go on without fear to the end. Success will hold out the crown, and lives saved will bless those who saved them

NERVE SUPPLY TO THE DIAPHRAGM

The Diaphragm is the floor separating the thoracic cavity from the abdominal. It receives its nerve supply from the Phrenic, the Pneumogastric, and from several spinal nerves near central place.

A drooping of the diaphragm interferes with the power to breathe. The liver, the largest gland in the body, is attached to its



NERVE SUPPLY TO DIAPHRAGM

under side by five ligaments. A weakened condition of the diaphragm may prove very serious, and good spinal adjustment may be necessary to restore and maintain proper functioning.

OTHER PARTS IN THE THORACIC REGION

Other parts, such as the Esophagus, Mammary Glands, etc., are supplied with nerve energy from the region of their location.

The mammary glands, for instance, are supplied with nerve life from the nerves in the region of the zones of location, particu-

Nerve Supply

larly from the second dorsal to the sixth dorsal, but more strongly from the third dorsal

Any trouble to the breasts of woman may be relieved by adjustment of the third dorsal Milk to the nursing mother will be made to flow strongly and healthily by adjustment of this region, and all diseases whatsoever may be radically helped by this adjustment.

The Esophagus receives nerve supply from the cervical nerves, and from the dorsal also as far down as the sixth dorsal, and adjustment anywhere that the trouble or inflammation is found should be given

Troubles in any other part may be readily located and adjusted by the skillful operator

NERVE SUPPLY TO THE STOMACH

The Stomach, the principle or perhaps the most important organ of the digestive system, receives its nerve supply from the Phrenic, the Pneumogastric, and directly from the third dorsal region down to the sixth dorsal, and in a lighter degree from the nerves above and below these segments

Adjustment of the fifth dorsal vertebrae is well nigh infallible for the cure of all stomach troubles, no difference how severe or of how long standing A few days treatment will usually suffice to do the work, and end all disorders that may affect the stomach

Seldom do we need to do anything other than adjust the spine at this region, and results will follow so speedily that it will prove a greater pleasure to give the needed relief

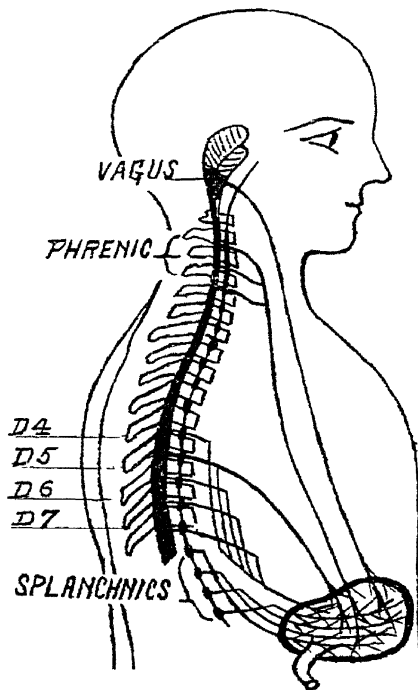
The stomach is shaped like a bagpipe, and if it swags in the middle, it may be made to assume a position more nearly perpendicular by giving spinal concussion at the fifth dorsal for five minutes, with proper interruptions, each day The sinusoidal current likewise is very powerful for the same purpose Should be resorted to in cases of peculiar gaseous formation in the stomach

Occasionally a person is made very sick temporarily from adjustment of the middle cervical region This is because of the action of the Phrenic nerve, which is formed in this region and distributed to the stomach and other internal organs of the body The pecu-

Nerve Supply

lar stimulation given to the stomach from the Phrenic will sometimes react so as to cause vomiting

Medical science admits inability to cure diseases of the stomach, liver, and other internal organs by strict medical treatment Vainly have medical men sought specifics in these maladies, and patients have suffered on just the same Great have been the successes of the Chiropraths, who have come bringing hope to all suffering ones, sunshine illuminating a perfect day, a wisdom to be known of all her children, radiancy of youth that shall never know the decay of old age



NERVE SUPPLY TO STOMACH

NERVE SUPPLY TO THE LIVER.

The Liver, the greatest gland of the body, is situated just under the diaphragm, being attached to it by five ligaments A most

Nerve Supply.

wonderful gland, pouring its secretions into the duodenum about two to three inches below the pyloric orifice of the stomach. A fuller description of the liver is had under that portion of the book relating to the glands accessory to the alimentary tract.

The strongest direct nerve supply to the liver comes from the seventh dorsal region, with a very strong supply from the sixth and eighth dorsals, with some impulse from the regions immediately above and below these. Some impulses reach the liver from the upper lumbar region. Of course the Phrenic and the Pneumogastric both reach the liver. The Splanchnics affect the liver directly.

It is a significant fact that the liver receives its nerve supply mostly from the nerves from the right side of the body, while the stomach receives its nerve supply from the left side nerves.

Any lesion affecting the spinal nerves on the right side of the body from the fifth to the eighth dorsal may result in severe liver trouble, while the nerves impinged on the left side from the fourth to the seventh dorsal may give stomach trouble of some kind, both of which may be readily corrected by spinal adjustment.

The Phrenic and Pneumogastric may be adjusted from the middle and upper cervical regions, and may be adjusted along with the other regions as indicated.

The liver region may be adjusted in all diabetic conditions, and cure will result in almost every case, being hastened by concussion of the seventh cervical.

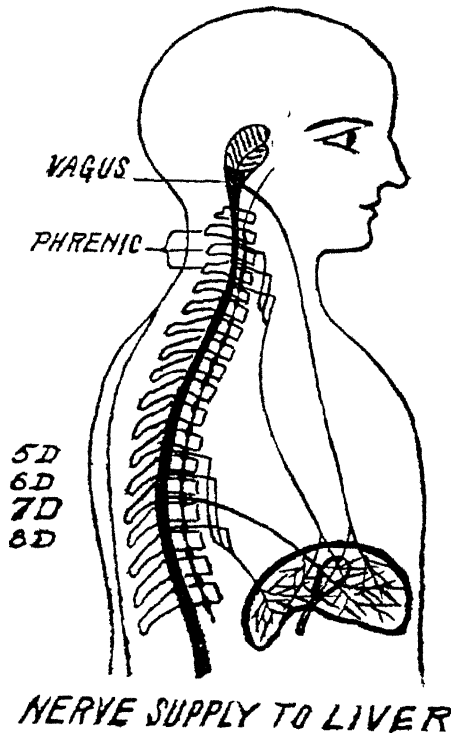
Diabetes always affects the liver, causing abnormal secretions of sugar, as found by analysis of the urine. Spinal concussion of the seventh cervical vertebra greatly contracts the liver, prevents the formation of sugar, and hastens the cure of any case of diabetes.

The treatment here combined is the only treatment for diabetes we have ever found. Medicine does no good whatever. Specialists have never done any real good, while spinal adjustment and spinal concussion, as here put forth, will progress the suffering ones from this disease to perfect cure in almost every case. The author has succeeded every time.

Concussion of the second lumbar region will also contract the

Nerve Supply

liver, and may be used with the seventh cervical in the treatment of diabetes, but we have found concussion of the seventh cervical to be the most powerful of any. The sinusoidal current may be used instead of the concussion with equally good results.



In diabetic patients concussion may be given over the fifth lumbar a short time, as this alone has a strong tendency to prevent the flow of urine in great quantities. Combination treatment will insure a cure in every instance.

NERVE SUPPLY TO THE SPLEEN

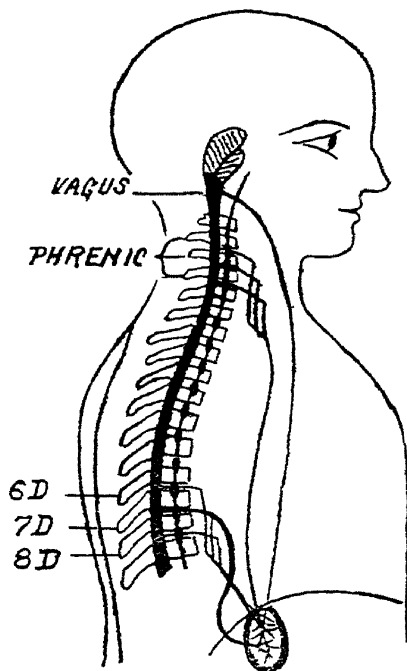
The spleen receives a very strong nerve supply from the sixth dorsal nerves. Also from the seventh and eighth. It is also slightly influenced by the lower dorsals and the upper lumbar. Both

Nerve Supply

the Phrenic and the Pneumogastric nerves send fibres to the spleen and must be reckoned with in the treatment of disorders affecting this gland

Adjustments of the sixth to the eighth dorsal vertebrae will exert a most powerful influence upon the spleen

Stimulation of the lower dorsals will dilate the spleen and its blood vessels. The gland may be constricted by concussion of lumbar one to three



NERVE SUPPLY TO SPLEEN.

The spleen is a very peculiar gland, and may be removed with very little danger to the life of the patient. It may enlarge in malarial troubles to enormous proportions, and a heavy fall may break it into two or more pieces when in a state of bad health.

Most troubles of the spleen may be successfully treated by spinal adjustment.

The nerve supply to the organ comes mostly from the left side of the spinal vertebrae, just as the nerve supply to the liver comes

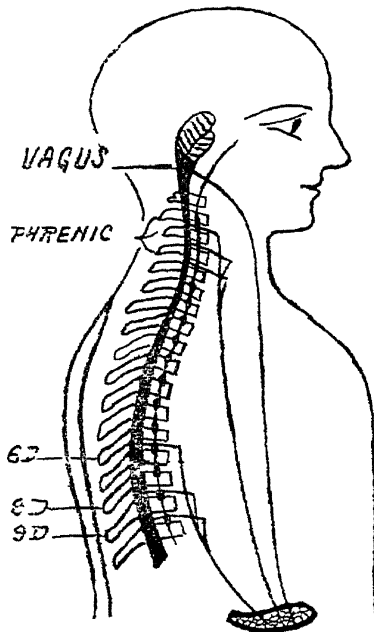
Nerve Supply

from the right side The nerve supply to the stomach comes from the left side.

NERVE SUPPLY TO THE PANCREAS

A very strong nerve supply to the Pancreas comes from the eighth dorsal segment of the spine And a strong nerve supply also comes from the ninth dorsal nerves Also from the region above and below this The Pneumogastric and the Phrenic both reach the organ, and have much to do with its proper functioning

The Pancreas is a most useful organ or gland Its tail is in contact with the spleen, while the head is buried or infolded in the duodenum below the pyloric orifice of the stomach, where its duct, or Duct of Wirsung, joins with the bile duct to empty jointly their contents into the duodenum



NERVE SUPPLY TO PANCREAS

We believe that somehow the pancreas may carry some portion of the secretions of the spleen into the alimentary tract The pan-

Nerve Supply.

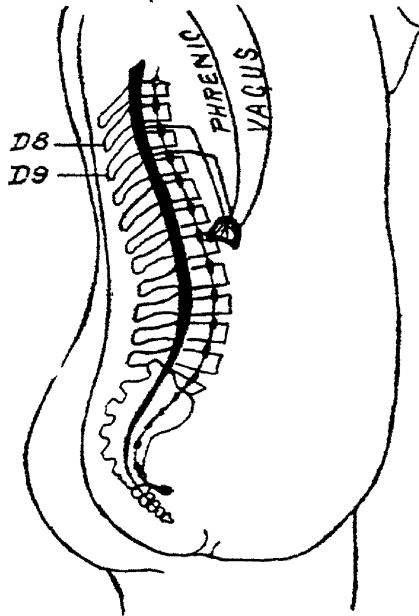
creas in no way actually joins the spleen or connects with it, but being in contact with it, we can see no reason why some portion of the secretions of the spleen should not be carried to the intestines by means of the pancreas, the single large duct of the pancreas being an admirable barrier for this purpose

It will be noted here that the fallopian tubes have no direct connection with ovaries in woman, and yet no one would doubt that they transmit the secretions of the ovaries to the uterus

It will, of course, be observed that we simply advance it as our opinion that the pancreas may possibly transmit some of the secretions of the spleen around with its own secretions to the duodenum. It is not expressed dogmatically, but simply as an opinion and a possibility

NERVE SUPPLY TO THE ADRENALS

The Adrenal Glands or Suprarenal Capsules, situated just above



NERVE SUPPLY TO THE ADRENALS

the kidneys, have nerve supply from the same nerves that supply

Nerve Supply.

the Pancreas Not precisely the same, to be sure, but very nearly

The Pneumogastric, the Phrenic, the sixth to the ninth dorsals, and some other dorsals to a small degree, furnish the nerve supply to these rather peculiar glands

The strongest nerve supply to the adrenals is from the region of the eighth and ninth dorsals, which blend here with the phrenics in these glands, and reflexly affect the middle crevical region, as the phrenics have their origin in the middle cervical region, and their terminal fibres are in the adrenals, unless, as some affirm, fibres may be traced as low as the kidneys on one side

These glands are involved in such diseases as Addison's Disease usually amenable to Chiropractic treatment

The adrenals are ductless glands, their secretions being taken into the system by absorption

NERVE SUPPLY TO THE KIDNEYS

No glands or organs of the body could be of more use, or be more important in any way than the kidneys They are indeed important as eliminative organs, and their impairment will always cause weakness and disease

They are involved in dropsy, or Bright's Disease of any kind, fevers, rheumatism, paralysis, locomotor ataxia, etc

The strongest direct nerve supply is from the tenth dorsals The nerves immediately above and below this region also give a good nerve supply to these organs The pneumogastrics reach the kidneys, and fibres from the phrenics also reach and enter the kidneys, but to a very limited degree

In all serious kidney troubles, adjust the kidney region, and give concussion to the seventh cervical and the first, second, and third lumbar Dropsical patients will recover very rapidly, and other sufferers in a very short time also

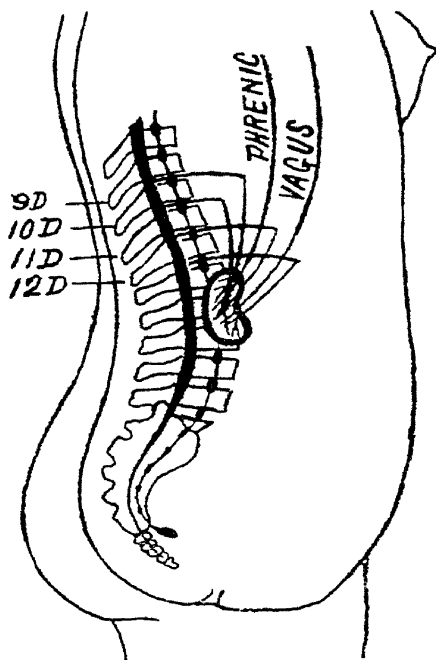
We could give a thousand clinical reports of remarkable cures in the most advanced stages of dropsy and other forms of Bright's Disease, but we hardly believe it best to encumber the pages of a text book with these reports Rather let the pages be full of the

Nerve Supply

best instructions. Each student and practitioner will soon have his own clinical cases without relating or hearing related cases of other practitioners.

Suffice it to say in passing that the author has treated cases that had been given up to die under the most skillful treatment from the most skillful physician the country affords, and success was always obtained in a short time.

Enlarged kidneys, atrophied kidneys, floating kidneys, fatty degeneration of the kidneys, albumuria, gravel, and almost every other disease that kidneys are heir to may be successfully treated from the above outline of procedure.



NERVE SUPPLY TO KIDNEYS

We have positively had cases where the limbs had burst in numerous places, and were running putrid matter, with foul odor and sickening appearance, to recover in a comparatively short duration of time.

In other cases the abdomen and legs were so swollen and enlarg-

Nerve Supply.

ed as to absolutely prevent the patient from walking around, and yet in these extreme cases, recovery was rapid

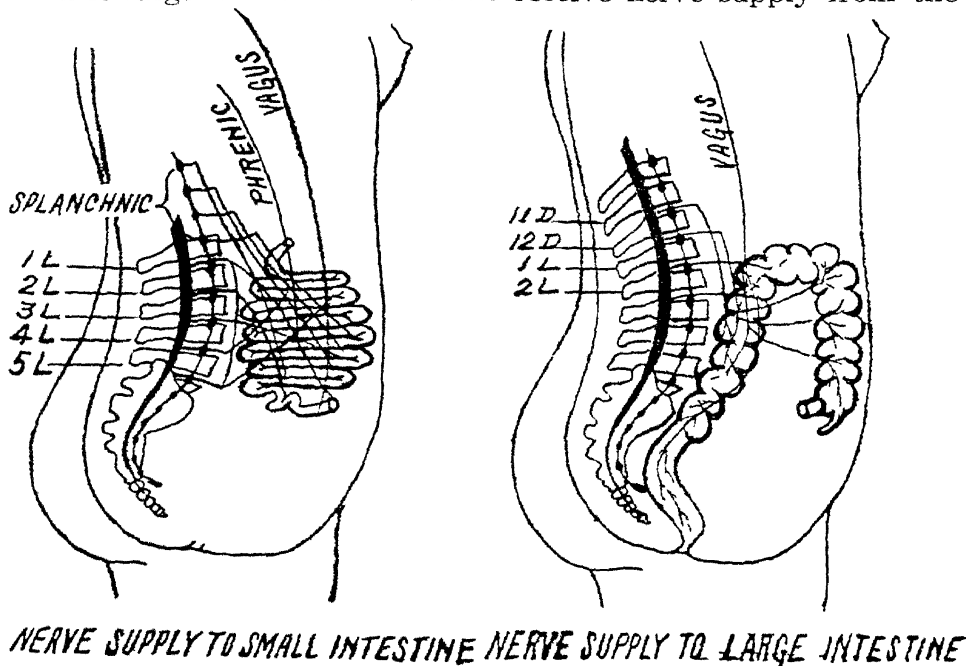
Some of these cases were more dangerous to patient's life than the worst forms of pulmonary consumption, and will demand the life of the suffering ones just as surely, but the capable spinal therapist will surely save life and restore health

How rich this knowledge would make the medical world if it could only be accepted? Noble minds can harbor no jealousy, and good physicians are always open to conviction. Liberal minds are eloquent with independent thoughts, and make great truths immortal

Great characters are living links in the chain of life. Tyrants cannot destroy them. States cannot annihilate them. Storms cannot bear them away. They outlast monuments. The world longs for many great characters, and will have them as the years bring them forth.

NERVE SUPPLY TO THE INTESTINES

The large and small intestines receive nerve supply from the



Nerve Supply

Phrenic nerves the Pneumogastrics, the Splanchnics, the lower dorsal nerves, and the lumbar nerves thruout, particularly the second and fourth lumbar.

Troubles to the intestines are relieved according to the findings. Most cases of diarrhea and constipation are quickly brought to normal by adjusting the second and fourth lumbar.

Examine carefully in all conditions, and it may be necessary to adjust elsewhere as well as in this region.

No difference what the trouble may be, spinal therapy will make the cure whether in children or adults.

Even cholera, cholea morbus, and such other diseases as medicine makes out so poorly with along these lines, may always be successfully treated by rational spinal methods.

Digestion takes place all along the intestinal tract, and the able and conscientious Chiropractor will be able to relieve any trouble involving any part of this tract.

NERVE SUPPLY TO THE APPENDIX

This strange and wonderful little organ receives its nerve supply from the second lumbar nerves. In cases of acute appendicitis, there will always be found great tenderness in the region of the exit of the second lumbar nerves, particularly on the right side, and adjustment of this region will relieve and cure the worst cases.

The appendix is an oil can, and its function is very necessary in the economy of digestion. Its removal will cause constipation and many other troubles, and will materially shorten life, the average life of those having it removed being only about seven years after removal.

Our advice is always to cure the appendicitis, but leave the appendix where it belongs. Its work is a most important one. Physicians who suppose it has no function are greatly mistaken, and a better understanding will bring health and longevity to the human race as never before.

A few years ago the scientist who removed the appendix from a dozen monkeys taught a great lesson to all who would heed the result.

Nerve Supply

This scientific physician took two dozen chimpanzees for his experiment. He removed the appendix from twelve, but let it alone in the other twelve. He kept all the monkeys together, and fed them the same food. Those from which the appendix had been removed died one after another of constipation in a very short time.

Of course human beings might last longer, being possessed of more knowledge in methods to force movements of the bowels, but the chimpanzee knew nothing of these methods, and soon died.

But the great body of physicians will not see these things, and go on blindly removing appendixes regardless of consequences, and such will be the case until a new order of things is ushered in. The hand writing is on the wall, and a Daniel is ready to read the words of doom.

Moreover, only a small percentage of the cases claimed by the medical men and operated on by them turn out to be appendicitis at all. That prince among his fellows, Dr. Richard Cabot, of the Massachusetts General Hospital, says that out of more than forty operated on in that great hospital only three of the cases were appendicitis.

Several years ago the president of the national medical association said that out of 95 cases operated on by himself during the period of a year only three of them were cases of appendicitis.

No Chiropath would make such mistakes in diagnosis, as palpation over the exits of the second pair of spinal nerves will prove the case to almost an absolute certainty. Tenderness of this region shows the very great probability of the involvement of this little member. Tenderness at the third lumbar will indicate ovaritis.

So all along the spinal column may be found tender spots that indicate trouble with some organ receiving nerve supply from some specific region.

Learn these specific segments, and all else will be easy in the treatment of disease.

As with all other organs or parts of the body, let the appendix remain intact, that it may better perform its work as nature designed. Perfect organs cannot be improved, and the removal of

Nerve Supply

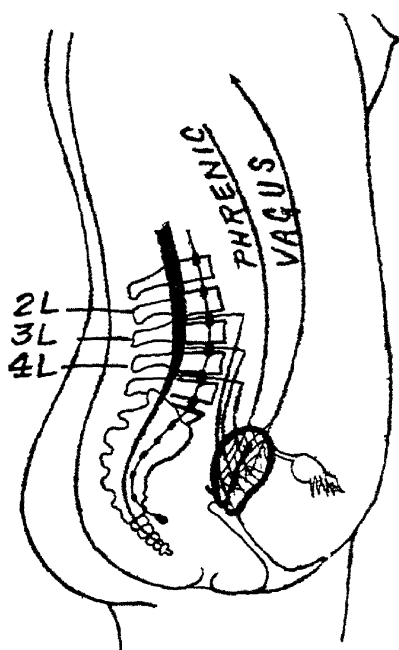
organs takes away some parts that are essential to perfect functioning.

NERVE SUPPLY TO THE UTERUS

The uterus has its nerve supply from the third and fourth lumbar nerves, and from the Pneumogastric. In a less marked degree the sacral and the lower dorsals also affect the uterus.

Fibres from the third and fourth lumbar reach the uterus without passing or connecting with the gangliated cords of the sympathetic system. Also from the fifth lumbar. Vasomotor and secretory influences are sent to the uterus from these regions.

The most serious diseases of the uterus may be cured by proper spinal treatment of the middle and lower lumbar regions. Combine spinal concussion in some cases.



NERVE SUPPLY TO UTERUS

Successful is the treatment for all female diseases, falling of the womb (even tho it protrude). fibroid tumor of the womb. tendency

Nerve Supply

to miscarriage, leucorhea, painful menstruation, scanty, profuse, or painful menstruation, and almost anything affecting the uterus

In case of fibroid tumor, use concussion five to seven minutes over the first, and third lumbar

In treating continued menstruation also use the concussor over the three upper lumbar, and results will be satisfactory every time

Concussion or sinusoidalization may not be absolutely necessary, but will hasten the cure in many hard cases, and the steadfast aim of the author, and always has been, to cure the patient and such he wants to be the aim of all his students and all who read this book

Study sacredly the nerve supply of this great, organ of reproduction Within it life is created All work should be sacred Greatness, genius, character But the greatest of these is character Greatness forces its way thru difficulties Genius accomplishes all things Character is greater than deeds, brighter than jewels, and wins its owner the house of many mansions

NERVE SUPPLY TO THE BLADDER

The bladder is a receptacle for the urine, which is passed from the kidneys downward to the bladder It has nerve supply from several segments of the spine, and from the sympathetic system as well

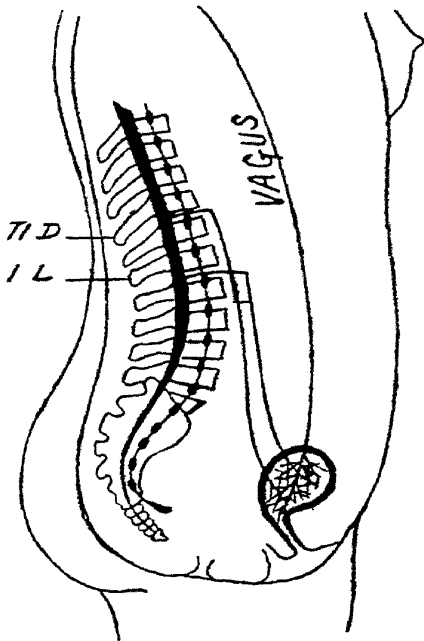
The sacral and lumbar nerves send filaments to the bladder, and the upper lumbar sends the strongest impulses to the neck of the bladder Bed wetting, cystitis, too frequent desire to urinate, and all other troubles of the bladder will be radically and surely cured by so adjusting as to relieve all tension on the first lumbar nerves

The bladder receives its nerve supply from the sympathetic thru the pelvic plexus which sends out numerous smaller plexuses to supply the pelvic viscera

Spinal concussion or sinusoidalization of the first, second, and third lumbar will contract all the abdominal viscera, correct or

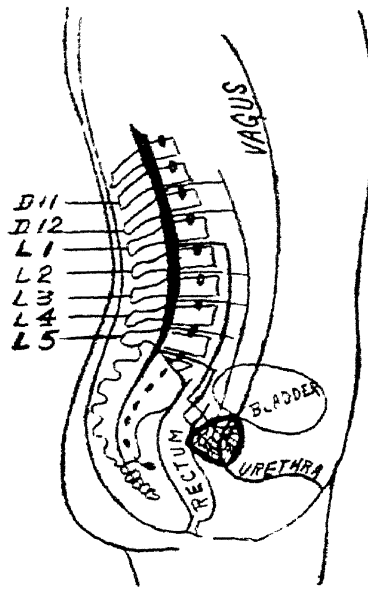
Nerve Supply

allay hemorrhage of the uterus, will contract and strengthen the sphincter muscle at the neck of the bladder, cure incontinence of urine and other disorders of the bladder, contract the stomach, liver, spleen, intestines, and kidneys, and will tone and strengthen the walls of the colon. The most powerful results are obtained from concussion of the second lumbar.



NERVE SUPPLY TO BLADDER

NERVE SUPPLY TO PROSTATE GLAND



The combined treatment by spinal adjustment and concussion is well nigh impossible of failure. We have seen the most stubborn and hopeless cases recover in a few weeks, and sometimes in a few days, with none of the cystitis indications after the first day.

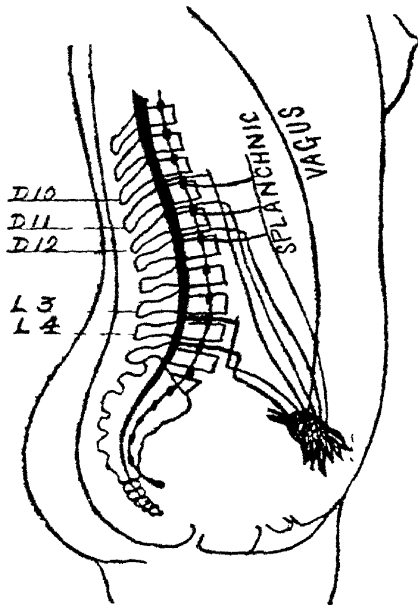
NERVE SUPPLY TO OVARIES AND TESTICLES

These glands receive their most direct nerve supply from the the spinal nerves of the third lumbar and this segment becomes

Nerve Supply

a most important segment to treat for most ailments of these organs

The sympathetic sends branches from the ovarian plexus, and to a considerable extent nerve fibres reach them from the lower thoracic and the lower lumbar and the sacral regions



NERVE SUPPLY TO OVARIES

Other troubles of similar nature, and those entirely dissimilar as well, will be successfully handled. The knowledge we have imparted in this treatise of the nerve supply to the organs and parts of the body will enable the physician to apply his knowledge to the treatment of any and every case that may arise in his practice.

Each important case should be a special study. Give the treatment as best indicated, and remember the following rules always,—

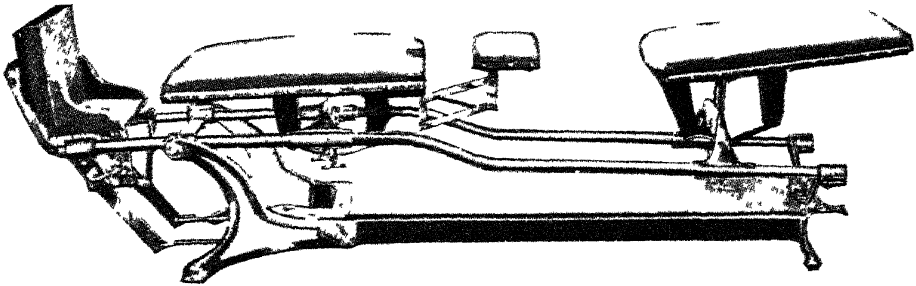
1. Know *what* you are treating. Make yourself familiar with everything about it. Make it your most familiar friend. Study it until you *do* know it in every detail.

Nerve Supply

2 Know *how* to treat it See what has been taught you in this book If you have something in hand that has not been delineated fully in these pages, then study by analogy, nerve distribution, etc until you see exactly how to proceed

3 Know *when* to cease treating You may over treat very easily if you fail to follow this admonition Reflexes may be exhausted from too much treatment at your seances, and done more harm than would be done by treatment too short.

These are three very important rules We heard a minister advise some younger ministers on their future work Among his pertinent sayings were three good rules, namely, he said,—“Young Brethren.— Three rules always observe in your sermonizing.— First, have something to say,—Secondly, know how to say it, and Thirdly, know when to quit saying it, and this third rule is the most important of any ’



The Palmer Hylo Table

A most beautiful and convenient adjusting table All office furniture should be neat, strong, and convenient Personal appearance is valuable, knowledge is power, and practical application make the physician useful

FUNCTIONS OF NERVES

It may truly be said that nerves are responsible for all bodily and mental function. No organ or part of the body can functionate without nerve impulse. Normal nerve supply to any organ or part of the body will insure normal work from that organ or part, the lack of normal nerve supply allows a weakening or disability to that organ or part.

The power of nerves to conduct or carry impressions of any kind is called *Conductivity*, and depends for its greatest accuracy and general forces upon the freedom of all its parts from obstructions of every kind. Whatever interferes with absolute freedom will to that extent prevent the clear transmission of messages of any kind.

Back of all nerve force and function is life itself. In a dead person nerves cannot cause any functioning of any organ. Nerves can act only in live persons and animals.

Life is a primary term, and cannot be defined. It may be lived, and much of its powers be understood, but is incapable of definition. Try to give a definition of life, and see what you say. Let us hope to live and make the bodies of others healthy, and their lives long and useful, but omit the work of defining life.

Two general functions of nerves may here be noted, namely, Afferent and Efferent. The former conducts the impulse inward, the latter takes it outward.

In older treatises on Physiology the classification was given of Motory and Sensory. These terms define themselves, the former giving motion, and the latter sensation. The terms Afferent and Efferent are more comprehensive, and will be used to include the other terms and all subdivisions.

Afferent functions of nerves include Seeing, Tasting, Feeling, Hearing, and Smelling, to which may be added Intuition, Inspiration, Sense of Weight, and the Philosophy of Unity.

The nerves to the organs of special sense are fully described in that part of the text relating to the Cranial Nerves, and will not be discussed in this portion of the book. Briefly we will outline or epitomise the latter three or four divisions.

Function of Nerves

INTUITION is that power of the mind by virtue of which an individual knows things without knowing why he knows them. It is instinctive or automatic, and without the domain of reason. Animals possess the power to a marked degree, both young and old. Some men and women possess it to a considerable degree, and a few to a high degree. Ages ago, doubtless, a great many possessed it, but, like a faculty, which it probably has been, wasted by disuse, it is now possessed by but few in a state of perfection.

Some people form a correct opinion of strangers on first meeting them. If this first impression is let alone in future trust or mistrust, no mistake is made. If reason is allowed to change or vary it, then many mistakes may occur.

We believe the time will come when instinct or intuition will be again cultivated, will be possessed by all men and women in a degree far beyond that of the present time, and it will bring a higher state of knowledge every way.

INSPIRATION is knowledge received from extraneous sources. We have seen public speakers inspired with knowledge they did not seem previously to possess. Men of the most ordinary capacity sometimes speak like orators. This is inspiration. Great orators sometimes become much greater, and the most sublime periods are uttered with no thought whatever. Just the power of inspiration. Peter the Apostle preaching on Pentecost is an example. Peter the Hermit in the crusades is another example. D. D. Palmer always claimed to be inspired and directed by a spirit friend who the old hero said brought to his mind all he taught the world.

Great orators inspire vast assemblies of people to act what they say. Demosthenes swayed the Athenians to the powers of his unconquerable will. Cicero was equally powerful but of a different type altogether. Savanorola differed widely from these, but possessed powers of oratory the equal of these leaders in every particular. And such men as Webster, Clay, Calhoun, Bryan, always orators, have, under special pressure, become as absolutely inspired as any of the Apostles.

And just as we may be inspired by extraneous forces, so may

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we give out an inspiration to others. Often members of a teacher's class will remark upon certain lectures being so inspiring. So easy to remember. So much clearer than any others. Couldn't forget them if we wanted to. Just the power of inspiration imparted to others. Some men and women are born teachers. born to teach and inspire others. Other so-called teachers could not learn to teach or inspire others in a thousand years. Just simply not born for that end. Lincoln's speech at Gettysburg will remain an inspired and inspiring epitome of patriotism, rhetoric, and oratory as long as the earth stands, while the long studied and classic productions of the great orators of the time are even now read only under the lash of classic necessity. Lincoln's words were inspired, while the others were not.

Washington's farewell address was by inspiration, and will always be read and admired. It is classically elegant, heroic, patriotic, and has proved as absolutely true as any prophesy of the Bible.

SENSE OF WEIGHT Every one possesses this. It may not be so significant as the others, but is of importance in many ways. We feel it and realize it without actually lifting objects. Those who realize it best will make fewer mistakes than those who are weak in this way. It is possessed by the lower animals, who have a pretty good understanding of their strength and endurance.

A faithful horse, seeing he cannot carry his load farther, or pull his heavy load up the hill, will sometimes struggle on in obedience to his master's command, but will often lie down and refuse to try any more.

Wrestlers and boxers will often see their master in an opponent from nothing else than this peculiar afferent principle. It is as real as any of them, but poorly cultivated. With proper cultivation it could be greatly improved, and would be of great benefit.

PHILOSOPHY OF UNITY A most beautiful Afferency Oneness. Taught by Jesus of Nazareth. Books and magazines are now published to prove it. But it needs no outside proof. It is its own best proof, and will be accepted.

EFFERENT FUNCTIONS OF THE NERVES

Efferent functions of nerves are classified as follows, and need but a brief treatment in this book, as their principles are illustrated throughout its pages

MENTAL

All thoughts are originated in the brain. Mental impulses are born there. Certain lines of study will develop the brain for such a study. Other lines may dull it.

Dr. Gaul, the first great phrenologist, being unable to remember from day to day where his patients lived, studied and developed this part of his brain until he could remember as well as any one.

It is most interesting and refreshing to watch the growing child develop ideas and thoughts. Some children excel others just as some adults excel others. Some may become eminent in some lines of research or work, where others can never attain to any height whatever.

There should be in every school a means of ascertaining the adaptation of all children. Vocational studies would save many a man and woman life time mistakes, and more quickly fit young and older people for stations suitable to them in life.

MOTOR FUNCTIONS OF NERVES.

The motor functions are manifested in movements of every kind. Without this function there could be no power of movement whatever. In a state of complete paralysis there is no power whatever to move.

The general motor functions or powers are seen in locomotion or change of place, movements of the outer parts and limbs of the body while the form enmasse remains stationary, the movement of internal organs in breathing, digesting, circulating the blood and the lymph, secreting the bile, pancreatic juice, etc., altho these latter principles are classed under divisions of their own.

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Any movement, however made, or wherever executed, is motor, and exemplifies the motor functioning of nerves

The Motor Functions may be divided as follows --

1. MYOMOTOR.

The term signifies motion to the muscles, and must be construed to include all muscular movement whatsoever. Wherever there is muscle or muscular tissue, motor nerve impulses are responsible for all motion given.

2. CARDIOMOTOR.

The cardiomotor impulses contract and expand the walls of the heart. A lack of these impulses will cause some form of heart disease, such as valvular leakage, dilation of the walls, unnatural beating, etc. Spinal treatment will invariably restore the normal functioning of this important organ.

3. PILOMOTOR.

The pilomotor impulses cause erectile tendencies to the hair of the head and body. Under excitement and great effort a speaker will feel this force very strongly thruout the scalp, and in other regions less strongly.

4. VASOMOTOR.

The vasomotor impulses affect all the blood vessels, causing vasoconstriction. The blood vessels thruout the system are affected in this way, and their work regulated. In diseases or pathological conditions of the arteries that are of the gravest nature, quick and permanent relief may be very quickly given by the rational means laid down in this treatise.

5. VISCEROMOTOR.

This function is exercised on all the viscera of the body, giving tonicity, and regulating them in every way. A lack or impairment of this function is responsible for all diseases of the viscera. Rational treatment outlined in this treatise will quickly cure such diseases as diarrhea, fevers of every kind, faulty digestion and metabolism, appendicitis, prolapsed uterus, bowels, liver, kidney, or other organ. In fact all diseases of the viscera or internal organs of the body depending as they do, for their proper work on the visceromotor nerve impulse, may be made to properly functionate by the methods of treatment outlined herein.

6. SECRETOMOTOR

All glands of the body give normal secretion thru these impulses. Improper functioning of the thyroid gland may produce the goitre. Improper functioning of the liver may give a case of diabetes, jaundice, malaria, etc. Abnormal secreting powers to the kidneys may bring forth Bright's Disease, dropsy, etc. So with the pancreas, adrenals, spleen, pineal gland, etc., all of which may, under abnormalities to their functions, produce disease in some way or other, and cures must be sought thru spinal and rational treatment of some kind.

7. INHIBITORY.

This an important function, and is seen in the power of nerves to inhibit the functions of all organs to a marked degree. Cases of hemorrhage of the nose, lungs, stomach, uterus, etc., may be inhibited, or the flow stopped in a most potent manner thru spinal treatment as given in the later pages of this book, that is, in those parts relating to the treatment of the disease thru rational means. Sympathetic fibres mingle with the others here and in all motor functions.

8. TROPHIC.

There may be doubt as to whether we should place the trophic or nourishing function in this classification or not. The trophic or nourishing elements naturally include principles from all the others. The Sympathetic has much to do with the trophic elements. The Cerebro-Spinal also must be considered here in all and other divisions where viscera are concerned.

The child's body grows to maturity thru trophic impulses. The body of the adult becomes strong again after sickness and disease thru trophic impulses. All processes of growth whatsoever are due to this function, and all impaired organs may be made to receive nourishment thru spinal treatment.

THERMIC FUNCTION OF NERVES

Thermic function of nerves is responsible for the heat of the body. Nerve energy extending down the arms and legs maintains bodily temperature to these parts, and the same may be said regarding the nerve supply to any other parts of the body, internal or external.

Any material interference with the nerves to any particular part of the body will lower or raise the temperature at that point.

Cold hands or feet may be warmed by adjusting the region of the exit of the nerves that supply these parts. Sometimes a single adjustment will do this, and invariably the end will be accomplished in a few days.

Heat is produced all thru the body in normal conditions. Only in abnormal conditions may we find one part colder than the other.

Nerves maintain the uniform heat of the body by regulating the metabolic functions thruout, generating heat thru action on the general functioning of all parts.

The blood distributes heat, nourishment, etc., to all parts of the body, but all must be warmed and strengthened by the nerve impulses.

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Under spinal adjustment all impaired functions may be speedily regulated

We have known men and women with backs so cold in winter time that they had to go far south for the winter, men and women who continually had cold hands and feet, children that could not stand the least bit of cold weather, various other phenominally cold parts in men and women and children,---all cured in a short time with spinal adjustment

TROPHIC FUNCTIONS OF NERVES.

The trophic function of nerves is that power by virtue of which the element of nourishment or reproduction of cells and tissue is accomplished. Thru this power glands are made to secrete properly, vessels are made to distribute, and all parts are made to appropriate those parts belonging to themselves.

Its manner of working is akin to life itself, and thru it life is sustained. It is under control of both the sympathetic and the cerebro-spinal system of nerves. Its forces blend with the thermic, the mental, and secretory, and give those things that make all the rest of the body beautiful.

The impairment of this function will give the wasting diseases that eventually result in death, such as diabetes, Addison's Disease, ascites, etc.

Thru spinal therapy, a restoration may always be had where such is possible. Nerves are responsible for all function, and spinal adjustment will restore all nerves to proper activity and life.

SECRETORY FUNCTION OF NERVES.

Secretion is that function of glands by virtue of which substances are taken from the blood furnished them in the circulation, and formed into other substances characteristic of the glands and useful in the general economy of the body.

Secretions may be internal, as from glands that have no direct outlet to the external world, such as the pineal, pituitary, and spleen. Or they may be external, as from glands that have some

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duct that flows into some passage that leads to the outer world. Thus the liver, pancreas, and kidneys have ducts that transmit their secretions to some passage whereby they reach the external world.

The internal secretions are taken into the system by absorption, and are essential to the sustenance of life. The external secretions act on other elements as they pass toward the external world, and their action, too, is essential to the sustenance of human life. Thus the bile and the pancreatic juice, passing into the alimentary tract thru the common bile duct and the duct of Wirsung, act with other secretions in the intestines, and pass on as excrement. The internal secretions from the pineal, pituitary, thyroid, etc., must be absorbed into the system to become useful.

All secreting glands and all secreting membranes are under the influence of nerves, and cannot perform their functions in the absence of full and complete nerve supply.

EXCRETORY FUNCTION OF NERVES.

Excretion is performed thru the bowels, kidneys, skin, lungs, etc. The principal excretions are bile, urine, perspiration, carbon dioxide, and the excrements from the alimentary tract.

There can be no doubt whatever of the action of nerves on these excreting glands and organs. Spinal adjustment goes to the seat of all trouble that may assail any of them, and brings normality. This is being exemplified all the time.

INHIBITORY FUNCTION OF NERVES

The functions of organs may be partially inhibited thru adjustment or concussion of certain centres, and the inhibition may be complete under some conditions.

Thus, we have centres where the heart's action may be made slow or inhibited. Hemorrhage of the nose, lungs, uterus, etc., may be inhibited by adjustment, concussion, or pressure over the centres of inhibition along the spine.

The inhibitory function is as clear as any other, and has its uses

in the general work of the physician. The inhibitory centres, like all the others, will be fully demonstrated and exemplified in the pages of this book relating to the subjects where their elucidation will best occur.

IMPAIRED NERVE FUNCTIONS.

Impaired nerve functions to the organs and parts of the body will produce weakness and disease. If some considerable interference takes place with the nerve supply to some important organ of the body, an acute trouble or disease will develop very quickly in that organ, which may be relieved just as quickly under rational treatment that would remove the cause by restoring to the normal that part or those parts whose violent wresting from the normal caused the disease to develop.

If the misplaced part, as, for instance, some spinal vertebra is subluxated, remains in the misplaced position, the continued pressure on some nerve will eventually cause a chronic disease to develop, which may also be corrected with continued effort.

In this short chapter, we will place before the student the manner in which these impaired conditions may arise to the functioning of nerves.

A short chapter will be better than a long one, as lengthy discussions only obscure that which is made clear in a few words.

1. **SUBLUXATED** or slightly misplaced spinal vertebrae, by pressure on nerves impair the strength or power of the nerves to transmit their energy, and weakness and disease will ensue to the parts supplied by these nerves.

This may be the seventh dorsal nerves, giving some a start toward diabetes or some other trouble of the liver or organ affected by the seventh dorsal nerves. It may be a lesion at the tenth dorsal affecting the kidneys, and producing something like Bright's disease. Or it may be the fourth dorsal, resulting in heart disease.

To the physician who cultivates a study of cause and effect, realizing that misplacements along the spinal column will produce disease, and that the removal of the cause will remove the disease,

this science will be a beautiful study, and will lead him into the most wondrous philosophy the mind of man has ever conceived

2 BAD FOODS AND STARVATION DIETS The system requires plenty of food. Patients should eat, and the physician should know how to direct the patient without starving him to death

Most food specialists are very weak and sickly specimens of men and women. There are some exceptions to this rule, as there are to all rules, but go meet most of these food faddists, as the author has done, and see if he has not told you a great truth.

Eat your food and plenty of it. If spinal lesions interfere with digestion and assimilation, go to some spinal therapist, who is not a crank on diet, and have the lesions removed, and go ahead without any anxiety on the subject. You will be more than repaid. Drink plenty of water before, during, after meals, and whenever you want it. Watch yourself grow and become young and healthy.

Of course, bad foods should be avoided. Any poisonous substance placed in the stomach will reflexly produce a lesion in the spine, that may result in chronic trouble. See what most agrees with the taste and needs of the body, and refrain strictly from all anxiety.

This is not intended as a lecture on food and diet, but as a caution against the too careful direction and study of a question that often results in harm to those who follow the directions of diet specialists as to what they eat. See the author's book on physiology, to be published following this within the year.

3 POISONOUS MEDICINES Poisonous medicines and drugs thrown into the stomach will always affect the nervous system adversely, and will produce disease. It is a fact that medicines will produce the very diseases they are expected to cure. The man or woman who continually takes medicines is the most confirmed invalid in the community. Did you ever see an exception to this rule?

Many a time has the author had some patient come to see him for treatment who was taking regularly half a dozen different

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kinds of medicine, and so weak and puny he could hardly creep around. And most uniformly, with the leaving off of the poison medicines and receiving proper spinal and rational treatment, recovery was very rapid indeed.

And many a time has the author gone to houses of those who had become too weak to visit the office, found them surrounded by medicines, which he has taken away from them and placed them under drugless treatment, such as he teaches in this book, to be most gratified with the rapid recovery made.

Years after in making social visits to some of these people, now well continually and strong, they have shown him the old bottles, partly full as when they discontinued their use, kept as relics of what they once so foolishly placed in the stomach in the vain hope of restoring health that only became worse in consequence.

4 MENTAL IMPRESSIONS. Vain imaginings may produce weakness to the nerves. This, however, can never be the case with those who study this principle with a view of self protection, or simply to see the truth of it.

Receiving and retaining false impressions as if they were the truth will develop mental troubles it were hard to dispel, and when the nerves become thus impaired, it will be the work of some good spinal therapist to bring the needed relief.

Mental impressions may be directed in the proper channel so as to be of the greatest benefit. The student who creates a good impression or a great ambition, and steadily worked towards its attainment, will reap the richest reward, while the man or woman dominated by the false teaching of another, will become weaker according to the growth of the dominating ideas.

In this same way, habits may become terrible things. Young men form the tobacco habit, which grows until they believe it to be necessary to life. A cigarette upon arising in the morning. Another immediately after breakfast. Another on the way to the office. Several between times during the morning, and thru the day, and the last thing at night.

Result, shattered and weakened nerves, debilitated body, weak lungs, a body weakened by such excess until all great ambitions

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are lost sight of, and efficiency for everything impaired beyond all hope until counteracting habits come as redeeming angels to place such a one on higher ground. There had just as well be good impressions cultivated as bad, and there had just as well be good habits formed as bad ones.

Again men and women may become actually deranged by study on certain lines that seem to be antagonistic to mental impressions of another kind, and these all should be studiously avoided. With proper spinal treatment such disorders may be prevented or cured, and every one should have spinal examination several times during the year, and lesions corrected.

This chapter could be continued almost indefinitely, but we believe we have here said sufficient to fill these pages. As previously stated, we believe a brief chapter at this place is better than a long one.

Will just add one more comment regarding the habit forming power of drugs, as seen in the life of physicians who have sought the relief of pain and tired and worn feelings in the use of morphine and other habit forming drugs until national laws had to be enacted to stop and partially protect the very men who were to have been the guardians of these drugs.

Remember to direct the thoughts aright, and let not bad impressions be made on the mind either by yourself or others. Rise above every thing not in line with the highest conception, and be master of every situation.

Such will make the man and the woman. The lack of it will make the fellow and the weakling.

Full ambitions will lead to great achievements. Bad and doubtful ideals will lead only to failure and ruin.

The way will be clear to those who with strength face the difficulty and mount the barriers. Success will crown everyone who lawfully strives for masteries.

HISTORY OF CHIROPRACTIC

For generations past Bohemian and German farmers have been accustomed to treat each other in a crude way, with hardly any reference whatever to science. They have simply learned that pressure over certain parts of the spinal column will relieve aches and pains and give rested feelings. Many Bohemian and German farmers and workmen, observing that many diseased conditions disappeared along with the correction they made on the spinal column, discarded the use of drugs altogether.

Among our patients in this country we have met more than one who reminded us, after treatment, that it was similar to treatment they had received in the old country, acknowledging, of course, that we were more skilled, accurate, and scientific in application, and giving more relief when thus applied.

And we learn too, in far off India, that many generations ago the physicians very accurately adjusted the spine to relieve sickness, meeting with marvellous results, and by methods very similar to what we use at present but which were forgotten along with many other valuable therapeutic agencies, as waves of darkness continued to overwhelm that strange and wonderful country and her strange and wonderful people.

These ancient physicians knew nothing scarcely of the significance of nerves and nerve distribution, but traced cause and effect from misplaced vertebrae to organs and parts of the body, and most accurately reasoned that a replacement of the vertebra would relieve the trouble in some way.

And, again, we have evidence that some other ancient peoples had a form of adjusting of the spine. Among these we mention the Egyptians, who knew that men and women were stronger when the back was free from unnatural crooks and turns, and accordingly sought to make the spine perfect in form and symmetry.

Only thru the oldest records and accidental allusions to certain forms of health and athletic exercise do we arrive at conclusions regarding spinal adjustment in these old times and nations, and while our conclusions may not be absolutely correct in every particular, there can be no doubt whatever that some crude (or pos-

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sibly scientific) forms of spinal adjustment really and truly existed back in those times where "the memory of man runneth to the contrary." and where the searchers for truth still find apples of gold and empires of deathless lore that never dream of decay

As to the beginning in this country of scientific spinal adjustment, we believe the first treatment was made by D. D. Palmer, a magnetic healer, who was treating Harvey Lilliard, a janitor in the building where Palmer held his office. Lilliard was very deaf, and Palmer apparently did him no good with his magnetic healing, but, being conscientious, he inquired more particularly into the history of the case, and finding that following a hurt on the back many years previous to this the hearing had gradually grown worse until he was almost totally deaf, he reasoned to himself that if the hurt was responsible for the deafness, he might be able to restore the hearing if he could remove the cause or take away the abnormal condition from the back or spinal column.

Mr. Lilliard reminded him that a knot had been sticking out on his back since the time of the injury. Dr. Palmer examined and found this abnormality to be at the fifth dorsal vertebra, and while his knowledge of anatomy at that time was exceedingly limited, he nevertheless correctly reasoned from cause to effect, and knew that if he removed the cause, then the effect or trouble could no longer exist. After due trial he succeeded in replacing the subluxated vertebra, and at once there was a marked change in the man's hearing, and in a short time it was perfectly restored.

Following this, Palmer became a specialist for the treatment of deafness, and a few years later developed the science for the treatment of other diseases. His procedure was to find patients suffering with various bodily ailments, trace tender or sensitive nerves from the affected area to their exit from the spinal cord and there make the adjustment for the relief sought. Meantime Dr. Palmer had become a close student of anatomy, and as he developed further he sought to give this great knowledge to the world.

Dr. Palmer made the treatment that restored hearing to Harvey Lilliard in 1895, but it was not taught to others nor de-

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veloped into a science for several years after this, and may properly date its beginning as a twentieth century growth.

A few years after the beginning of the century Dr Palmer came south to Oklahoma City, and it was our pleasure to observe his good work on patients who had tried everything else to no avail, and to see these patients recover. Some of the cures seemed like miracles, and while we had studied medicine, Osteopathy, magnetic healing, mental science, etc., we saw Chiropractic doing magnetic healing, mental science, etc., we saw Chiropractic doing a work that all the others combined could not do, and we yearned for the knowledge of this truly great and wonderful science, surpassing all others, and now truly and surely accomplishing what nothing else has ever accomplished in the alleviation of human ills.

This indeed is but a sketch. The real history is being written all over the country and the world in the hearts and on the minds of grateful patients, and is too pregnant with infinite possibilities to be committed to paper or book. It has been our greatest pleasure to lay other less efficient methods aside, and during these present years to devote our energies to the development, practice, and teaching of this greatest of all therapeutic agencies to worthy men and women for the greatest good to humanity!

CHIROPRACTIC PRINCIPLES

- 1 Nerves are responsible for all function and bodily action.
- 2 Twelve pairs of cranial nerves, springing direct from the brain, and thirty-one pairs of spinal nerves, from the spinal cord, with connections from the sympathetic, ramify all parts of the body.
- 3 So completely are nerves distributed to all parts of the body that were everything but the nerves removed they alone would preserve the shape of the body in all its outlines.
- 4 There is no organ, part, ligament, muscle, skin, membrane, bone, or blood vessel but what receives a nerve supply from some part of the nervous system, and all parts are maintained in health according to the normality of this nerve supply.
- 5 Any interference or injury to a nerve at once expresses

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itself to the area of distribution of the branches of that nerve, and abnormal conditions will manifest themselves, and will so remain until the interference or injury is removed

6 Cranial nerves may be interfered with by injuries to the brain and by injury to the nerves that in any way connect with them. Spinal nerves are interfered with or impinged where they pass outward from the spinal cord through openings in the movable bones or vertebrae of the spine, and no where else, as they are firmer than the flesh through which they pass after leaving the spine,

7 As nerves are responsible for all functions, any interference with the nerve at its place of exit will cause weakness and disease to the parts and organs supplied by this nerve just as surely as effect will follow cause

8 This being true, the rational area of treatment is the zone of exit of nerve from spine, and the rational means the hands

9 Normal nerve supply to all parts of the body will insure normal health continually

10 Arteries, veins, and lymphatics may also be interfered with at the place of the intervertebral foramina, causing either anemia or congestion of the spinal cord at that place, thus interfering with the nerves that spring from that region

11 The nerves may also be interfered with by the thinning of the intervertebral discs and consequent shortening of the spine and narrowing of the intervertebral windows or foramina

12 Any form of interference of normal nerve supply will surely cause disease and weakness in some way, as all organs and parts of the body depend for functioning and life upon the normality of the nerves supplying them

13 Chiropractic, or Spinal Adjustment, is the only means of speedily removing this interference or impingement, which is done by a simple thrust of the hands at the point of impingement to open the spinal windows

14 When the spinal windows or intervertebral foramina are opened and in consequence all interference with nerves removed, health at once begins to manifest itself, driving out all disease conditions previously existing

WHAT IS CHIROPRACTIC

Chiropractic is a unique science all its own. It consists in simple direct adjustment by hand of the spinal vertebrae for the relief of impinged nerves. It is not related to medicine in any way, nor to Osteopathy, nor to any other method of treatment.

In its philosophy it may be said to be related to Osteopathy more than to any other science, and yet in its application it is entirely separate and distinct. A student might take the entire course in Osteopathy in the best college in the country and would still not have any idea of how to make a Chiropractic adjustment. This must be taught and learned by personal instruction and application.

The Chiropractic thrust, as given by Chiropractors, belongs to no other science. Physicians of any other class who use it learned it from Chiropractic. It consists of a direct thrust made at the point of impingement of some spinal nerve for the purpose of relieving pressure to or on the nerve. To make it properly requires skill and knack rather than strength. Some of our very best practitioners are small men and women.

In the study of the nervous system Chiropractors have more definite aims in view than any other class of physicians. A study of the organs involved, combined with a knowledge of the origin of the nerves that are distributed to these organs, enables the Chiropractor to successfully treat any disease involving these organs. No other system studies abnormal or diseased conditions so thoroughly and definitely as Chiropractic, and no other system gets such quick, definite, and lasting results as Chiropractic.

Students, even before graduation, are able to handle troubles that have previously baffled the greatest physicians and specialists along other lines of treatment or medication, because they study and work with definite aims in view, and on a definite basis. We are aware that what we say here may be construed by others as being an idle boastfulness, but we wish to assure the public that we have no desire to boast of any of the powers of Chiropractic, nor to say one unkind word against any other science.

that can relieve a single human ailment. What we say is true, and is being demonstrated daily by our graduates and undergraduates, who have had the experience of restoring perfect health to patients who had suffered for years in the hands of the greatest specialists in the country. And this we do not say as a criticism on any existing system, but simply and solely to show what Chiropractic can do in the hands of capable practitioners.

Moreover, Chiropractic can never result in harm. It strengthens and makes the body vigorous throughout, and a steady gain takes place under the treatment from the very beginning. Sometimes a single treatment suffices. Again in other cases a week or more may be required, while some chronic cases may require months, but the basis on which the Chiropractor works enables him to treat any disease human flesh is heir to, and Chiropractic is destined ultimately to become the ultimate method for the ultimate man.

SCOPE OF CHIROPRACTIC

When we consider that nerves are responsible for all bodily and mental function, that all parts and organs of the body have nerve supply, and that all nerves come from the brain, spinal cord, or sympathetic system, we see that the scope of Chiropractic in the treatment of disease and abnormal conditions is unlimited.

Thru spinal adjustment, properly given and continued, all parts of the nervous system may be stimulated, and all abnormal parts of the nervous system may be stimulated, and all abnormal conditions corrected. Acute diseases yield at once, and chronic disorders disappear in a comparatively short time, while all those diseases peculiar to men and women are mastered as nothing else has ever done.

We mention four classes of diseases or disorders, under which may be grouped most of the complaints human flesh is heir to, all of which Chiropractic adjustments will certainly and surely relieve and permanently cure. In fact there is no disease or class of diseases not amenable to Chiropractic adjustments in the hands

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of skillful Chiropractors, and with much more certainty than under any thing else the world has ever known.

1 Dangerous and fatal acute diseases, such as scarlet fever, typhoid fever, etc., which have to run a long and tedious course under older methods of treatment, no treatment prior to Chiropractic ever having been able to break them up or shorten their duration in the least, and no other method even now so much as claiming to do so. But Chiropractic is breaking these dangerous self-limited diseases in from one to three days, and leaving no bad after effects. Tell this to a physician of the older schools, and he at once accuses you of being a faker, honestly believing that such things have never been done, and that they never can be done. To all doubters we hold out a friendly hand, and challenge the most crucial test that can be made. Along with these grave and fatal disorders, handled so easily by Chiropractic adjustments, are a number of less serious disorders, such as measles, mumps, gall stones, appendicitis, neuralgia, stomach, bladder, and kidney troubles, etc., which yield so readily to spinal adjustment as to be looked upon as almost insignificant in import by the practitioner.

2 Old chronic troubles, or such as may become chronic, including consumption, paralysis, asthma, rheumatism, old sores and ulcers, epilepsy, female weakness, catarrh, blindness, deafness, etc. All these yield most readily to Chiropractic adjustment. Truly and candidly we say that consumption is most surely amenable to spinal adjustment. Our treatment is reasonable, our procedure rational, and our results satisfactory, and testimony is borne to our claims all the time by those who have been saved from the ravages of this dreaded and dreadful scourge which is now responsible for one-fifth of all the deaths that occur from all other causes combined. No serums, no poisons, no operations, but instead rational and effective work on the nervous and muscular systems that surely conquers the disease.

3 These vague and little understood diseases, such as locomotor ataxia, paralysis agitans, mental disorders, insanity, etc., have met their master in this wonderful new science. Living witnesses may be found around us who have been completely

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cured of these hitherto incurable disease of locomotor ataxia and the other diseases listed herewith Let doubters write them or talk with them This college and its faculty could not afford to make any claim that cannot be proved By the truth only will we stand or fall, and nothing on our part shall ever be said that cannot be substantiated

4 Deformities of the spine and other parts of the body, spinal curvature, crooked limbs and extremities, etc In these troubles Chiropractic has made a new era What has hitherto been a long and laborious process, if indeed the results could be reached at all, is now comparatively easy and short of duration Abnormal curves become straight, deformed limbs become normal in use and dexterity, and helpless cripples become strong and useful members of society

Spinal Concussion



This cut represents the author treating heart disease, goitre, colds etc., with large machine, but he has had equally good results by the use of the little wooden mallet shown in Cut

Definitions

DEFINITIONS.

FORAMEN. --- A hole or window.

FORAMINA. --- Plural of foramen

INTERVERTEBRAL --- Between the vertebrae.

INTERVERTEBRAL FORAMINA --- Holes or windows between the vertebrae

FORAMEN MAGNUM --- The large foramen thru the occiput to transmit the spinal cord

FORAMEN OVALE --- One of the windows at the base of the skull It transmits a branch of the Trifacial nerve

At the base of the skull are foramina for the exit of all the cranial nerves, except the Auditory, which has no exit, being distributed exclusively to the internal ear These foramina are the Jugular, Rotundum, Optic, Magnum, Sphenoidal fissure, etc , etc

SUPERIOR --- Upward, as when the spinous process of a vertebra is misplaced in an upward position Superior maxillary, or upper jaw bone

INFERIOR --- Downward, as when the spinous process of a vertebrae is thrown downward in position Inferior maxillary, or lower jaw bone.

May speak also of such things as the Inferior and Superior Vena Cava, meaning portions of the great vein below and above the heart respectively

NEURILEMMA --- The external membrane that covers or envelops a nerve fibre It is called the Sheath of Swann, or Primitive Sheath, the protecting membrane

MYELINE SHEATH --- An intermediate substance, called the White Substance of Swann, being a medullary substance between the Neurilemma and the Axone of the nerve fibre, possibly nourishing to the nerve in its nature

AXONE OR AXIS CYLINDER --- The central fibre itself and conductor of impulse Contains numerous fibrillae, and connected with nerve cells

MEDULLATED FIBRES OR NERVES. --- Those possessing neurilemma and myeline sheath.

NON-MEDULLATED FIBRES OF NERVES --- Those fi-

Definitions.

bres of grayish color consisting simply of the axis cylinder. Make up most of the sympathetic system of nerves.

NERVE TRUNKS. --- Nerve fibres are bound into bundles, and these bundles are further bound together to make a Nerve Trunk. The individuality of all fibres is preserved. Fibres of one bundle may join those of another, but the individuality is strictly kept.

EPINEURIUM --- The membrane surrounding a nerve Trunk.

PERINEURIUM --- The membrane surrounding a bundle of nerve fibres.

ENDONEURIUM --- The connecting tissue between the fibres themselves of the nerves, and is also called the Sheath of Henle.

NERVE CELLS may be Unipolar, with single prolongation that becomes the axone or axis cylinder, Bipolar with two prolongations, Multipolar several prolongations, one of which is identical with the axis cylinder or axone.

THE NERVE SYSTEM in health insures **HEALTH OF THE BODY AND MIND**

HE WHO PUTS THE NERVOUS SYSTEM IN A PERFECT CONDITION insures **GOOD HEALTH** and **PROTECTS AGAINST DISEASE.**

THE CAPABLE CHIROPATH SURPASSES ALL OTHERS IN THE CERTAINTY TO MAKE ALL PARTS OF THE SPINE ABSOLUTELY NORMAL. THEREFORE WITH MORE CERTAINTY DOES HE GIVE HEALTH TO HIS PATIENTS

Opinions of an Eminent Dentist



Herbert E Bennett, D D S , D P., D¹/₂C ,Ph C

OPINION OF AN EMINENT DENTIST

DR J S RILEY,

Developer of Chiropractic and Founder of Colleges

Dear Sir

In response to your request you may find below my opinion of Chiropractic, based upon personal experience and observation

It is the rational scientific system of drugless, bloodless healing, elimination of poison, correction of deformity, etc , by adjusting the spinal vertebrae so as to relieve impinged nerves and stimulate them to perform their normal functions

It should be taught in all schools from the kindergarten to the post-graduate medical Any gaurdian of physical health who is unacquainted with the Chiropractic thrust is out of step with the progress of the times, and he should hasten to catch up, or be relegated to the professional dump heap Why should not a vertebra, when out of alignment from any cause, be assisted back to position, as well as to replace a dislocated joint in any other part of the body?

It is not without regret that along with the superlative uplift that comes to one with a knowledge of this new system of cure , now scarcely more than "sweet sixteen" years of age, comes the medical profession, noble, grand, and generous as they are, cannot

Opinions of an Eminent Dentist

or will not accept its benefits for their many patients, as well as for themselves, but when reminded of the many so-called "incurables" who have been cured by the new system waste more time and energy in attempting to disprove its worth than would be required to perfect themselves in spinal adjustments. The present day otherwise up-to-date medical man only needs a few clinical instructions to make him a D. C.

Yours, etc ,

H. E. DENNETT, D D S , D P , D C

Another Letter from Dr. Dennett.

Boston, Mass , October 10 1917

Dear Sir :

Yes, we are in the war with but one incentive - loyalty to true democracy. Chiropractic has come to stay and he who hesitates to accept its beneficence is lost. Thanks for your "Chiropractic for Woman." Nature ordained that woman should be entrusted with the first care of human life, hence all of them should be taught Chiropractic wisdom.

Men of efficiency and mature judgement from 30 to 60 grasp Chiropractic quicker than the hasty youth. At 70 the writer found neither his youth nor age a handicap. He had been suffering from metallic poison, and treatment by osteopath, homeopath, aopath, eclectic, and by countless other physicians, all eminent in their respective schools, but steadily grew worse, until some good Devo sent Joe Shelby Riley, D C , to cure him. The Chiropractor found him on crutches with only 48 unsteady pulse beats per minute and by Chiropractic adjustments raised that to 72 good strong beats every sixty seconds, and in some respects better than ever before in his life. Naturally a course in Chiropractic followed.

Having enjoyed a large dental practice for more than fifty years all except dental patients are referred to neighboring Chiropractors. But in many cases it is impossible to divorce the two.

Your esteemed letter came promptly but found patients here from Vermont, New York City, Philadelphia, and Detroit, all of them victims of poisonous dentistry.

Opinions of an Eminent Dentist

The history of the Philadelphia case is most interesting and follows. A college bred man of 31 commanding an attractive salary which made him an attractive victim, had spent much time and money on the M D, who lacking Chiropractic insight erroneously diagnosed his case as epilepsy and drug dosed him until his efficiency, position, and salary were gone. Chiropractic dental exactness then correctly diagnosed his case as nerve impingement caused by metallic poison from amalgam fillings in his teeth. Being too feeble to endure the removal of the Amalgam fillings at once was first given a few Chiropractic adjustments which gave him vigor enough to allow the removal of all amalgam from his teeth and to replace it with gold free from base metal alloy. Less than sixty days from the start, with continued Chiropractic adjustment, completely restored his health, old position, and a still more attractive salary. The above is the grandson of A. A. H. B. who took the Chiropractic degree at 82 years of age. Chiropractic haas Osler completely snowed under.

If you think we have your drift snow again when the spirit moves

Chiropractically yours,

H. E. BENNETT, D D S, D C.

PEN PICTURE OF D. D. PALMER, AND HIS WORK.

(From one of Dr. Riley's addresses to his classes.)

Our science was born in a struggle. It was cradled in persecution. It met the antagonism of everything else. But the time was ripe for its birth, and its incarnation could not longer be held back. A grizzled giant came up from the depths, a Hercules to battle, a Samson to destroy the moated temple of old traditions, a Daniel to survive an age in the den of lions. The roaring growl of the royal executioners did not affright or harm the prophet of God, and the prison's cell and the dungeon's damp took nothing from the greatness of the triumph of our first great leader, D. D. Palmer. A

hero without a name! A famous scholar without learning, an exegete into the human body without education, a scientist without having been taught, a pathologist without knowing why, a combination of all powers that made him master of human needs, he was all things to all men, and founded a system of therapeutics that will supplant all others that are less potent, and become the realization of the dreams of all the ages.

How, you say, could a man be great without education. Such men as Lincoln and Edison and Johnson and Shakespeare were uneducated! No college degree, and yet who can say they were not learned men? A mere glance at the accomplishments of these men would refute the silly lie to the world. And far back yonder in the ages was another man who was learned without being educated. He spake as never man spake before. Such oratory! Such philosophy! Such logic! Such sermons! Such power to move men men! Tempests obeyed him. The dead came back to life. Multitudes were swayed by his tones. Where did he obtain his learning? Was there some hidden college where he spent years of study? Or did his learning come from a higher source? In every great crisis God has the hero ready for the work to be done.

And may not D. D. Palmer have been the man of Providence? He seemed to be equipped for the battle; panoplied for the conflict, commissioned to establish a new system, to annunciate and defend immortal truths. He threw himself unreservedly into the conflict, and in the struggle became invincible. Persecuted, but not cast down, imprisoned, but not disheartened, maligned, burlesqued, and slandered, he lived and died the untiring champion of the grand new work, the majestic defender of the new faith, the unconquered king who was every inch a man, the unterrified leader who never led to defeat.

Keep your education, if you will give me a man like that. Keep your collegiate courses, if you will give me a wisdom and learning such as that man possessed. Keep all your books and libraries if you will give me an infinity, a universe, an eternity, a vast aggregate of knowledge that made up the life of that man. Such breadth and depth, such comprehension, such thoughts and aspirations, shall live in deathless unity until the knell of time shall declare the end of all things mortal.

Pen Picture of D D Palmer.

“As an eagle fed with morning
Scorns the embattled tempest's warning,”

So this man, “in the naked lightings of truth,” purged his mind
that it might be placid under an almighty hand to receive indelible truths for all the ages to come

“Like some tall cliff that lifts its awful form,
Swells from the vale and midway leaves the storm;
Tho' round its breast the rolling clouds are spread,
Eternal sunshine settles on its head ”

So the rugged form of this man, greater than all who opposed him, mightier than all who controverted him, more enduring than all who spoke his ruin, withstood the storms of his time that his life might be a monument to all succeeding ages.

Great buildings are beautiful, monuments are majestic, mountains are awe-inspiring, armies are terrifying, catastrophes are appalling, cities are unifying, great thoughts are creative, inspirations are electrifying The grizzled warrior who stood alone had thoughts and inspirations that all the ages will not be able to account for Proud England, with her Shakespeare, her Milton, her Byron, and all her long line of literary characters, scientists, philosophers, statesmen, and soldiers, nor Germany, with her Bismarck, her Goethe, her military chieftains, and mighty men of every class, nor France, with her Voltaire, her Louis the Grand, her classic lore of the ages, - can boast a man whose word will tell on the destinies of the world in so marked a degree as that of D D. Palmer.

Then let us pause before the fame
Of one we reverence so,
And realize the mighty force
With which he dealt the blow
Shall thus we see the light again,
And read in deathless flame
The talismanic words of life
In D D. Palmer's name.

Pen Picture of D D Palmer

For the health and love and glory of humanity the grandest day in history was when D D Palmer placed his hand on the subluxated fifth dorsal spinous process in the spinal column of that patient yonder only a few years ago, and brought hearing to deaf ears, the beginning of the science that is spreading all over the world with its message of relief to all suffering ones, winning its way against all opposition. Like a John the Baptist crying in the wilderness, or a Daniel come to Judgment, or a Paul turning the world upside down, he led his armies across the Euphrates and the Jordan to the defeat of all opposition, leaving ten thousand practitioners in the glorious work.

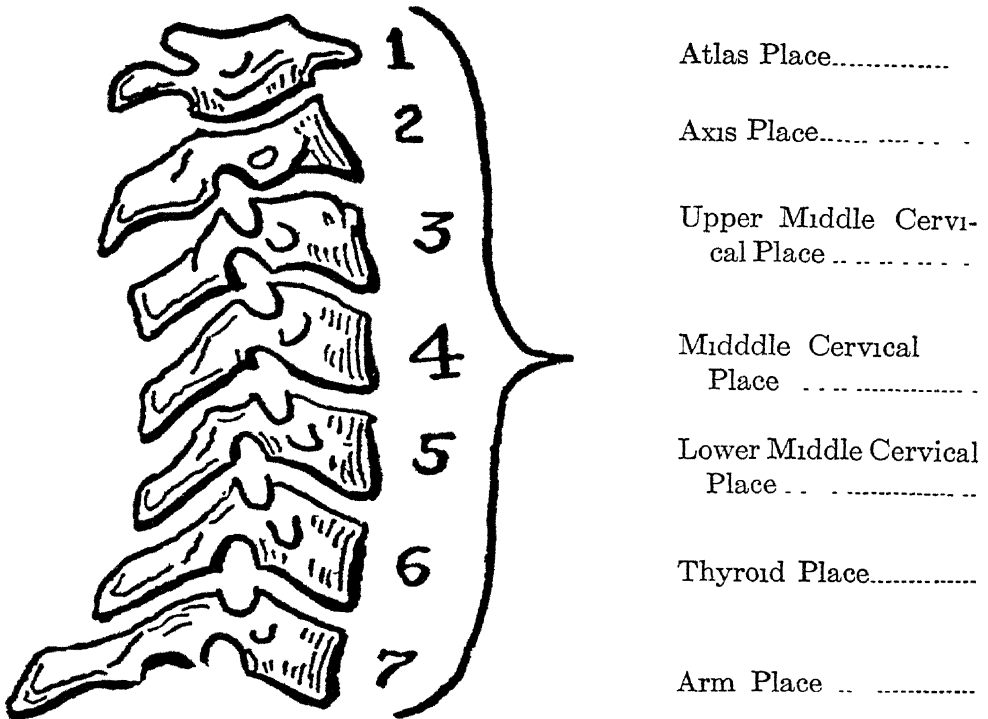
To that work we ask your life's consideration. Its horizons will ever brighten as you go forward. The touch, the thrust, the correction, will bring the relief you are seeking to give, and the crippled limbs, the weakened hearts, the aching heads, the painful organs and parts, will all respond in a way that will make you rejoice in the new work you have made a part of your life.

We have done our best to give you all to be had in the science we love so dearly. We believe we have done this, but you must witness it to the world. How well we have taught you will be demonstrated in the manner of your work on those placed in your care. We doubt not that your success will warrant the evidence you could hope for, and your fields of labor will be resourceful and resultful of all your hearts could desire. But remember that while we think we have taught you all the best to be had in the science, the science itself is really in its infancy. New things are coming to life all the time, and new discoveries being made. You yourselves may prove to be true Columbuses, and some rising sun may lead you into something more marvellous than anything yet found or even dreamed of. If so our heartiest Godspeed is yours.

We have found you to be gentlemen and ladies, and we give you strictly in charge ever to be so. Your purse may be stolen, but your good name is yours forever unless you yourself tarnish or throw it away. A great opportunity has come to you. The hand knocks upon the door. Will you accept and act upon it? Once past, it may not come again. Be heroes in the strife. Now is the accepted time. Equipped with the character we know you possess,

Cervical Vertebrae

the day is at hand to show what you are Discard the doubt and the fear, dominate and transform the community. Nothing can handicap or cast down the efficient Chiropractor If he prove true, his fortune is made, and the world is blest



The nomenclature given above may be varied, but the above is a good, one, and expresses the true nature of the segments very truly indeed Note the curves, position and general shape. Note also the prominence of the seventh cervical spinous process

Truth and Loyalty

Time thalls not the spirit of truth Its bright orient, its deathless occident, its eternal auroras shine round it on every side, attesting its own eternity Unknown seas dare it to cross, Unscaled mountains defy it to pass Murky skies frown its destruction. Sacrilegious armies seek to trample it down Persecuting enemies seek to crucify it on a cross of envy But the applause of countless numbers gives its value to the world, and dispenses its blessings everywhere

An innocent prisoner stood before a Roman judge, mighty in the perfection of a loyalty to the great purpose of making the world a better world Dark rolled the floods of intrigue. Terrible the anguish of the hour, as Heaven and the face of God refused to look upon the awful tragedy But through darkness that laid its whelming pall on all things mortal, the prisoner saw a lifted throne and a triumph that should make the tragedy divine, and make his words live when all opposing empires were scattered as fragments to the dust

And so with the truths our own men and women have almost martyred their lives to establish Onward the battle to its finish Not doubtful the significance of the struggle Not ambiguous the prize sought Not in darkness the exhibition given There can be but one ending to the struggle. Its course, like an unending river, rolls onward till the hart of all nations is washed clean, and the mighty system given to the world.

(From Dr. Riley's address to graduating class, June, 1917.)

OPPORTUNITY

Don't fret about the chance that flew,
Another will soon come to you.
Clouds never last, skies must turn blue.

Your right to fight and smite and hew
Remains You'll get your proper due
If but to purpose you stand true

Be Square

The biggest men we ever knew
Met with defeat -- that's how they grew

They fought and failed and fought anew,
Rode thru the stiffest gales that blew
Proved worthiness to join the crew

That history chooses for "Who's Who "
Regret is not a mending glue,
Regret -- regain your pluck -- dare -- DO

H. Kaufman.

BETTER BE SQUARE

You double-crossed a friend today,
But you won't make youi getaway
The dirty deuce is in the pack,
He'll find it, and take up your track
Some where, some time, you'll have to pay
For every little rotten play
The fool thinks he can turn his back
Upon his record and forget!
But only a squaring wipes a debt
Own up before youi chance is wиеcked,
Win back his faith your self-respect,
Replace, atone, apologise,
Be wise!

Herbert Kaufman

DISEASE AND RATIONAL TREATMENT

In this division of this book we will outline at reasonable length the diseases or pathological conditions to the several organs and parts of the body, with the most rational means of treatment.

All that we here say will be based most essentially on the author's personal experience, and nearly every position here taken has been tested in the school of actual practice.

Some things here said have been said in the previous pages, but the repetition, with the additions here given, will not be bad for the student, and will give him a greater fund of knowledge, first hand, when meeting serious cases in his own field of labor.

Beginning with the brain and cranial regions, we will pass downward somewhat in the order the organs and parts occupy in the human organism, and will be as specific as is consistent with the fullness of the work we are presenting.

DISEASES OF THE BRAIN

The brain is the great central station of the nervous system, the main controlling power. Other portions of the nervous system exert some power over the parts of the body, but more is undoubtedly centered in the brain than anywhere else.

The brain is the seat of intellect, the home of the soul, the house of action. It is the brain that makes the mind, and it is the mind that makes the man.

Just as the brain is most important in all intellectual processes, so the impairment or derangement of its powers is most fearful and terrible in its results.

We believe our rational methods of treatment are more resourceful than all others combined to relieve all troubles of the brain. We do not say that every disease of the brain may be cured right off, but that many cases are most readily treated by our methods, and radical cures are made in many cases where older forms of treatment were absolutely helpless in the matter.

Among the diseases of the brain most easily met with, we would

Disease and Rational Treatment

mention vertigo or dizziness, loss of memory, hallucinations of every kind, insanity of many kinds, loss of mental powers, brain fever, epilepsy, head noises, ringing in the ears, cataract, dullness of mind, deafness, blindness, tender scalp, itching scalp, headaches, dandruff, drowsiness, sleeplessness, unnatural dreams, haze and spots before the eyes

Rather a formidable list, you will say, and yet only a goodly portion of the diseases have been mentioned on this page. Regarding insanity, for instance, there are so many varieties or variations as to become almost countless. So, also, with some other varieties of disease mentioned above. Their name is legion.

However, the rational means now at hand will enable the conscientious practitioner to successfully care for almost any of the troubles included in this list, and others not specifically mentioned here.

Many of these are cured by adjusting the atlas alone for a short time, but other adjustments are often indicated in connection. We have known some cases of insanity to yield by the atlas adjustment, while others required a much fuller treatment. In all cases of insanity or other ailment, the physician should seek to arrive at the correct condition as to the cause, and adjust or treat accordingly.

We have known some cases of dangerous insanity to yield to rectal dilation when everything else had failed. Some cases of blindness, poor circulation, etc., have likewise yielded to this strange way of reaching the Sympathetic System, and the affected parts thru this means.

But an essential adjustment for all brain troubles must ever be the atlas, with additions as specially indicated. Women made insane at the menopause, or girls at the awakening of puberty, need especial treatment thru adjustments of the lumbar region, as there is a direct connection from this region with the brain, and strongly also thru the Sympathetic and the Pneumogastric, both of which are reached by the lumbar adjustment and rectal dilation.

The practitioner will cure most of his cases of insanity and other

maladies as named above if he will persist and usually he will be surprised at the rapidity of the recovery

E Take the many cases of mentally defective children and adults, resulting in numerous instances from diseases and injuries, and the very greatest good may be done nearly all of them by good spinal adjustment, combined often with rectal dilation, epsom salts baths, and good clean living

The author has had much experience in treating children who had become mentally defective following typhoid fever and other bad diseases of childhood. Some of the cases had had the fever, for instance, about seven or eight years of age, and did not come under the author's care until they were fifteen or sixteen years of age

In many of these cases there had been a complete arrest of development in a mental way, and sometimes a complete loss of knowledge previously acquired, until the patient could not spell the simplest words, nor add and subtract the smallest numbers, altho an advancement had been made before the fever or other sickness into the third or fourth grade at school

Yet these cases have gradually progressed under the treatment until much of this previously acquired knowledge returned, and patients were able to enter school again, and, if not entirely normal, were certainly able to learn many things very satisfactorily.

Among the many cases of insanity most easily reached are those peculiar cases where strange hallucinations or imaginations are constantly with the patients. Some men and women imagine they are somebody else entirely different from themselves, or that they are called to do some great work, or to finance some great scheme

Usually this class will yield most readily to treatment of the spinal column, in some instances combining with the dilating of the rectal muscles in order to reach the Sympathetic

Good Chiropaths should be kept in all asylums, and in all homes for the mentally defective. Rational treatment will do more in these institutions than all other things combined. The science is coming to its own, and its heritage must go where it belongs

The science will have its own sanitariums for these special treatments in the near future, and nothing can keep the great work from

the wide fields where it is continually needed. Doors will open wider all the time, and millions will reap its benefits.

Since the close of the great world war, we have had some of our workers in several of the great hospitals of the country, and the results have been most gratifying indeed. Soldiers have recovered from the effects of shell shock, nerves have been made good, mental powers that had been apparently destroyed have been made normal again, and the very worst nervous disorders have disappeared as if by magic.

The country at large has thus been made to see the wonderful efficiency of such treatment, and the effort of the public to receive the freest and best treatment from the physicians of their choice will not have been in vain.

Whatever relieves nerve and blood tension to the brain, whatever equalizes the circulation and distributes proper nerve impulse to organs and parts of the body, whatever makes the life cleaner, - any and all of these will throw off disease and throw in health.

Mental derangement need not be fraught with such dread if rational methods of restoration are persisted in. There may be incurable diseases of the brain as of other parts, but many diseases thought to be incurable will most readily respond to rational methods. A good trial will convince the most sceptical.

DISEASES OF THE SCALP

Among the diseases most met with in the scalp are dandruff, falling hair, itching scalp, tight scalp, scald head, scales, abnormal sweating, ulcers, etc.

For all diseases of the scalp adjust the upper cervical region, and it will usually be essential to adjust kidney place or tenth dorsal in connection with the upper cervical for the best results, this being central place for skin action.

Itching scalp, dandruff, etc., with sore feeling all over the head, will usually yield to treatment in only a few days, and all other troubles will yield in a short time.

More serious forms of falling hair and baldness may be benefitted

Disease and Rational Treatment

and persistent care and treatment will grow new hair where the follicle has not been destroyed. Benefit will always follow treatment, and perfect cure in many instances.

Plenty of good nourishing food, abundant sleep, thoro physiological care, sensible washing in epsom water or other good wash, massaging, and such like will all assist to restore hair to bald spots, and give a new growth.

To cure baldness great patience is necessary, and a good long time to do it in. Other diseases of the scalp yield in a very short period of time, and the practitioner is sure of results in almost every instance.

DISEASES OF THE EYES

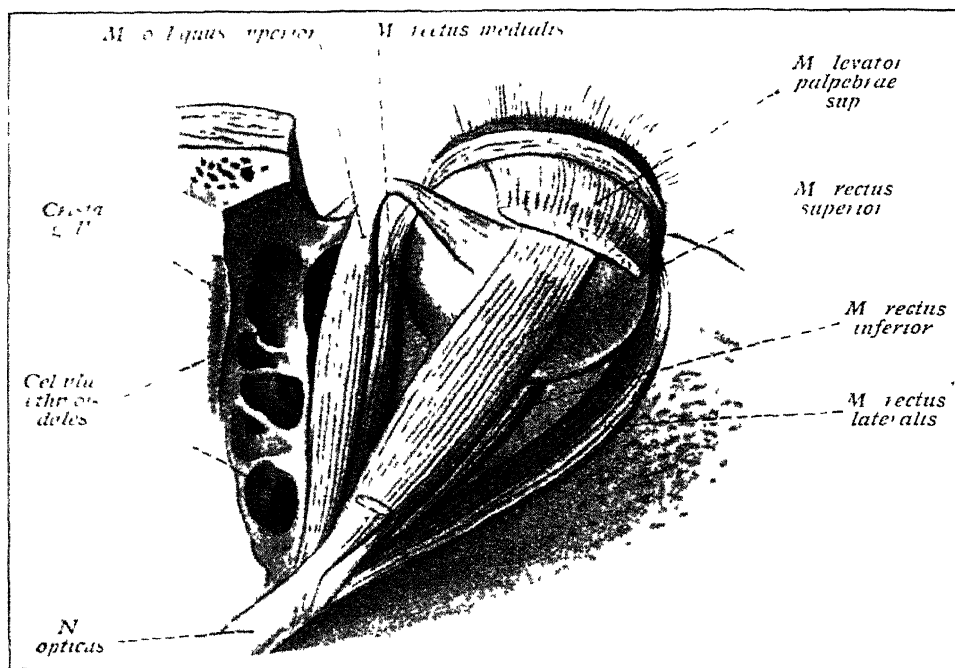
Among the diseases of the eyes may be those affecting the eyesight, those affecting the eyeball, those affecting the eyelids and those affecting the position of the eyeball in the socket.

If the troubles are caused by the lack of nourishment to the eyeball itself, the spinal lesion is usually found at the fifth dorsal region, and relief may very quickly be found from adjusting the fifth dorsal region, and additional help may be had from concussion of the second dorsal region. Concussion, too, of the upper cervical vertebrae above the middle inclusive has a very marked stimulation on the eyeball and the ears.

We have known cases of absolute blindness restored by adjustment of the fifth dorsal region only. These nerves seem to connect with the Optics and Auditories in some way that gives them nourishment, and must be considered in all cases of eye and ear troubles where there is any lack of nourishment to these nerves.

If the eyelids are affected with granulations, weaknesses that cause them to droop, inability to open and close them readily by an act of the will, etc., make the adjustments good and strong at the middle and upper cervical vertebrae. In connection with this adjust the tenth dorsal for more perfect skin action. In rare cases, where partial paralysis rather than general weakness prevails to the lids, it may be well to give rectal dilation. In just a few cases has the author found this necessary. In one case of al-

most total blindness, which recently came under his care, where there had been a stroke of paralysis, immediate relief was experienced with rectal dilation in connection with the other treatment.



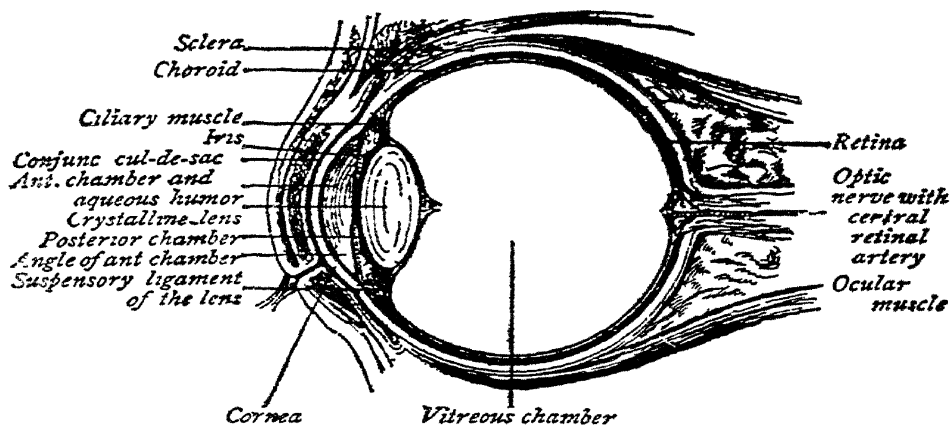
This patient had a tremendous blood pressure, which was reduced by spinal adjustment and concussion, but the blindness continued until we gave the rectal dilation, when patient began to read signs across the street, and could soon read other matter

In the cases of cross eyes, farsightedness, nearsightedness, strabismus, etc, relief may usually be had by adjusting the upper and middle cervical regions, with other adjustments in connection as indicated, giving concussion of the upper cervical and the seventh cervical sometimes

There can be no doubt whatever regarding the power of spinal treatment for all forms of eye trouble. Study the exact nature of the trouble, and make a special effort to restore by correcting the lesions that cause the weakness or disorder

Disease and Rational Treatment

The good Chiropath will be gratified beyond his most ardent expectations with what he will here accomplish, and many patients



will thank him for the life time good he will be able to confer upon them

And sometimes results will begin with the very first treatment given

DISEASES OF THE EARS

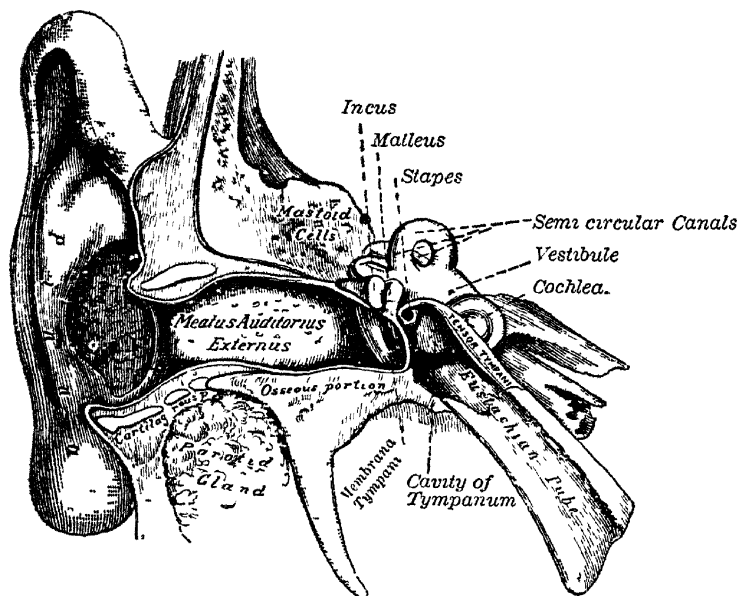
There are a number of minor disorders of the ears that are easily reached by almost any one who can give the simplest adjustments of the cervical region

The Auditory Nerves give the sense of hearing, and are distributed exclusively to the internal ears. The upper and middle cervicals all connect with the Auditories and the Optics. Also the nerves from the fifth dorsal region connect with these nerves, and, as previously remarked, give them nourishment in some way

Among the things affecting the ear that are so easily handled by the Chiropath are buzzing, ringing, or roaring sounds or noises in the head. There is seldom any difficulty in relieving these troubles permanently by a little spinal treatment of the upper and middle cervicals. Other segments may occasionally require adjustment also. In rare instances we have found it necessary to manipulate in and around the angle of the jaw inside the mouth, as

explained presently in the treatment of deafness. In one solitary case we made rectal dilation instead of making this treatment in the mouth, with absolute relief.

There will usually be found no difficulty whatever in treating these troubles of the ears, as adjustments in the regions stated above will reach them in a very short time,



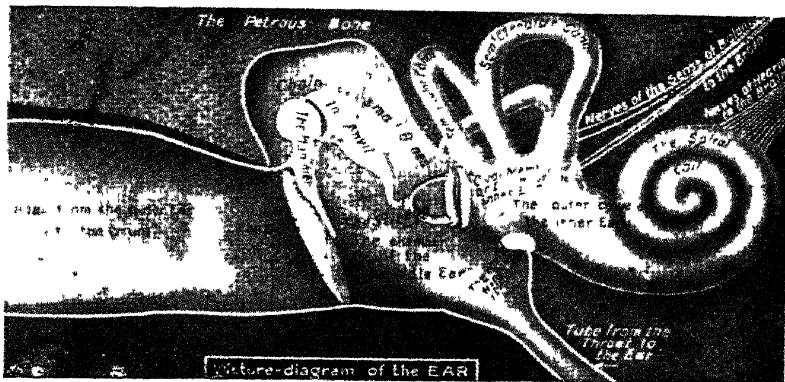
In deafness itself, there is often a most rapid recovery. Here, however, the physician must bear several things in mind, as the deafness may affect either the external, middle, or internal ear.

Occasionally the author has some case of deafness that yields to the very first treatment given, and hearing at once becomes perfect. During his practice of several years, he can recall now more than a dozen cases where relief was immediate. One man had been totally deaf in one ear for 52 years, his hearing becoming perfect immediately. Another had been so deaf for more than twenty years that it was with great difficulty that he could be made to hear the loudest voice with mouth yelling the words into his ear. After his first treatment he could hear so perfectly that it frightened him when we placed our mouth to his

Disease and Rational Treatment

ear and spoke loudly. An aged lady, above 80 years, could hear a clock tick in the adjoining room after beginning treatment.

It will be remembered that Chiropractic had its birth on the prominence of the fifth dorsal vertebra. It was here that D. D. Palmer made the first thrust and restored the hearing of one Harvey Lillard after his deafness had become so serious as to



appear to be hopeless, and our great old founder always said that the fifth dorsal must be watched in the treatment of all eye and ear troubles, and our own experience has lead us to believe the the old general was right in what he said, and all he said was reinforced by a very rich and fruitful experience.

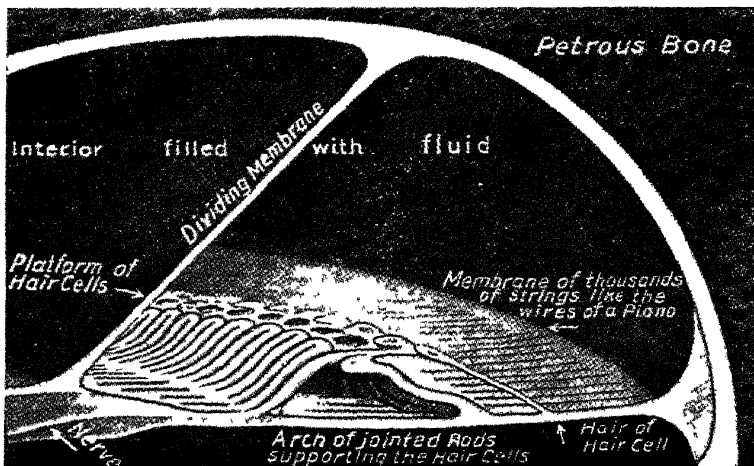
Of course, as later experience proves, many cases of deafness may be more surely benefited by adjusting the middle and upper cervical regions than elsewhere, but the fifth dorsal, the home of the soul of Chiropractic must always be remembered in these cases.

Doctor Palmer says he always either cured his cases of deafness completely, or else he greatly benefited them without making a complete cure. No patient he treated ever went away displeased at the results obtained. Later in the doctor's practice he no doubt obtained even better results, combining the cervical treatment with the other.

The author believes he should here outline more fully the treatment of deafness so as to fill all wants. The student or physician is also referred to the author's treatise on the Cure of Deafness, where every detail of the description of the ear is given. We will quote at length from this treatise, but will omit all mere descriptive matter, as the treatise may be read by all who desire, or any treatise on Anatomy or Physiology may be consulted if the reader so desires or needs. The actual methods only here need fill the present pages.

THE CURE OF DEAFNESS

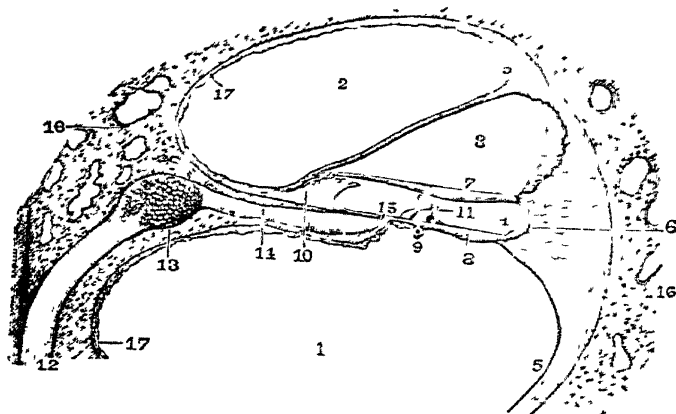
We know that deafness can be cured, because we have made radical cures in so many cases that we can speak positively in the premises. Some cases that have come under our care have been totally deaf and of long standing, while others have been only partially deaf, the affliction having lasted all the way from a few months to many years.



Naturally we would think that a case of deafness of long standing would be hard to reach, while one of recent origin would be comparatively easy to reach. Indeed, this is the rule, but there are

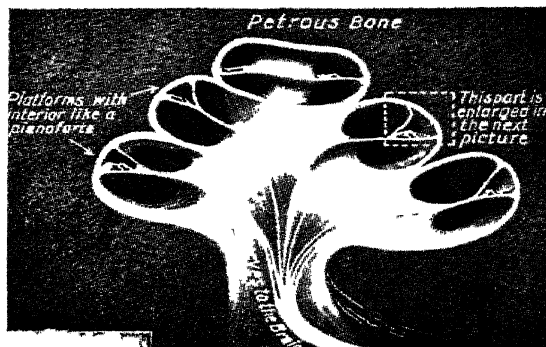
Disease and Rational Treatment

many exceptions to it. We recall now the case of a man who had been totally deaf in one ear since the age of five years. He was



fifty-eight when we first treated him, and on the third day he could hear perfectly out of that deaf ear.

We recall another case that was so deaf in both ears that you had to bawl at him with mouth against his ear to make him hear at all, who could hear immediately following the first treatment. Not knowing we had made so great a change, we placed our mouth to his ear and spoke in as loud a tone as usual to make him hear, and it frightened him so that he jumped against an electric lamp and hurled it from the table. This man's deafness had been coming on gradually for more than twenty years.



We can recall a thousand and more cases of variable degrees of deafness that have responded either wholly or partially to the

treatment we give. We can truthfully say that we have never made a complete failure. Every case has been helped, and the cure has been complete in a large majority of cases treated. The practitioner who follows our instructions faithfully will certainly prove his worth, unless it be on some case where operations or peculiar diseases have destroyed portions of the internal or middle ear or the tympanum or drum.

TREATMENT OF DEAFNESS

Deafness may be caused by trouble in the external, middle, or internal ear. Our own experience has been that deafness from troubles in the middle ear are harder to cure than any other, but they respond in most cases nevertheless, and in many cases perfectly.

However, it is very desirable to know whether the trouble exists in the internal, middle, or external ear, and we will give here such tests as will enable the practitioner very easily to determine this.

Procure a tuning fork of the C2 note, making 512 vibrations per second. This is the best for making the tests.

If this tuning fork is placed against the head of a person whose hearing is normal, he will hear better if both his ears are closed. If one ear is closed, he will hear better in the closed ear than in the open ear.

If either the Eustachian or the external Auditory Canal is closed or obstructed, or the Membrana Tympani thickened or hardened the vibrations of the tuning fork will be more distinct in the obstructed ear.

Now, note this carefully. If the trouble is in the internal ear or labyrinth or the auditory nerve itself, the tuning fork will be less distinct in the impaired ear.

Make these tests thoroughly. They mean something, and will not be hard for you to make when you make them a few times. Be sure you have a good loud sounding fork of the kind named above. Let patient close one ear, and then the other, as you make them, and both closed and open, as you may find best, as you proceed to the different parts of the examination.

Disease and Rational Treatment

Of course, these tests are only preliminary to the treatment, and form no part of it whatever—but the practitioner should learn to make them so perfectly that he never hesitates in making them. Hesitancy invariably makes the patient think the doctor does not understand his work.

Before beginning treatment for the case of deafness, test the patient's range of hearing by holding a watch to the ear, and see how far away he or she is able to hear. Sometimes you will have to place the watch against the ear of the patient, and then again the patient may be able to hear as you move the watch away from the ear a few inches. After making the first treatment, it is not infrequently the case that the patient can hear several times as far as before the treatment was made.

We seldom treat a patient whose hearing is so bad that the watch must be held against the ear to be heard that the patient cannot hear its tick after the treatment with the watch held away at a distance of six to twelve inches, and sometimes farther. Sometimes hearing is perfectly restored with a single treatment, but this must not be expected or promised. Where it comes this way, it must be looked upon as one of those remarkable cases that come along like a modern miracle, as indeed it is.

The first case of deafness treated by D. D. Palmer, founder of Chiropractic, heard instantly after the first successful thrust to the fifth dorsal vertebra, but other cases treated by Palmer did not recover so radically or so quickly. They all improved, the old doctor used to say—but it was not always a rapid improvement.

With our more extended methods of treating deafness now, we may say that it is the rarest exception that any case will ever be treated without marked improvement being observed from the beginning, and a very great improvement in a comparatively short time.

EXAMINATION OF OUTER EAR AND NASOPHARYNX

The outer ear, including the auricle, external canal, and membrana tympani, may usually be examined with the eye alone. Get

good strong daylight to it, and all parts may be seen and examined Turn each individual case in position best for the purpose, and look well along the canal down to the tympanum Pull the auricle to the position that will give the straightest view down the canal You will usually be able to see all along, and observe the conditions of the walls of the canal and of the membrana tympani

However, a reflector and ear speculum may be used on some patients better than the naked eye The reflector should be in the shape of a concave mirror with an opening through the center for the operator to look as he throws the light into the auditory canal A convenient size of mirror is three inches in diameter, with a focus of about nine inches

The mirror should have a handle for convenience in holding It may also be held by a contrivance around the head, which must be arranged so as to place it the proper distance from the eye of the operator We prefer the mirror with a handle A gentle light from a gas jet is best to be reflected into the patient's ear A small light may be rigged on the operator's head, or on the gearing that holds the reflector if it is rigged in this way, but we naturally prefer the simpler arrangement if we resort to any thing besides the natural eye in making an examination

Next examine the nasopharynx Procure several small mirrors of varying sizes, the better to fit different mouths Place one of these mirrors in the mouth far back at an angle of about 45 degrees, so as to obtain an image of all the upper pharynx and posterior nares

Note the pharyngeal tonsils, just above the posterior margin of the nasal septum Look a little to either side and behold the opening of the Eustachian Tubes These opening will appear to be elevated around the edges

The color is reddish in health, but variable in disease Note whether the mucous membrane covering the mouth of either tube is lighter in color and shrunken apparently in any way If you find such a condition, the tube is weakened or atrophied If the mouth of the tube is apparently or really enlarged, with mucous showing in the mouth, there is a catarrhal condition existing

THE TREATMENT OF DEAFNESS - CONTINUED

We are now ready to lead into the treatment of deafness as usually met with in all cases that may ever come to us for treatment

Think once more of the wonders of the Auditory Nerve. This nerve has been described. Think again of its peculiar entrance into the internal ear by the three branches that are distributed to the utricle, saccule, and ampulla, parts of the semi-circular canals. Each hair cell has a nerve fibre, and with it all is the finest circulation you could imagine

The tympanic membrane receives the vibrations from the air in almost unlimited number, from about 60 up to 4,000 per second. These are transmitted to the Organ of Corti through the ossicles and general mechanism of the ear, and impressions are made on the brain

This exceedingly peculiar and wonderful organ must be treated with care and skill to keep it in perfect condition, and it is our purpose to so outline and direct that the best will always be given to each individual patient treated

The first step with many good cases is good spinal adjustment. Nerves are wonderful rectifiers of abnormalities of any kind that affect the organs of the body anywhere. The nerves of the upper and middle cervical region all reach the cranial nerves, including the Auditory. Therefore, it is essential to fully relieve all tension on nerves of this region. When this is done it is not infrequently the case that a marked difference is at once observed in the hearing

Another very important segment for adjustment is the fifth dorsal, as fibers of nerves from this region reach both the Auditory and the Optic nerves. It was by adjustment at this region alone that D. D. Palmer restored hearing to the deaf ears of Harvey Lillard. It must not be overlooked in adjusting the spine for deafness

We have had cases in our own private practice even more remarkable than the first case restored by D. D. Palmer, and have been amazed at the miracles thus performed, and have hoped to be able to relieve all this way, but have found a great many who would not respond perfectly to this simple spinal adjustment

treatment, and have gone farther in the development until now we are sure of our way in treating more than 95 per cent of all these other cases, obtaining either a perfect result or one nearly so

TREATMENT OF DEAFNESS - CONTINUED

In this chapter we will show the best methods of manipulation that may reach and stimulate all parts of the ear. Remember, it will always be in place to make the spinal adjustments as we have already outlined before making the manipulations here laid down.

With patient either lying or sitting, manipulate moderately and deeply around the outer ear, pulling the auricle gently in all directions. Work well around the angle of the jaw on the side of the deafness, on both sides if deafness exists on both sides. Have patient open mouth rather widely at times while you are doing this manipulating act.

A few years ago a good book was sold for the purpose of maintaining good looks by making faces. A noted woman went to work to improve her looks by the use of the maneuvers directed in the book, when she discovered that her deafness was disappearing along as her looks improved by the continued maneuvers of the face muscles and movements of the jaws and muscles of the face. Some others also had like results, and it became a popular treatment for deafness, as a considerable percentage improved in hearing. If these exercises had been coupled with proper manipulative work on the angle of the jaw within the mouth, a much larger percentage would have yielded.

Next with patient preferably in the upright position, place one finger inside the mouth of patient back to the angle of the jaw behind the wisdom teeth. Hold the fingers of the other hand outside at the angle of the jaw. Let the inside finger be placed on the teeth or jaw-bones and the walls of the mouth by the masseter muscle. In this position manipulate within and without the mouth at the same time, having patient open the mouth widely at times. Continue this for five minutes, or thereabouts.

You will become expert at this. No particular directions will

help you as much as good common sense and intelligent manipulations. It will soon be very easy for you to do them. Practice will soon make you master.

Next place the finger of one hand in and around the gums on the inside of the teeth next to the throat, and in this position manipulate well around the inner side of the angle of the jaw three or four or five minutes. Over here push the finger over on the soft palate a little distance, and pull slightly forward, so as to loosen the muscles attached to the Eustachian Tube. This will frequently open up this tube where catarrhal conditions have closed it, or other impediments have filled it.

These maneuvers are very powerful aids in some cases of deafness, but there are some other exercises that may be substituted for them with good results also, but we would hesitate to say they are as good as the use of the finger. If it be irksome to the operator or the patient to make these manipulations as we here direct, you may place good-sized rolls of cotton or clean rag of soft material in the angle of the jaw, and require patient to press jaws together on this for about five minutes. Another still better substitute is to place sticks of rubber erasers back in the angle of the jaw, instead of the cotton, and have patient bite down on them for five minutes or so.

All this maneuvering will greatly stimulate the auditory apparatus and have a marked effect on the hearing. The days you do not treat the patient you may have patient go through these exercises with the cotton or rubber erasers, and improvement will come along faster.

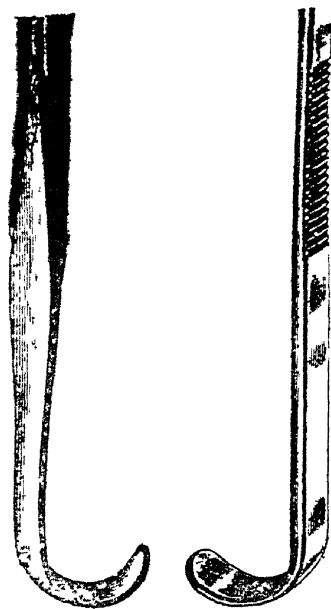
Test a patient's ears with your watch before making this treatment, and you will almost invariably see an improvement of several inches in the range of hearing after the first treatment, and an improvement day by day that will be very gratifying both to yourself and the patient.

TREATMENT OF DEAFNESS -- CONTINUED

In this chapter we will go a little farther than in the preceding, as some cases will require more care and more work. You will

need a little instrument like a bent handle of a spoon (See cut accompanying.)

With the mirror examine the nasopharynx, and see the position and condition of the Eustachian Tubes, and manipulate around the openings with the finger. Next, gently hook the instrument



over the soft palate, and pull forward very gently for five minutes or a little longer. If the saliva accumulates in patient's mouth, let it be expelled, and then proceed with this work,

While you are doing this, patient may hold aluminum combs in the hands, as shown in cut, pressing gently but firmly all the time.

The combs thus held are a help, but not a necessity. It is one of the inexplicable things of Zone Therapy, and certainly does good in some hard cases.

The pulling forward on the soft palate will release muscular contraction of the palatal muscles that are united or attached to the Eustachian tubes, and relief to the middle ear, and the outer and internal ear, through the middle. A study of these tubes and the muscular attachments will make all this very clear.

Supposing you have a case where you have made the spinal

adjustments perfectly, giving a strong nerve impulse to all parts of the ear. You can see without argument that this additional exercise to the tubes and to other parts thru them, will assist strongly what has already been done, and will lead you out most admirably in these hard cases of deafness.

Be careful that you do not go too strong in this treatment. Learn to do it without gagging or nauseating the patient in any way. Practice will enable you to do this. Directions will only go so far with you. Remember you are not to hurt the patient. Severe straining of any muscle may tear down and injure, whereas gentle manipulating will, and gentle exercise can only result in good.

Therefore, let gentleness prevail in all cases, and particularly so at the beginning. Later on the pull may be slightly heavier, but must not be heavy at any time. Be sure to bear this in mind, always making the pull forward on palate very gentle.

If your examination has disclosed a condition of catarrh or anything else that has closed the Eustachian tubes, you must persist, along with other things, in pulling and working the finger over and around the mouth of the tube until you have opened it. A little white vaseline on the finger will prevent irritation or soreness from following this manipulation, and we thus moisten the finger in our own treatment if there is any tendency to irritation from this work.

Still later, after considerable work has been done in this way around the mouths of the tubes, you may insert the tip of the little finger in the mouth of the tube. Before doing this, see that the nail is closely pared and the tip of the finger lubricated with a little white vaseline. It will not usually be necessary to do this, but we mention it for extreme cases.

Following this a few days later, you may blow the tubes out with a Politzer Bag. You will not usually have to do this, just in rare cases, only in one out of a great many, but we will give you a word of instruction, and caution as well, on the subject, to meet your needs, and make your powers full in regard to every part of the treatment.

Procure the Politzer Bag from druggist or supply house. The cost is small. Do not use it at the beginning of treatment, as the tubes might be so tightly closed as to make it impossible for its force to blow them open. Place the nosepiece in one nostril, and close both nostrils with the fingers of one hand. Patient should have a little water in mouth to insure the act of swallowing to be better.

Now, when ready, have patient swallow the water in the mouth, and just as the larynx rises press the bulb, and thus force the air into the eustachian tube and thus to the middle ear. Do this gently. Use absolutely no more force than is necessary. A great force used might rupture the ear drum. This has been done. Try again with just a little more force. There is no danger if you are careful, and there are cases where this should be done, but in our private practice we have found very few, indeed, where this was necessary. Results nearly always follow good treatment without this.

Spinal concussion over upper cervicals has a powerful effect. This may be made with little mallet or large machine. Make concussion strokes lightly but firmly for five or six minutes. We use it sometimes, but not always.

In this chapter we go a little into Zone Therapy work, which is, indeed, a powerful adjunct, particularly in the beginning of the treatment, and forms a part of the treatment the patient may perform at home on the days you do not treat him or her.

The working around the angle of the jaw is as much Zone Therapy as anything else, but has been already given, and need not be stated again here. The biting down on cotton wads or rubber erasers also has been mentioned, and may be done by the patient at home twice a day particularly on the days you do not treat him at your office.

Another very distinct Zone Therapy idea is manipulation around the end joint of the third finger or the one next the little finger for five or six or seven minutes. Do this on the side of the deafness, or on both sides, if both sides are deaf. Also work on outer or end joint of finger on either side of this to a less degree than the third finger. Just squeeze and manipulate gently, but firmly, around the joint for the time of five to seven minutes.

It will reach and stimulate the ear thru the fourth zone of the body (See Cut for position)

An equally good Zone Therapy maneuver is to press the teeth of an aluminum comb against the finger tips and thumb for five to seven minutes. Get the position exactly for this. You may fix them in patient's hand or hands, and have them thus held while you are making some other part of treatment if you like. Accompanying figures will show you just how the comb must be held for the greatest good.

Earache is usually cured in five minutes time with the manipulation around the joint of the third or ring finger. Clamping a steel spring clothespin on this joint will usually do the same thing, or winding rubber bands about one-eighth inch wide around the joints will do as well.

The Zone Therapy adjuncts are very useful in some hard cases. In fact, we must acknowledge that we have received results in some very extreme cases where the other treatments had failed. However, we by no means place this above or equal to the general treatment we illustrate in this book. We believe in the proper combination of all agencies that assist in any way to better results. The deaf man or woman is in search of hearing, and it is our purpose to assist such a one to find it.

Let us stop short of nothing that will give the most perfect service. Results are what we seek, and results are what we most desire. Let the method be what will give the best results in the shortest time. It is humiliating to us to take a case of any kind and do it no good, while it makes us rejoice to cure some serious case and in a reasonable time restore that case to perfect normality. Many a time in our own private practice have we succeeded where every other form of treatment had signally failed, and have been made to rejoice with the patient thus helped.

These remarks, you will understand, are not here intended to apply to Zone Therapy, but rather to the entire treatise we give you in the compass of these pages. Your application of the full teachings herein will amply reward your best efforts, and the results you obtain will substantiate every word we have said. You will get better results than you could have hoped for.

CAUTIONS

Never use such drugs as quinine, the bromides, or any such things as produce roaring in the ears. Great injury may follow. No medicine will help deafness.

Be very careful in washing out the ears. Continued syringing will certainly impair the hearing. If ears are stopped in the external auditory canal, cleanse some other way than with syringe. A very little vaseline will be far better than water.

Earache may nearly always be relieved in five minutes by manipulating outer joint of third finger.

DISEASES OF THE MOUTH, TEETH, AND GUMS

Among these disorders or derangements may be mentioned, soft and spongy gums, loose teeth, Alveola Pyorrhoea (the great incurable frightfulness to the work of the dentist), bad smelling breath, ulcers of the mouth, weak inferior maxillary bone, etc.

Consider the nerve supply, and little difficulty will be experienced in giving the needed treatment. The nerves from the middle cervical region have a most decidedly helpful effect in a direct way upon all diseases of the teeth, mouth, and gums, and must be always an essential adjustment for all these troubles.

Alveola Pyorrhoea of many years standing will yield to good treatment of the middle cervical region. It is advisable to adjust the tenth dorsal in connection in order to secure good kidney and skin action. Loose teeth will begin to tighten at once, and wasted gums begin to take on new life immediately, and directly be full and healthy.

The author has had a very extended experience in these disorders, and can assure every physician that success will follow most gratifyingly. Results will usually be rapid. Many cases that had been under the care of good dentists for years before coming to the author, after receiving spinal treatment for two weeks or so have gone back to exhibit results to the dentists who had previously

worked on the cases and in every case were pleased to hear the dentist express wonder at the marvellous improvement.

May concuss third and fourth cervical and seventh dorsal vertebrae. May also adjust tenth dorsal in connection with the other

DISEASES OF THE THROAT, TONSILS, ESOPHAGUS, TRACHEA, ETC

In diseased conditions to all these parts, the physician will need to study or consider the nerves affecting the part to be treated. This nerve supply has been given very fully in previous chapters of this treatise, and will be referred to here very briefly, reserving the greater space for other treatment.

In diseases of the throat, adjust so as to reach the affected parts. This will often be the middle cervical, but may be indicated above or below this segment. The fifth dorsal also has a most decidedly good effect upon the throat to relieve soreness.

Diseases of the tonsils may be uniformly relieved by adjustment of the cervical region as per lesion found, usually the upper cervical, but may be the middle or lower cervical. Additional relief may also be had by adjusting the fifth dorsal.

Diseases of the tongue are reached at once by adjustment of the middle cervical, or above and below this as indicated by lesion found.

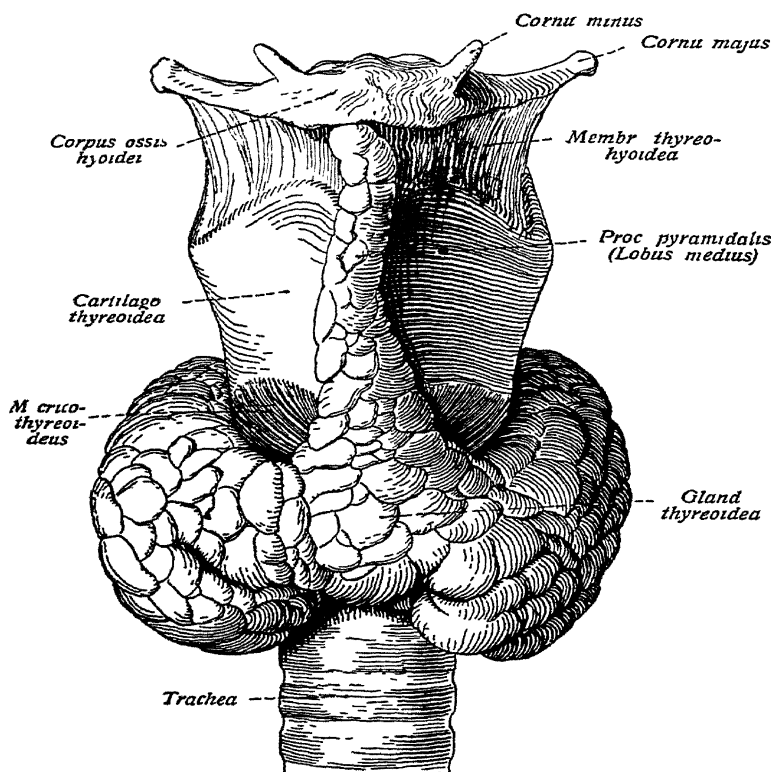
Diseases of esophagus, trachea, etc., are all adjusted along the cervical region as per lesion, and all may be further helped by adjustment of the fifth dorsal. Also concuss the seventh cervical region.

Diphtheria, a most dangerous and fatal disease of childhood, and sometimes found in adult life, may be quickly and radically cured by spinal treatment of the cervical and fifth dorsal regions. We have seen the treatment prove most efficient after medical treatment had failed, and patients were apparently hopeless. Simply make the treatment carefully, keep the neck warm without overheating, and only a few days will suffice for complete recovery.

DISEASES OF THE THYROID GLAND

The enlargement of this gland will cause common goitre and exophthalmic goitre. Either of these serious conditions may be completely cured by spinal adjustment and spinal concussion or sinusoidalization.

In the common forms of goitre the enlargement becomes a great disfigurement, but may not result seriously nor endanger the patient's life for many years if at all. Some cases of common goitre go thru a long life with little inconvenience more than a disfigurement, while other cases continue to grow until the great weight, by the force of gravity mostly, actually chokes the patient, interfering with the power of breathing.



However great the enlargement, and however great the interference with breathing and the power of deglutition, continued treatment will reduce the enlargement, and will eventually rid the patient entirely of the trouble. The fifth or sixth cervical should be adjusted daily and concussion or sinusoidalization made for five to seven minutes each day over the seventh cervical vertebra.

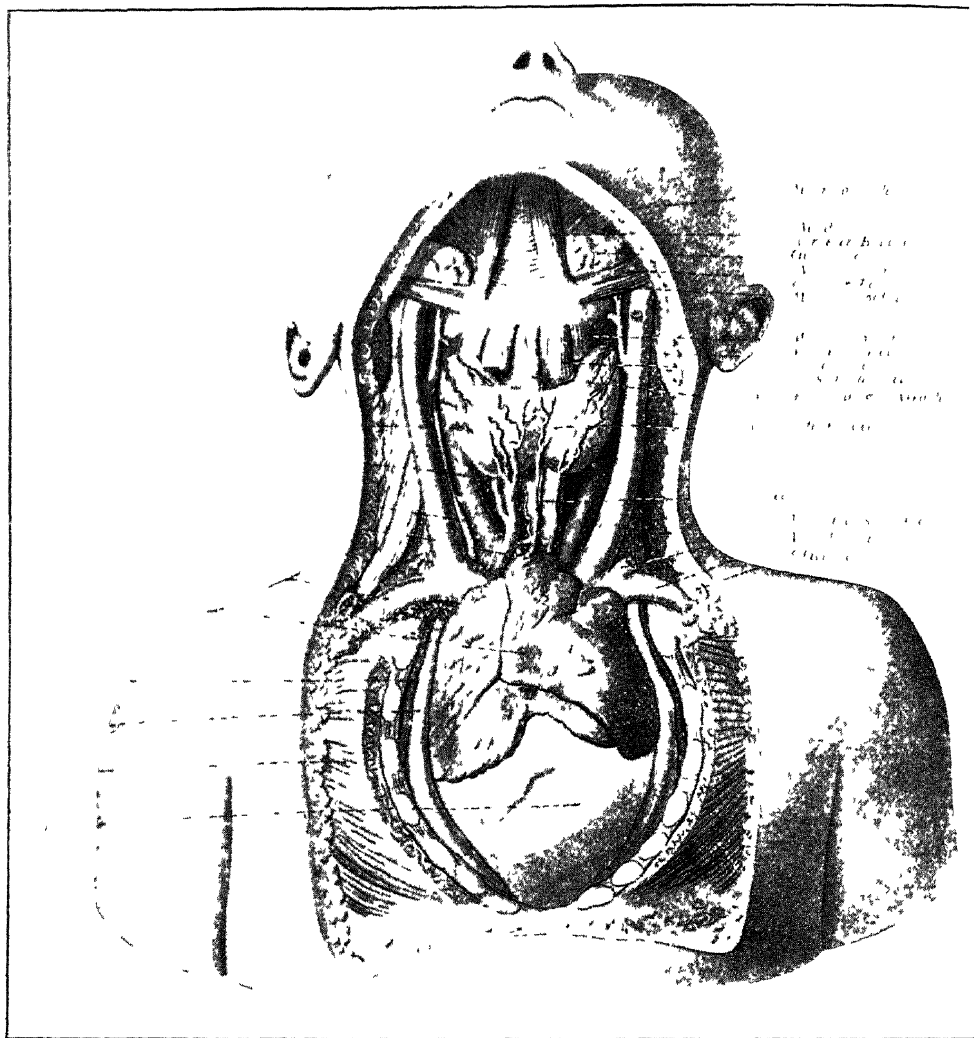
Where the enlargement has become very large, or very hard and fibrous, the treatment may have to be continued for several months and sometimes for one or more years. However, after the improvement is well started, and progress is being made, the patient may have a small concussion hammer, and make the concussion at home once or twice a day say. During the time he or she is receiving the treatment, there will hardly be any attack of cold of any kind that will amount to anything at all. The adjustment and concussion will prevent this most thoroly.

Many cases of common goitre have recovered among the patients treated by the author with the treatment thru spinal adjustment only. We will say that one third or one fourth of the cases will thus recover. Under combined treatment of spinal adjustment and spinal concussion, he has never had a failure.

The exophthalmic goitre is much more serious as it involves the heart with a most weakening tachicardia or intensely rapid and labored beat that is most weakening and exhausting, leading directly to death unless relief in some way is had.

With the exophthalmic form the heart may beat so fast as to be hard to count the beats, going above 160 and more to the minute. Heart enlarges, and patient feels weak all over. The eyes bulge outward, the heart murmurs, there is a decided weakening and loss of flesh. The gland enlarges, but may not enlarge so radically or heavily as in the case of the common goitre.

Adjust here as in case of the common goitre, but give good adjustment to the fourth dorsal also to strengthen the heart, and be very sure to give the concussion or sinusoidalization of the seventh cervical.

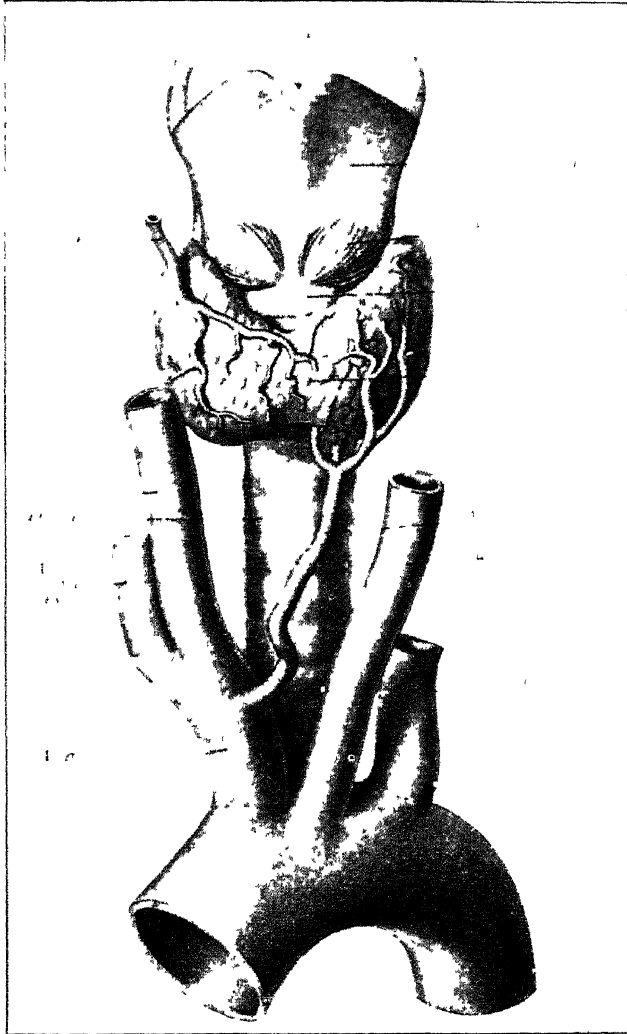


We doubt if any better picture was ever made than the above to show the parts here presented. The veins and arteries and glands and other parts are somewhat exaggerated in size to show their position better. Observe the multitude of small muscles attached to the hyoid bone at the root of the tongue. Note also the position of the carotid arteries, the jugular veins, heart, etc.

Particularly note the position of the thymus gland, which decreases and disappears as the boy or girl reaches the age of puberty. The position of the thyroid gland in the neck study well as here is where the goitres are formed, and all practitioners will sooner or later have to treat these ugly deformities, and the instructions given in this book will insure a cure every time.

Disease and Rational Treatment

Be faithful in the treatment for a few weeks, and all symptoms of exophthalmic goitre will have disappeared. A quicker result usually than in the case of the common goitre. The rapid heart action will cease, the unnatural blood pressure become normal, nervousness disappear, and patient will be normal in every way.



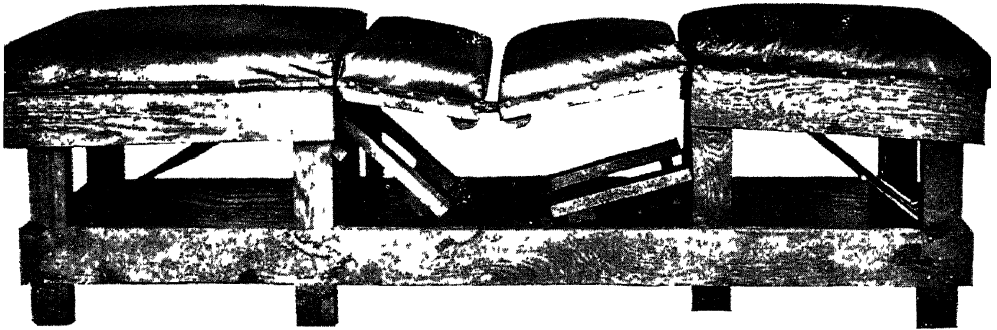
The reduction of the enlargement may be hastened very materially by giving the patient a good warm epsom salts bath over

Disease and Rational Treatment

the goitre each day for fifteen to thirty minutes. This the patient may do at home morning or evening or both morning and evening

Exophthalmic goitre, tho serious, and bringing certain death after a while, will most surely yield to the treatment as outlined above. Life will be saved, and happiness and certainty given instead of the gravest doubts and fears. No estimate can be given as to the value of this treatment. Money represents nothing to the one whose life is endangered. The physician who can bring relief and extension of life is the most valued citizen any community can ever have

These methods are infallible. The author's experience warrants the strongest statements he can make. He bases his entire reputation on what he says. He knows every statement to be true



Nothing looks better in the office than a good, strong, neat adjusting table, and nothing adds more to the efficiency in a practical way of the physician. The office adjusting rooms, furniture thruout should be first class without being gaudy. Nice furniture, good adjusting rooms, neat personal appearance, skill and knowledge, then success is assured

DISEASES OF THE LUNGS

Since the days of Jenner, the beginning of vaccination for small pox, there has been a steady increase of the most serious diseases of the lungs, as well as cancer, syphilis, and such like

In the brief space allotted in these pages for the diseases of the lungs, it is not our purpose to expatiate greatly on the harm that has followed vaccination. This has become a well known fact. No one who has made proper investigation can in any way doubt it.

Just as other parts of the body may be diseased by improper living, spinal lesions, poisons, etc., so the lungs may likewise become diseased.

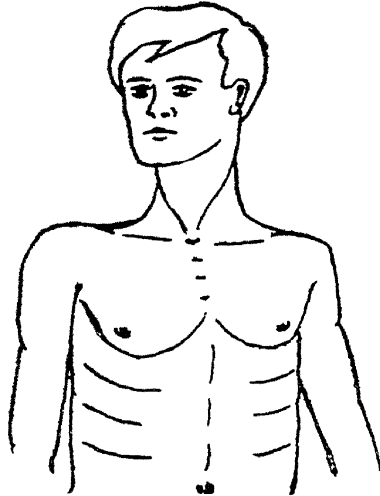
With all cases of lung troubles that have become serious enough to reach the stage of tuberculosis, the author has always found that the patient was a constant left side sleeper in 90 per cent of the cases, and the others slept constantly on the back. The stomach was always bad, with spinal lesions at the third and fifth dorsal regions

These attitudes in sleep must be changed to insure the most rapid and radical cure of all serious lung troubles. In pneumonia and such diseases the position in bed should be frequently changed, and much of the sleep or rest should be on the right side or face

We will here epitomise somewhat from the author's treatise on Consumption, covering a few pages, as we believe our conclusions there have been tried to an absolute demonstration. Along the lines of cause the reader is referred to this treatise. Here, in these pages before him, will be given the gist of the cause and the treatment.

Seventy years ago the number of deaths from lung troubles was very few indeed, and consumption or tuberculosis was still rare, but during this span of three score and ten years, there has been an alarming increase in the death rate from pulmonary consumption. How much then should the public be aroused in regard to checking the ravages of this monster of death, who is no respecter of persons, and whose dark shadow has been thrown across the threshold of most families in America, so that today scarcely a

Living man or woman may be found who has not lost some dear one to satisfy the claims of this dreadful scourge



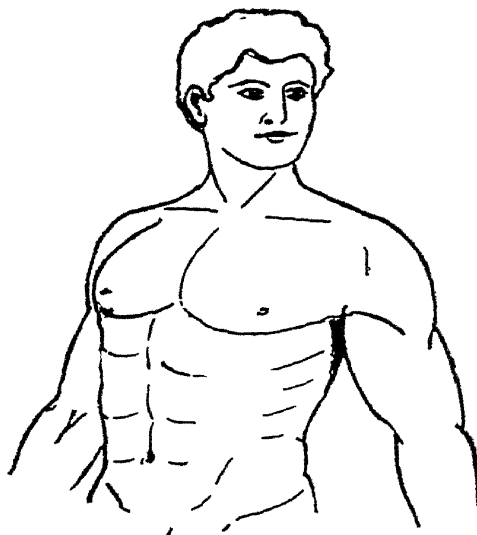
A Consumptive Young Man

And it is our candid opinion that we offer here the only rational, safe, sure, and unfailing cure, which has stood the test of our own experience and observation, and we could cite hundreds who have made complete recovery under chiropractic adjustment. Why then should we hesitate to declare the whole truth, and let the whole earth rejoice in the sunshine that has come in the morning after the night of death has passed? Let the truth prevail, and let her message be carried on the wings of the morning in the thrill of a hope that springs eternal in the human breast.

Consumption or Tuberculosis is the most dreaded and most fatal of all diseases of modern times, being responsible today for one-fourth of the deaths that occur from all sources. Let some physician diagnose some suffering child or adult as having a genuine case of consumption, and the parents at once lose all hope of recovery on the part of the afflicted one, and while that one may be perfectly optimistic, and struggle in every way against the progress of the disease, believing, as the tubercular victim usually does, that his trouble is not consumption, but something else, he nevertheless, day by day and week by week, wastes away until death claims his own and takes him away.

The name Consumption means a wearing away, and the lungs of the suffering ones gradually waste away until all power and strength are gone, and breathing becomes difficult and labored, and the patient dies from literal suffocation. Even to the last day the patient often believes that he is on the road to recovery, but the grip of the insidious foe has been growing stronger daily and hourly, until with scarcely an effort the last fibre in the already brittle thread of life is severed, and life with all that it means is cut off forever.

It attacks all classes of people, and the sexes in about equal proportion, but it occurs more frequently in children below the age of seven years, and in young men and women between the ages of twenty and thirty years, but the most aged men and women often fall victim also to its dread ravages, and so rapidly has its prevalence continued to increase that were it so to continue for



This picture represents an athletic young man. Sleeping mostly on the right side, proper food and exercise, and proper mechanical treatment of the spine as outlined in this treatise, will insure perfect health, splendid muscles, superb vitality, and mental and moral qualities of the highest order. No grander testimony can be given any science than its power over the dreaded plague of tuberculosis.

seventy years, the entire human race would die of consumption. But we do not think it will so continue, and today we will offer you a treatment, or, rather, will demonstrate it to you, that we

believe will do more during the next ten years to stamp out the great white plague than all other influences combined, a new treatment that, without drugs or medicines of any kind whatever, has already successfully grappled with the most severe and most hopeless cases, and with a marvellous certainty has proved beyond the possibility of a reasonable doubt that a giant has arisen in the path of this most dreaded monster that will not give way until the battle is fought to a finish, and this dreaded scourge is driven from the face of the earth. This mighty giant, for the past few years has been struggling for its own existence, and has gained every battle, and is now ready to fight for the lives of millions of consumptives the world over. Will unfriendly hands stay down, and unfriendly swords be sheathed, while the battle is going on that will have but one ending. Every footprint will be a shining landmark, and every weak man or woman made strong will be a living testimony, and the world will vibrate as a mighty heart to the marching tread of millions saved from untimely graves and left for long and useful lives.

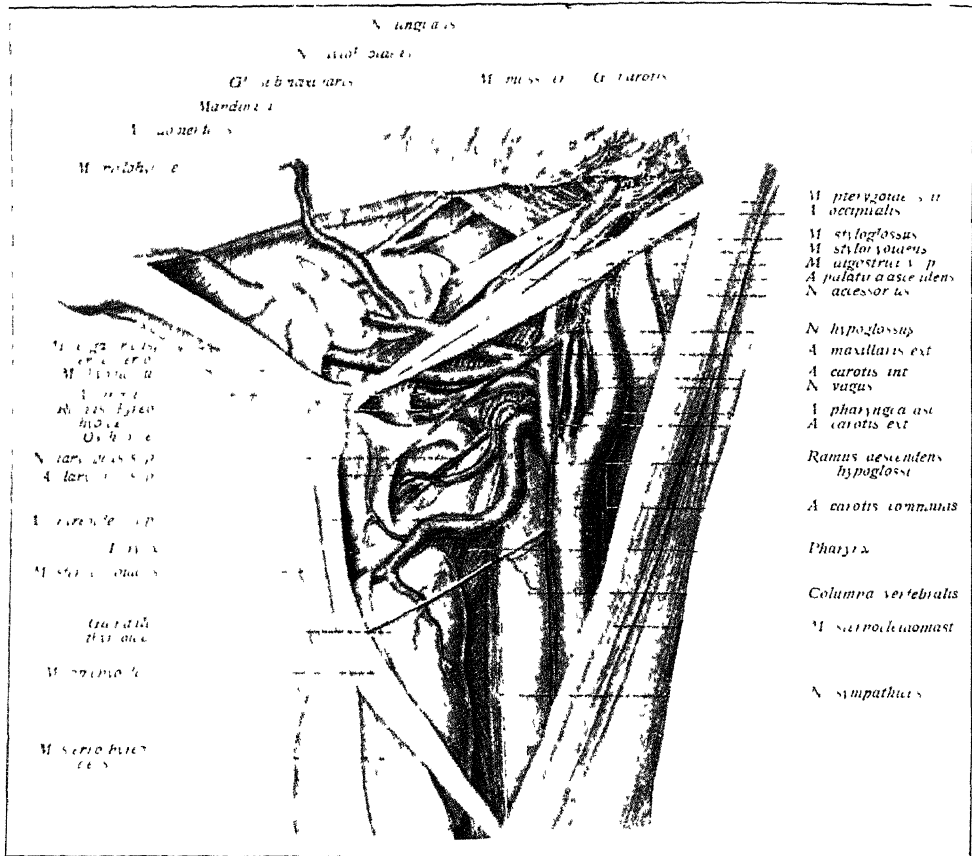
But before going into the details of this great work, so soon to spread its tenets over the land as the waters cover the sea, we would speak to you briefly of the cause of this formidable disease, and pay our respects to some of the so-called drug and serum treatments, which, in the most irrational and absurd ways of which the human mind can possibly conceive, have held out hope against hope, only to lead suffering ones on to untimely graves, with particular attention to the one which with spectacular turtle-like significance is attracting the attention of the world at large. If the lives of people suffering from this dreaded contagion were not serious matters, some of these so-called cures for consumption would be absolutely laughable.

The exciting cause of consumption is the tubercular bacillus, and the death of this microbe is the goal at which all treatment is aimed; and yet if the millions and millions of bacilli infecting the lungs and other parts of the body could all be killed by some great nostrum or injection, and the body left in its weak condition, with predisposing causes still within the body, and no auto-protection, the patient would still be in the greatest danger of future

attacks, and coming in contact again with the deadly germ would give another attack even worse than the first. What the world needs, and what the world shall now have, is a way to remove the cause of the trouble, throwing to the lungs and other affected parts a condition of health instead of disease, through the perfect working of the nervous system, giving health to the patient, death to the germ, and immunity on the part of the patient to all future attacks. This can and will be done, and is being done now. The present generation is stretching out its hands, and behold the instruments are being placed therein that will pierce to the very roots of the difficulty, and earths' suffering millions no longer wander without hope which should spring eternal in the human breast.

If the human system were constantly in perfect health, there would be constant immunity from this dreaded disease. The germ could be inhaled or breathed by the million without any danger of inoculation whatever. The auto-protection, like a guardian angel, would strike death to every microbe, and though a million might be inhaled at a single breath, they would be as harmless as a draught from the first breeze of morning. In treating this death-dealing disease, we are well aware that we are constantly taking into our own system millions of the germs tubercular bacilli, and yet we never give it an anxious thought, because we keep our own back and nervous system in an absolutely normal condition, and know that we have absolute protection against them all. We can defy them. We are ever their master, and not their servant. Vigilance is the price of liberty, and normal nerve life is the assurance of perfect health. With the body thrilling all over with perfect nerve life, and through this all organs perfect, like Fitzjames to Roderick Dhu, we may exclaim, "Come one, come all, this rock shall fly from its firm base as soon as I" for disease can no more exist in a normally adjusted and attuned organism than icy waters can defy the warmth of the tropics. Tonight we are to demonstrate to this audience the ways and means of so attuning and maintaining the human body in this perfect state of equilibrium preventing disease where it does not exist, and driving it out where it does exist, and though its name may be legion, it shall become

the Niobe, the Nemo, the Nameless Wanderer, seeking a home and finding none, groping in his dotage and his rattle of bones beneath the bleak ruins of the empires that once were his, now snatched from his grasp and made new and glorious by his conqueror



A most accurate cut from which the student may study the form, position, and comparative size of many muscles, arteries, nerves, and other structures of the neck, throat, tongue, etc. A close and scientific study of this cut will fix most readily in the student's mind a great mass of anatomical knowledge, and to the Chiropractor many useful lessons of nerve distribution and comparisons of parts. Study it for about an hour, and later return to it for further and briefer study.

But again to the cause of tuberculosis. While the exciting cause is the tubercular bacillus, no one would ever have consumption if he were not brought in contact with this germ, and if the

system were strongly fortified against it, he might come in contact with millions of the germs with impunity. It is only when the system is made ready for the attack that the attack is harmful, or in other words, when weakened by some predisposing cause that the lungs and other parts may be successfully assailed. And now a few words as to these predisposing causes.

And again we may find other predisposing causes in the breathing of impure air, or air infected with the tubercular bacilli; by tight lacing, which unduly restricts and compresses the lungs, so that breathing is very imperfect, the parts of the lungs rendered inactive by the tight lacing being easily susceptible to the attack.

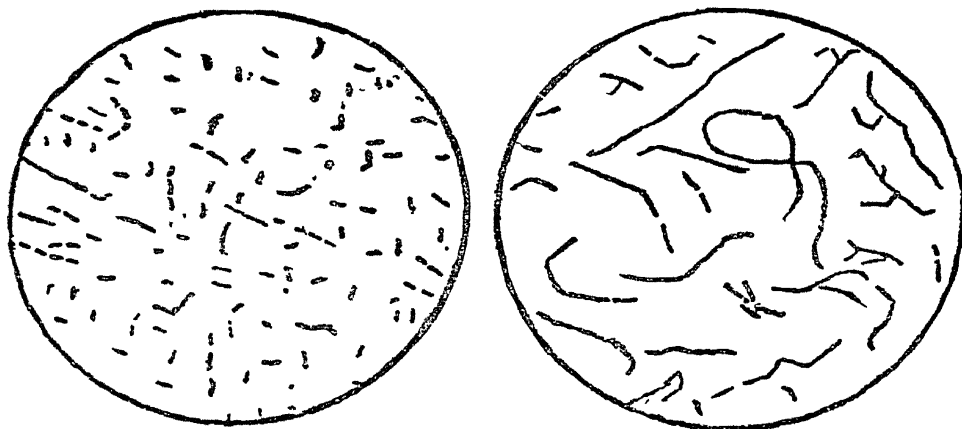
Alcoholic drinks and the excessive use of tobacco are also predisposing causes. Alcoholic poisoning weakens all parts of the body. The lungs of heavy drinkers become ready fields for inoculation. Tobacco produces catarrhal conditions in the throat and bronchial passages, which extend downward into the lungs, making all ready for an easy attack.

In fact, consumption is seldom, if ever, a primary disease, but the result of some other disease or trouble, or from improper diet or drink. Food may be infected, as in the case of flock of young chickens fed by a young consumptive man who spent much of his time with them, and naturally expectorated considerably where the chickens ate the expectorated masses. Milk and flesh from tuberculous animals may also communicate the disease to any one whose system is in any way weakened for the attack. Milk is a model diet in consumption, if given fresh from healthy cows, but the breeder of death and contagion if given from sickly and tuberculous animals.

Another cause of tuberculosis, overlooked by reports, defended by many physicians, but responsible for more cases of tuberculosis than all things else combined, is that scarlet sin of modern times, that worse than Babylonian harlotry, that carbuncle on the back of modern civilization, that excrescence of pollution, that putrid cancer of scientific medical expurgation, whose very name in future generations will bring reproach to the medical fraternity, that poisonous whelp of death, that foulest, filthiest, most death-dealing of all operations, namely, vaccination.

Let no one think for a moment that we slander or hyperbolize in our characterization of this worse than terrible cause of the dreadful disease we are trying to banish from the face of the earth. Not only is vaccination responsible for the growth of tuberculosis in its awful ravages, but it is likewise responsible for the worst of blood diseases, syphilis, cancer, infantile paralysis, insanity, locomotor ataxia, shortens the life, decreases the efficiency of the human body and mentality, and never renders immune to smallpox.

For the present, in this connection we will only remark further, that Dr. Edward Jenner began his investigation in this line in the year 1798, and about twenty years later made his first vaccination on a young man named James Phipps, taking the pus from the heels of a horse suffering from the disease known as grease, which is to the horse what tuberculosis is to the human being, grease, glanders, and farcy being the same thing practically. This first patient vaccinated by Jenner afterward died of



Syphilis Bacilli. Involution Forms.

pulmonary consumption. A little later than this Jenner vaccinated his own son, who likewise died of pulmonary consumption. Still the curse of vaccination grew, and with it has come the increase of tuberculosis, syphilis, cancer, paralysis, locomotor ataxia, insanity, and many other fatal maladies that might be mentioned, all of which we fully demonstrate in our booklet devoted to the subject of vaccination.

However, before passing, we would make this true remark, that no serum or injection for tuberculosis, smallpox, fever, cancer, has ever had any good effect on the human organism, has never prevented or cured the ailments, but on the other hand has been responsible for many diseases more serious than the ones they expected to prevent or cure.

And now we speak for a moment of another predisposing cause of tuberculosis so peculiar and revolutionary, and so much out of the ordinary, or what might be expected, that many present will at first be made to smile, or to take the statement less seriously than the subject demands, and yet it is so worthy of all consideration, and is worth more to the world and to those suffering with consumption than could be measured by any money consideration. This statement is none other than the peculiar attitude of sleeping continually on the left side or the back. We have found at least nine-tenths of the consumptive or tubercular patients coming under our notice to be habitual left side sleepers, and the other tenth to sleep continually on the back. Husband and wife, where one has died of consumption and the other has not, would turn their backs in together at night, so as not to breathe in each other's face, placing one on the left side and the other on the right side, the left side sleeper dying with the disease, while the other escaped. Inquiry also reveals the fact that people who have died with consumption are nearly all left side sleepers. We mean that surviving members of families who have lost one or more members by the dreadful ravages of this dreaded contagion, reveal to us the peculiar fact that the members who died with consumption were left side sleepers. We hardly know an exception in all our practice. Let all physicians make similar investigations, and see if we have not told the truth here. This, then, is worthy of consideration, and in the succeeding paragraph we will show you why the attitudes in sleep are so all-important and why the correcting of improper attitudes of sleep forms a part of the cure of consumption. Of course, it must be understood clearly that we do not claim that all who sleep on the left side become tuberculous, but the significant statement is made that all (or nearly all) consumptives are left side sleepers.

Consider now the form and the anatomy of the stomach and some other organs of the body. The stomach drains to the right through its pyloric orifice. Then consider the fact that the heavy lobe of the liver is on the right side, and the drainage of the bile duct into the duodenum is more perfect and natural when the person or patient is on the right side, while the heart, swinging more to the left side, will act better with the sleeper on the right side. Furthermore, the physician and student will readily see that the spleen, pancreas, colon, and many other organs of the body will act better if the sleeper is on the right side. Therefore, let the first long sleep of the night be on the right side or face, by all means. Later in the night or the next morning the patient may change position, and we believe it best that he should.

And now let us advance to the presentation of a real cure for consumption, not some poison dope or deadly serum, but a rational, natural remedy that does the wonderful work most needed to give health back to the invalid, and send him on his way rejoicing. And, first, by word of mouth we will make it all so clear that he who runs may read, and the wayfaring man though a fool need not err in understanding what we say. Then in the second place, we will make our method of treatment still more clear by use of stereopticon views, and finally we will give an actual demonstration in the treatment of a tubercular patient, or give a treatment as we would to one suffering with the ravages of the disease.

First ascertain if the patient is a left side sleeper. You will find that he is usually a left side sleeper, or sometimes a back sleeper. We noticed this years ago and our schoolmate Dr T J Debenport, has, during the past three years, confirmed every word we are now telling you by his extensive research and investigation in tubercular hospitals. We have a thousand times more cure for tuberculosis right here in making patients observe proper attitudes in sleep than in the poison serum from the backs or bodies of all the turtles on the planet. By all means require the patient to take the first long sleep of the night on the right side, or the breast, with the head turned to one side. Toward morning he may change positions as he may be inclined. If sleeping on the face use no pillow at all. If sleeping on side use only small pillow or no pillow.

at all. If he turns on back the next morning for a while before arising do not use pillow at all. If patient is faithful in carrying out instructions as to attitudes in sleep, he will materially aid in all parts of the treatment on which his very life depends. If he says he cannot sleep on his right side or face, you must nevertheless be inexorable, and insist that he sleep as you tell him whether he can or not. Habits have strong foundations, but they can be broken if the proper effort is put forth. One of our patients in Michigan last year could not sleep at night except on her left side, or if she went to sleep on her right side she would at once turn to her left side, and to correct this, her husband would lie and watch her, and whenever she turned to the fatal left side he would gently turn her back to the right side, going through the long hours of night as faithfully as Monte Cristo watching and saving the dying Valentine de Villefort. In a few days she was able to sleep the night through on the right side without any watching, and her recovery was surprisingly rapid. The glow to the cheek returned; strength to the limb, and life once more became radiant with joy.

Of course, we do not claim that the cure would have resulted solely from changing the attitude in sleep, but we are sure it has a deep bearing on it, and should always be observed. Much more important are the other parts of the treatment. We would be able to save the patient whatever be his attitude in sleep in almost all cases, but we advise that all proper aids be used, and we further claim that correct attitudes in sleep would alone cure many cases of tuberculosis, combined, of course, with proper food and exercise. Let every sufferer observe all we say here. We wish the whole world would observe it, and we want to tell the world all we know of this dreaded disease and its cure. By observing what we say here the patient himself helps to bring about his own cure.

As to the rationality of the attitudes in sleep, any physician will at once see it. The stomach drains better when on the right side, and the liver, spleen and pancreas drain better when the sleeper is on that side, the heart acts better. It will be observed that all consumptives have stomach troubles along with the lung

troubles, and the stomach must be treated along with the lungs, and in part this may be done by observing proper attitude, and the adjusting of the spine, as shown later, will complete the cure

Next observe and examine the spinal column. You will find sub-luxations in the region of the third and fifth dorsal vertebrae, where the lungs and the stomach receive their strongest nerve supply. Here adjust or put these vertebrae into proper alignment, thus giving strong nerve supply to the lungs and the stomach. Adjust elsewhere as indicated, probably in the atlas and the middle cervical region, in order to give a strong nerve supply through the pneumogastric and the phrenic nerves.

Let us bear in mind here that nerves are responsible for all bodily and mental action or function, and that every organ and every muscle of the body has a nerve supply from the cranial nerves or from the spinal nerves. All anatomists teach this, and it is easily demonstrable. For instance, cut off the nerve supply to the arm, and you have a useless or paralyzed arm. Restore this nerve supply to the injured arm, and strength returns. If the nerve supply is withheld from the lungs, stomach, liver, or any other organ of the body, weakness and disease will result just as surely as effect will follow cause. We do not say, of course, that a subluxation in the dorsal region at the third segment will produce consumption, but we do say that it will cause a weakness of the lungs, in which case the tubercular bacilli may successfully make the attack, and that to skillfully replace the vertebrae will remove the impingement of the nerves at that region, and send a condition of health to the affected region that will make it impossible to the tubercular bacilli to live there. Is not this more reasonable and less dangerous than to inject poisonous serums into the human body?

You may ask why we adjust the spinal column to relieve pressure on the nerves? Think of the anatomy of the human body for a moment only. All the spinal nerves come outward from the spinal cord through the intervertebral foramina or openings, passing outward between hard, bony substances that are movable. Hence, the nerves may be impinged or pinched where they pass outward between these hard, bony surfaces, and nowhere else, as

they are harder than the flesh through which they pass after leaving the spinal column. At once, then, it is seen why we adjust the vertebrae of the spinal column to relieve pressure on the nerves.

When the consumptive patient begins his treatment through spinal adjustment, he at once begins to strengthen, as the nerves to the lungs, stomach, and other weakened organs at once begin to take on new life, and in a comparatively short time the patient is entirely well. And the beauty of this treatment is that the operator examines the entire spine, and adjusts wherever sub-luxations may be found. With the spine normal, and hence all the nerves in a healthy, normal condition, and through them the organs of the body in a healthy condition, no disease can assail that body and continuous health will prevail.

EXERCISES FOR CONSUMPTIVES.

Exercise and sunshine are essential elements in the cure of consumption. Good general exercise in the sunshine and fresh air is always desirable. We had a patient in Oklahoma who spent much of his time in the public park and along the creek and in the woods and on the prairies. Along the waterways he found low limbs of trees on which he would draw up and chin several times during the day. Then when he came to the office for his daily adjustments, we would put him through the exercises explained and illustrated herein, and his recovery was little short of miraculous, as he had been given up as a hopeless case by the best physicians he could find previous to this. Under the adjustments, exercise, dieting, etc., he gained a pound a day, and was soon in the enjoyment of good health.

Like gratifying results were obtained in numerous cases treated, and today we feel justified in assuring the practitioners everywhere that a panacea has been now found which bids fair to drive the dreadful scourge of tuberculosis from the face of the earth.

In addition to the general exercises prescribed herein, a powerful and most stimulating exercise may be had from the stretching

machine in the upright position as shown in the cut. This machine increases the height, expands the chest, increases the muscular strength, and stimulates the entire nervous system. Of course, it is not absolutely a necessity, as other good exercises may be sufficient, but it is certainly a most wonderful means of exercise and stimulation.

The following exercises are all good.

Exercise Number 1 —Go all over the patient's arms and legs with a careful kneading and rolling of the flesh and muscles, gradually moving the hands along as you roll and knead the flesh and tissue. Go over the limbs several times this way. This quickens the circulation, stimulates the nerves, and strengthens the muscles, particularly if the patient has first been adjusted. The patient should recline in an easy position undergoing this manipulation. The feet may be worked vigorously at the ankles, also with a quick vibratory motion, and the limbs and entire body may be treated with mechanical vibration, but this latter is not necessary where the exercises and general treatment are properly given.

Exercise Number 2 —Operator behind patient, patient sitting, operator standing grasping patient's hands above patient's head. Patient pulls hands down from this position, while operator offers moderate resistance. Next operator pulls patient's hands back to position above patient's head, while patient gives moderate resistance. Repeat these movements three to a dozen times each day when patient comes for his regular treatment. This exercise lifts the ribs and expands the lungs wonderfully. It may cause the muscles to feel sore at first, but this soon passes away, and the sensation of increasing strength will continually seem to be present as the tubercular trouble is being overcome.

Exercise Number 3 —Have patient lie on back as in the first exercise. In this position lift the arms and legs in different positions back and forth, the patient offering moderate resistance. Repeat several times. This exercise is of less importance than the others, and need not be given except on days when patient is not able to get out and walk around in the sunshine. The other should be given whether patient exercises out doors little or much, as they are powerful exercises for the lungs.

During the exercises in your office, or in the patient's room, or when the patient is in the open air or sunshine teach him to practice deep, full breathing. This is always important, as it forces the blood to the utmost parts of the lungs making them strong, and overcoming the disease. A good thing about vigorous walking in the open air is that it forces the patient to take deep breaths of the purest and most invigorating air, but even here the patient may by an effort on his part fill his lungs fuller of the life-giving oxygen and ozone-filled air.

FOOD AND DIET FOR CONSUMPTIVES

Simply exercise good common sense. Eat nourishing food, but do not over eat. Drink no tea, and very little if any coffee, better none at all. Do not eat pork nor oily food of any kind to excess, but eat lean beef, veal, mutton, chicken, duck, squirrel, rabbit, etc. Eat only one or two varieties of meat at any meal and do not eat meat at every meal.

Oatmeal is a splendid food if you do not put too much sugar on it. Most consumptives have the fatal sweet tooth, and a desire for sweetmeats, which must be held back or checked by all means. A little honey will not hurt, but the constant use of sugar, candy, and the various sweetmeats in large quantities will be a great harm to the consumptive, and will greatly retard his recovery.

Sweet potatoes are a good food, better than Irish potatoes, and beans are always good where the stomach will bear them, and it will always under Chiropractic treatment. Bananas, apples, etc., may be eaten, but the patient must bear in mind that he must not take a great variety of food at any one meal. Take, rather, two or three good articles at a meal, and take them in sufficient quantity to make a reasonable meal without in any way being gluttonous or ravenous.

Dr J S Riley, Sr, now 100 years of age, used to have his patients who lived in the country go to the cowpen morning and evening and themselves milk some healthy cow, and while the milk was yet warm to drink two pints or more, and to live almost

exclusively on fresh sweet milk from healthy cows, and his patients recovered so surely with this diet and the exercises and correct ways of living he prescribed to them that consumptives under his direction felt safe, and rightly so, for he always restored them to health and life

Those foods that specially build tissue are recommended, including what we have mentioned above, and we would specially add such foods as cocoanut butter and bioplasm, the latter being a condensed food from the tissue and glands of healthy animals. Let common sense and good judgement be the unfailing guide in the selection of food, and having made a wise selection, be not over anxious about it, take the exercises suited to the case, take the spinal adjusting as directed, avoid strong medicines as you would the enemy of your soul, and you are as sure to recover from consumption as the sun is to rise in the morning

Many vegetables may be eaten if desired, but remember to eat but two or three good foods at any one meal. Drink water when you want it, either before, during, or after meals, midway between, or any other time, and drink all the water you want whenever you want it. Good water never did hurt any one for drinking it, and never will.

EXERCISES BY THE PATIENT HIMSELF

The patient himself may go through any good system of exercises in the way of calisthenic practice, increasing them as he grows stronger, and using the stretching machine in connection either when he takes his daily adjustments or privately in his own room. If the second one is too severe at first, omit it until the strength has sufficiently increased for it to be taken easily.

Exercise One ---Stand erect, with hands held highest position above the head, and make an effort to reach higher, then with hands still extended, bend forward without bending the knees and touch floor with finger tips, then raise body with hands still extended to the erect position, and bend backward as far as possible; then forward again till hands touch floor, and repeat several times

This may next be varied by bending sidewise to left and right with arm extended either way. Often makes radical cure of stomach and liver troubles.

Exercise Two ---Take a prone position with body near the floor and held up by hands and toes. Raise and lower the body several times by the strength of the arms, letting the face almost touch the floor, and then raising the body the full length of the arms. Repeat several times.

Exercise Three ---Hold the arms straight in front on a level with the shoulders. Then quickly throw them back as far as they will go, then quickly forward, and repeat several times, taking deep breaths all the time. One of the very best exercises for developing the chest. Used in connection with the stretcher, will quickly develop the breast or chest on man or woman. May be varied by giving full arm length rotary movement from the shoulder. While breathing deeply, draw in the stomach and abdomen forcibly, and you will cure stomach trouble and constipation, female trouble, falling of the womb. May stand erect without the exercise except this alternate drawing in and expansion of the abdominal region. Another good exercise for the abdomen and stomach trouble is to lie on the floor on back, and raise the body to sitting posture and back several times.

Exercise Four ---Stand erect, and strike out with both hands as if hitting something in front of you. Draw back again, and strike back and forth rapidly a number of times till the arms feel tired. Then strike out to the sides, then up and down. The best exercise for the arms, also good for the chest.

Exercise Five ---To strengthen and extend the lower limbs, kick out vigorously from you twenty to twenty-five times. Then kick with the other limb as if you were trying to kick something off the foot. Jumping and running are also good for the limbs, but can only be taken out in the open air. Also raise and lower body on one foot and limb at a time.

A GOOD BATH

Take two or three or four pounds of Epsom Salts, according

to the size of your bath tub, and dissolve it in your water, letting your water be as warm as can be comfortably borne, and remain in the water for a good while, say ten, fifteen, twenty minutes, and longer as you become accustomed to it. Do not use soap when you take this bath, as it is not needed, and is better without it. It is the most invigorating bath that can be given, and will take more poisons from the system than any other known bath. The consumptive can take it twice a week or oftener, as it always does good, and never does harm.

RECTAL DILATION.

Rectal dilation may be given if indicated, but is not usually necessary unless there has been an injury to the coccyx or lower point of the spinal column. We merely mention this because injury to the lower part of the spine is very far reaching in many serious disorders, such as consumption, paralysis, insanity, hemorrhoids, constipation, etc. Its use is indicated less frequently in consumption than in the others here mentioned.

DISEASES OF THE HEART

There can be no mistake about the seriousness of heart disease where the structure of the organ is involved. The work of the heart is expended in forcing the blood on its way in the circulation. It keeps at work constantly, day and night, exemplifying the principle of perpetual motion.

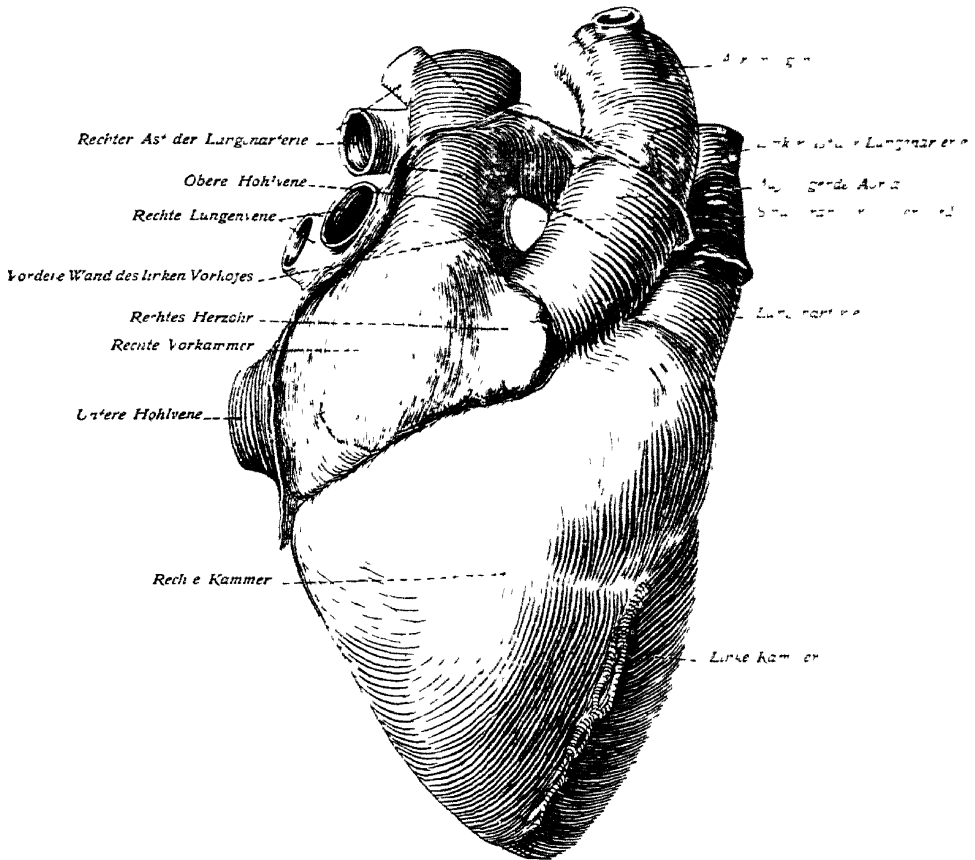
Medical men have never claimed a specific in the cure of heart disease. Medicines are always hurtful. The drugs given to cure or alleviate heart disease will invariably produce heart disease of some sort.

Rational methods only will cure. When men and women have been thought to be dying from incurable lesions of the heart, rational methods have saved life.

Among the common diseases of the heart, we enumerate the following:—Hypertrophy, atrophy, dilation, heart block, angina

pectoris, fatty degeneration, endocarditis, pericarditis, valvular leakage, mitral stenosis, etc.

In a most extensive practice for a number of years, the author has treated every form of heart disease, and knows from this experience that diseases of the heart are curable.



The organ may be quickened by adjustments of the atlas and middle cervical regions. The walls and valves may be strengthened by adjustment of the second and fourth dorsal regions.

All abnormalities may be made normal by adjusting the second and fourth dorsals. Not one of the diseases named above but what may be cured by careful adjusting in a short time.

However, spinal concussion or sinusoidalization of the seventh cervical vertebrae will matengly aid some of these forms of treatment. Valvular leakage, heart murmurs, squeaking heart, hypertrophy, fatty degeneration, etc., will yield almost at once to a steady improvement under spinal concussion of the seventh cervical vertebra.

If the medical world would accept and use the simple treatment we here offer, there would be no heart trouble to treat. It would disappear, and perfect health would result.

We have had patients who had traveled to England to see and be treated by Dr. Osler, paying him as much as \$5,000.00 for a month's treatment, receiving only the assurance that they were incurable, and have seen them recover perfectly in a few weeks under the simple treatment here given.

We have had others who have gone to the best specialists in America, with like futile results, but they have all recovered under spinal adjustment and spinal concussion.

In taking a case of heart trouble, we feel just as sure of our ground as we do of the sun rising in the morning. However serious the trouble may be, however long it may have stood, however many physicians may have failed on it, however many times it may have been said to be incurable, heart trouble has been, is being, cured all the time by rational methods, and it always will be cured by those who treat it properly.

Let no sufferer despair. Help is at hand. Go to a capable man or woman of these methods, and results will more than please you. All those suffocating symptoms will disappear, weakness will depart, strength will return, and rejuvenation thruout the system will be felt.

DISEASES OF THE STOMACH

There may be many diseases of the stomach, ranging all the way from the simplest forms of dyspepsia to the worst forms of cancer. All forms of indigestion must be reckoned with, gastritis, ulcers, and all those numerous aches and pains that assail the one with a weak stomach after eating.

The Chiropractor has less trouble here than with any other organ or part of the digestive tract, or anywhere else in the whole organism, unless it be with the heart. Diseases of the stomach and heart are certainly most readily cured by skillful Chiropractic treatment.

Now, it must be remembered that the stomach receives its strongest direct nerve supply from the fifth dorsal nerve. Other nerve supply comes from the Pneumogastric and the Phrenic, and from the spinal nerves above and below the fifth dorsal.

The most severe stomach troubles of any kind may be relieved and cured by adjusting the fifth dorsal region. The author has seen many sufferers who had gone well nigh a life time cured with a very short course of treatment, sometimes lasting less than a week, but always ending within a time of a few weeks.

In some cases where the stomach prolapses very much, and its contents will not pass along thru the pyloric orifice into the intestines, the process may be lightened by concussion of the fifth spinous process in the dorsal region. This concussion will cause the stomach to rise to a position more nearly perpendicular, so that its contents will more naturally pass into the duodenum.

Some cases of gases are also very readily cleared out by the treatment of concussion of the fifth dorsal region. But the simple spinal adjustment is nearly always sufficient, and will give results that any one will be proud of.

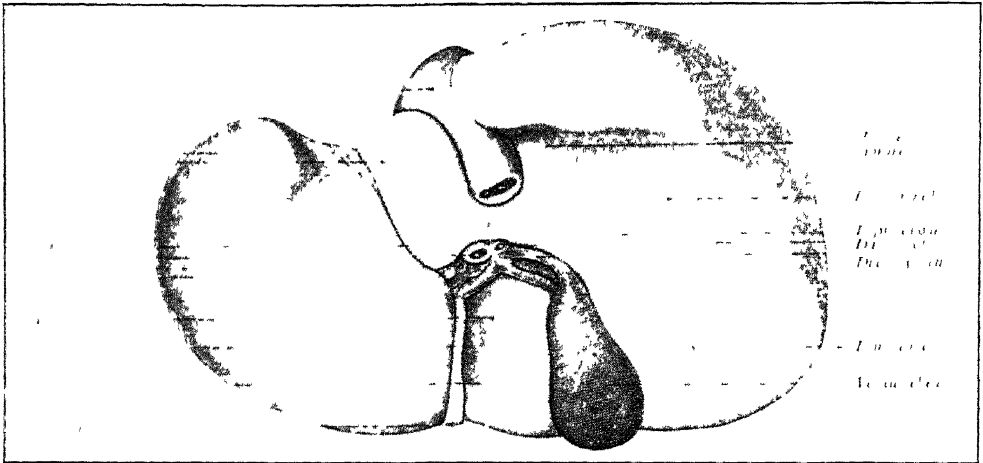
DISEASES OF THE LIVER

Among the diseases that effect the liver are the following: - Diabetes insipidus, Diabetes Mellitus, hardened liver, enlarged liver, atrophied liver, ulcer of the liver, cancer of the liver, jaundice, prolapsed liver, gall stones, gangrene of the liver, tuberculosis of the liver, and such like.

Our rational methods most successfully handle all liver troubles. Take a case of diabetes mellitus, a typically bad case, with the usual symptoms of sugar in excess, thirst, the passing of great quantities of urine, and all other symptoms well defined.

Now, begin on this case with spinal therapy. Remember the nerve supply from the seventh dorsal and above and below this region, and the Pneumogastric and the Phrenic.

Make a good adjustment at the seventh dorsal to reach the gland in the strongest manner. Will likely find need of adjustment at the tenth dorsal or kidney place, and may find lesion at first lumbar.



With all this adjusting done, give next concussion over the seventh cervical for five to seven minutes, with intermissions, and concussions over the first lumbar to help more easily to control the urine.

The contraction of the liver thru the concussion of the seventh cervical vertebra is a most important factor in the cure of diabetes, as this contraction prevents the formation of sugar in the liver. Other elements are not belittled, but this element is emphasized.

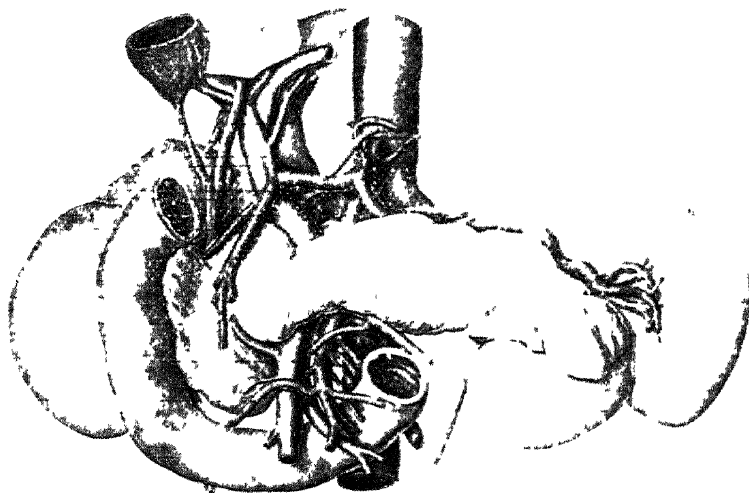
And let us here remark that the cure of diabetes is here placed in reach of every one, and the sufferer may cure himself, in a large measure, by giving concussion over the seventh cervical vertebra, which he may readily do with a small wooden hammer.

This self treatment fills in splendidly where patient can come to the physician only every several days for his full adjustment and concussion. Let him give this treatment on the days he is not able to come for his full treatment, and recovery will be very rapid.

No patient with diabetes need live in dread, as he will speedily experience relief thru our rational methods, and will be made to rejoice in new found and lasting health.

In rare cases the author has sometimes dilated the rectal muscles, but he has never given this in more than a few cases. His success with diabetic cases has been very marked indeed, never having lost a case.

The other diseases of the liver are much less serious and yield most readily to spinal adjustment.



Gall stones will usually pass at once. Normality follows the removal of obstructions, and we need but to get a clear way for the liver or any other organ to do its work.

Ulcers and cancers of the liver may be cured by adjusting the seventh dorsal, and going on a fast, or living on a good healthy but restricted diet for a while.

All troubles of the liver are curable, and spinal therapists are doing some of their best work right here where drug doctors fall down so completely.

Constancy to principle, honesty to purpose, courage in execution, scornful of wrong deeds, departing further from evil, coming ever closer to good, loving his profession as his own life, valuing the lives of patients above the money earned, - - these will make the Chiropractor the most beloved individual of his community.

DISEASES OF THE KIDNEYS

The kidneys are involved in all forms of Bright's Disease, and usually in diabetic troubles also. The kidneys may be enlarged, or they may be atrophied or decreased below the normal size. They may be loosened and floated somewhat from the normal position. They may secrete either too much or not enough urine. When the kidneys are badly involved, there may be many other diseases develop from the poisons the kidneys are not able to eliminate from the system.

Among the particularly dangerous involvements for deranged kidneys we here first mention Dropsy, with which every one is familiar, as every one has at some time in life observed cases of this trouble, and will remember how the limbs, abdomen, and other parts have had the puffed and swollen appearance so characteristic of this disease.

Adjustments should be given of the 10th dorsal region to secure good kidney action. In dropsy or ascites, the kidney actions are always scanty, and the general circulation low. Therefore, the adjustments should be aimed at making the kidneys active, and the circulation good. Adjustment at the 10th dorsal will make good kidney action, and adjustment of the 4th dorsal region will stimulate the heart. Rectal dilation may be given also for sutim-urine, and it is most essential to secure full kidney actions. Concuss Dorsal 10.

The author's greatest cures have been with these adjustments only, but concussion of the seventh cervical will be helpful, as it strengthens the heart so fully. Should not concuss the lower lumbar in this disease, as it would prevent the freest passage of the urine, and it is most essential to secure full kidney actions.

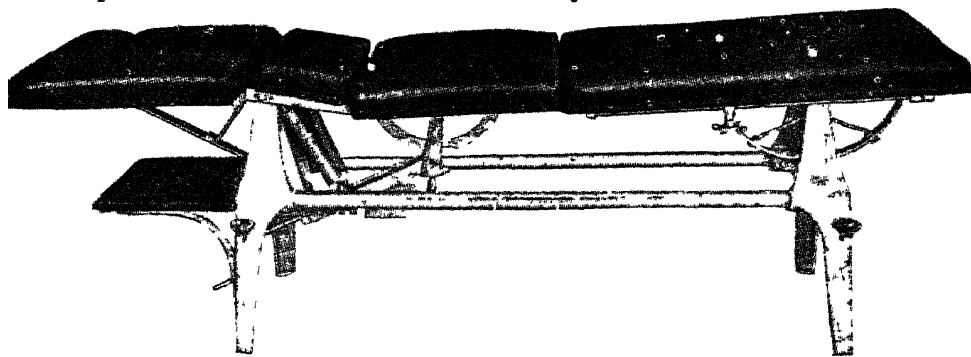
The worst cases of dropsy we ever saw recovered in a few weeks, and real normal strength returned in fullest measure. Some cases were so badly puffed as to require two pairs of stockings ripped and sewed together, which then could hardly be drawn on the feet, while the wearing of shoes was absolutely out of the question.

With the beginning of the adjustments in these serious cases, there was always an increase in the flow of urine. One patient told me the second day of his treatment, that whereas he had not been able for many months to lie down and sleep, he was able to sleep well the first night except when he had to run to the bath room, and that his kidneys, instead of acting a spoon full passed a pint and a quart at a time. At the second visit, the legs had diminished perceptibly. So much enlarged were the legs that they had burst in a number of places below the knee. In a few weeks he was well altho his best medical attendants had given him up to die.

Floating kidneys, hypertrophied kidneys, atrophied kidneys, inflamed kidneys, bleeding kidneys, gravel of the kidneys, hardened kidneys, spongy kidneys, and such like, may all be corrected by spinal adjustment of the dorsal vertebrae from the 10th to the 12th.

There can be not the least doubt of the certainty of spinal therapy in the mastery of all kidney diseases. Nerves being responsible for all bodily and mental function, and the kidneys being the eliminators of poisons from the system, the logical conclusion is that normal nerve supply will always enable the kidneys to have the greatest efficiency in carrying out the toxins or poisons, and thus insure health to the body.

In dropsy or ascites, it is most essential to secure good and full kidney action, which at once and continually reduces the swollen and puffed conditions all over the body.



The Zenith Adjusting Table

DISEASES OF THE GENITAL ORGANS

Under this head may be classified all troubles of these organs

Whatsoever, mild or severe, acute or chronic, but the worst diseases are those of gonorrhea and syphilis, and every physician is interested in these dreaded diseases with which the author has had a clear success.

We will quote in extenso from the author's treatise on the subject, and we challenge any one to disprove a word of what we here say and print.

It is our purpose in this brief treatise to lead or direct the drugless physician, or any other physician who will follow our directions, into an absolutely safe and sure method of handling any and all cases of gonorrhea and syphilis that he may have to contend with, and by means so natural and sanitary that the patient will be restored to perfect health, with all traces of these diseases removed completely from the system.

This can be done. It has been done so frequently and so thoroly by the author in so many typically bad cases that he can now speak as one having authority. The work will always be easy if patient has not been hurt by improper medical treatment. Strong medicines and injections have made shipwreck of more constitutions than anything in time can tell. Only eternity can declare the record of such criminality.

We hope every one who obtains this book will have some acute case of gonorrhea come to him for treatment very soon, and before it has been tampered with and poisoned by drugs and injections, and take note of the ease with which he will cure the patient, and what good health will follow in every way. If the case has been criminally assaulted by faithful but deluded drug practioners, it will necessarily be harder to respond and longer to cure, but the result will come just the same eventually. No case will fail.

In syphilis, too, the drugless man will get the results thru perseverance. There is certainly no specific in medicine. Mercury, Salvarsan, and so-called specifics for syphilis prepare more people for the shroud and the coffin than can well be imagined. The best physicians have condemned them, and the next generation will point to them as dark hallucinations buried forever.

Let not the simplicity of this treatise deter any one from trying it out. It will lead to perfect results every time where there is anything at all to hold to or work with. Never fear. Follow the direc-

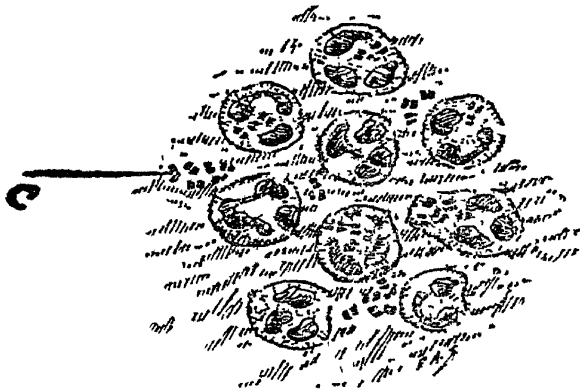
tions as laid down, and nothing can be surer than the results that you will obtain

GONORRHEA

Gonorrhea is a self limited disease It is found exclusively among civilized people Savages seldom if ever have gonorrhea Their simplicity of life is both a prevention and a cure

It is an inflammation of the urethral passage, usually caused by sexual intercourse with one infected with the disease, but may be caused by contact in other ways, such as sitting on closet seats where infected persons have set, or handling napkins used by infected persons

It may also be caused, or something very nearly to it, when intercourse is had with female during time of menstruation, and sometimes when leucoreal discharges are copious Sometimes apparently caused by over indulgence, and is always made worse by intercourse if any trace of the disease is in the system



Discharge from Gonorrhea patient, slightly magnified.

C.—Gonococci

After exposure to the disease, symptoms begin to develop in a few days as a rule, but sometimes do not materially manifest themselves for two or three weeks In these cases there has been almost enough auto protection to throw the disease off entirely, and if the proper hygienic precautions had been used, it would

never have developed. An ounce of prevention is better than a pound of cure.

The disease will always develop more rapidly if the blood and other fluids of the body are in acid condition. The external manifestations in particular are always greater, as seen in swelling, warts, eruptions, and all other growths on the external genitals, and hence the necessity of maintaining the natural alkalinity of the blood and secretions.

Note here the symptoms of the disease. The first distinct symptom is a peculiar itching and tingling at the mouth of the urethra or urinary passage. Very soon the patient will experience a desire to urinate more frequently. Following this in a little while the foreskin and front extremity of the penis will redden and enlarge, and urination will become more and more painful, as a yellowish-whitish-greenish-bloody-mixed discharge begins constantly to pass from the urethra. This varies in color and thickness, and must never be stopped unnaturally by plugging, bandaging, or poisonous injections.

As the inflammation ascends the urethral passage, the urine becomes more irritating and scalding in its passage, but the inflammation seldom reaches the bladder unless the case is badly handled by dosage and strong injections. Most all the worst sequella from gonorrhea are caused by improper dosage or dangerous injections. Many of the so called quick cures from injections and dosage cause after troubles that are worse than syphilis itself. Beware of them all.

With the spread of the disease by auto infection or otherwise, not only will there be great inflammation and swelling to the entire penis, but the testicles will become very painful, hard, and swell to several times the normal size. Here the pain may become as terrible as can be imagined, suffering as intense as could be told. An acid condition of the blood and secretions will aggravate these symptoms very greatly. In these bad developments the whole system may become infected.

In the progress of development, there will be fever, headaches, nervousness, chill, bad imaginings. Work of any kind will make every symptom worse, and sexual intercourse is absolutely cuni-

nal, and will be taken at the risk of complicating the trouble many fold, as well as endangering the health of the opposite party

In the advancing complications the foreskin may become so swollen as to resemble a bladder, and very tender and sore, and many sickening accumulations may be found around and under it. In all treatment these must be carefully washed away, and everything here kept clean, as well as everywhere else. The patient's hands must be kept clean. Careless rubbing around the eyes with infected hands, or hands unwashed after handling the filthy parts, may cause the loss of the eye sight. Take care of this by carefully washing the hands after handling the unclean parts.

TREATMENT FOR GONORRHEA

We will in this chapter outline the best procedure for the successful treatment of gonorrhea, and follow in the next with the management of the troubles that come often as a consequence of gonorrhea, or rather, I think we should say from the mis-management, as these after troubles will never develop if the case is treated as we shall here direct by a capable drugless physician before some other physician has caused them by improper dosage or injections of some improper kind.

First, place the patient under a restricted diet. A complete fast for several days, or from one to two weeks, is most desirable, but is so hard to persuade patients to this that we usually content ourself with restricted diet. Let all animal food be discontinued, and no potatoes must be used. Patient should not touch coffee, tea, beer, liquor of any kind, nor wine, spices, nor condiments of any kind that stimulate. Butter milk or clabber will be one of the best foods he can use, and a glass full three times a day will be sufficient for the twenty-four hours. This kind of food will also help to allay the irritation along the urinary passage.

Spinal treatment will be useful in most cases. Lesions will be found and tenderness in the region of the exit of the second, third, or fourth lumbar nerves, and adjustments in these regions will prove of the greatest service, and will always hasten the cure, either in the acute or the chronic stages. We have seen cases treat-

ed without the spinal adjustment, and recovery was always much slower when the spinal adjustment was omitted. Of cases treated so near to each other that observations could easily be made, those that had the spinal treatment in addition to the other recovered in less than half the time required when the other treatment was used alone. An afflicted person could use this treatment successfully on himself if he could not get the spinal treatment, but would be longer in making his recovery.

Now we give another step in this treatment. Absolute cleanliness is essential to the best results, and as we give it here is a part of the treatment. The patient should be required to bathe three or four times a day. The best bath is in warm water with three or four pounds of epsom salts dissolved in the water. Remain in the water twenty minutes, or longer, each time. Clear water is good also for this bath. Along here consider also the necessity for more than ordinary cleanliness of the penis itself. Pull the foreskin well back, and wash gently but completely all around the end and fully under the foreskin. Use stronger epsom solution for this or a good antiseptic soap. After the washing of the organ use a little vaseline around the end and within the end of the passage to keep it open, so the discharge that is forming within may pass freely out.

Remember the passage must not be allowed to glue itself up at all. See that the patient drinks abundance of water to insure free and frequent urination during the time of treatment. What we mean here is that the urine may pass every hour or so. Drinking plenty of water will insure this, and keep the discharge from stopping the passage and being absorbed again into the system, where it may poison and infect the entire system.

Bathe the penis in water as hot as can be borne five or ten minutes at a time to drive out inflammation and pain. Use epsom salts in this, or good soap if the salts has a tendency to smart too much, and follow with a little cold water. In this wash well under the foreskin. When this is done, use a little white vaseline in and around the end of the passage. This, as already stated, will keep the passage open and allow the escape of the discharge until it is ready to stop naturally.

If the testicles are heavy and swollen, they should be held up by

Disease and Rational Treatment.

a suspensory or some suitable device, and the penis should have a towel wrapped loosely around the head of the penis or the entire organ, but should not be allowed to press tightly at all, as that would tend to close the passage, and would be the worst thing that could be done. This towel may be changed as required, and certainly two or three times a day when the discharge is bad. This will protect the other clothing and the bed clothes from the stains.

In fixing this towel, do not wind it round and round the organ. Simply place it so one fold is above and one below. Then fasten it in several places to a belt arranged loosely around the waist. The belt may be of cloth, and the towel may be fastened with safety pins, or otherwise as may be found convenient. It is very important that it is never tight, but it should be worn to keep the discharge from reaching the other clothes, and from reaching the skin of the body also.

As improvement comes, the towel will not need to be changed so frequently, and the diet may be increased from time to time, but do not make any haste in increasing the diet. Particularly be slow about the use of meat, potatoes, and the full animal meats of any kind, and positively abstain from all liquor, tea, tobacco and coffee until entirely well.

Under the treatment here directed, improvement will show at once, and in a few days the discharge will show a difference, and improvement in general will be manifest, and in the course of a few weeks all traces of the disease will be gone, and the system will be in a good, healthful condition in every way, with no bad sequellae to show up at any time.

The treatment of one or two cases will be sufficient to show the practitioner the marvels of the treatment, and to convince him that the simple may confound the mighty, and the simplest things may work the greatest results.

As to mechanical treatment, the third lumbar segment, or the second and fourth, according as the lesion is found, will often very quickly give restoration. However, it must be remembered that the impotency may have been caused by some gonorrheal trouble attacking and enlarging the prostate gland, in which case

we must adjust the lower or fifth lumbar region with the upper lumbar, and give concussion over the twelfth dorsal vertebrae for five six, or seven minutes daily. May also give rectal dilation. This will reduce the enlarged prostate gland, and thus restore the sexual functions where this is the cause.

AS TO INJECTIONS

You will notice that all we have said about injections has been to condemn them. It is very seldom that injections can be so made as to kill the gonococci completely, as they are deeply imbedded in the membrane of the urethra, and the injections are apt to cause stricture. Moreover, strong injections, forced far back in the passage, may reach the bladder, carrying some of the infection back there, causing cystitis, proctitis, etc. With the rational treatment we here give you, there is no need of injections at all.

If an injection of warm water could be given several times in immediate succession it might wash the passage out, provided the water could be driven only a part of the way back to the bladder, and let discharge quickly, but all this washing out can be accomplished naturally by drinking copiously of water, and letting the urination do the washing out. We used to inject the fluid extract of hydrastis, one part to six parts of water, as it did not cause stricture, but we have found no need of it for a long time, and rather a hindrance. With it a little pulverized gum arabic may be mixed, but why specify at all, as we do better without it.

There is nothing more criminal than to attempt injections of silver nitrate, acetate of lead, sulphate of zinc, copper sulphate, and such like. The worst cases of stricture have been caused by such injections, and the worst cases of chronic gonorrhea in men and women have been caused by bad injections and improper dosage. Nearly all operations whereby the female organs have been removed have been in consequence of mismanaged cases of gonorrhea and nearly all cases of proctitis, cystitis, and sterility among men have been caused in the same way. Let all be warned, and flee from such dangers. Nearly one-half the men and women are rendered

sterile and barren who have suffered from mismanaged cases of gonorrhea. Nearly all these could have been saved from such sterility and barrenness by proper treatment

We knew an old quack fellow once who claimed to have great results in gonorrhea from having the patient hold the penis in a vessel of coal oil about five minutes at a time three or four times a day, and some of his cases showed up pretty well, but how much more decent, sanitary, and effective to soak the organ or wash it in good warm water with epsom salts in it, or good antiseptic soap. This old quack remedy would be a thousand times as good as any medical dosage and injection remedy ever imposed on suffering men and women, but we know it is not worth a fractional part of the rational method we are giving you here in this treatise, which is valuable beyond compare in every case

SOME BAD SEQUALLAE

They would never develop if proper treatment were had in the beginning.

ORCHITIS

In this condition the testicles are greatly enlarged and very painful. If you are called to a patient in this condition, lose no time in making ready for a good warm epsom salts bath of the parts, and continue until the pain is relieved, and repeat as often as required, continuing the regular treatment along with it. We used to sometimes relieve this immediate pain by the use of an antiphlogistine plaster, or something of the kind, to cover the parts fully, including the penis, but the urinary passage must not be stopped with the plaster. After a bad orchitis, the man will nearly always become sterile. If there is ever an exception it will be where he is saved by natural treatment, such as we prescribe herein. Make a good supporter for the testicles in this trouble, and you will soon conquer it completely by the simple treatment as laid down in these pages. The worst forms of rheumatism often follow orchitis when improperly managed

CYSTITIS

This is inflammation of the bladder. It is usually caused by the use of injections or instruments carelessly used. It is one of the worst sequelae complications. Taken before it has stood too long, the drugless practitioner has a good chance to radically cure the trouble.

Keep the patient in bed. Allow no food for three or four days or a week. Give the hot epsom bath about twice a day, each bath to be at least thirty minutes, and better a little longer. After three or four or five days, the patient may have clabber or buttermilk three times a day in moderation, say a glass or tumbler full each time.

After the painful conditions are under control, may irrigate the bladder if there is any indication of the need, which is not likely if you have adjusted first and third lumbar vertebrae. This adjusting is very important. Patient in resting in bed should rest more on the right side than on the back. This rule should be observed in treatment of gonorrhea throughout, as it rests all the sexual organs better.

Frequently the inflammation stops at the neck of the bladder and the prostate gland, in which case no irrigation of the bladder should be made. The patient must describe the pain felt. If this seems far back from the neck of the bladder, you may reasonably conclude that there is inflammation of the bladder itself, and may carefully irrigate with warm water, but not with medicated water, which might set up inflammation instead of allaying it. Distilled water is best.

EPIDIDYMITIS

This is inflammation of the seminal vesicles. May and usually does exist with Orchitis, and may increase the enlargements. Pain comes suddenly at times, and at other times gradually. Treated as Orchitis is treated. Let patient fast and drink plenty of water, hot water being the best. Take hot tub bath two

or three times a day at the beginning Stay in the bath until relief is complete If water cools too much, let hot water run into the tub again, and keep it hot all the time If quantities of pus have formed, an opening should be made large enough to let the pus out. Adjust spine as in case of Orchitis, as lesions will be found from the second to the fourth lumbar Sometimes rectal dilation is a great help in this and other complications

PROSTATITIS

The Prostrate gland, about the size of the testicle, is situated at the neck of the bladder, and under bad management in the male, in case of gonorrhea, may become inflamed and enlarged. It may become greatly enlarged, and cause constant desire to urinate, and may also cause loss of sexual powers

Make patient rest in bed mostly on right side, but vary some Bathe in the epsom warm water fifteen minutes three or four times a day Some of the baths may be in clear warm water if preferred Adjust the spine in the lumbar region, particularly in the second and fourth lumbar, and give concussion over the twelfth dorsal vertebra for the quickest results in reduction of the gland. Fast the patient or limit to clabber or buttermilk in the diet

Sometimes the gland will swell so as to stop the flow of urine, but the hot baths will usually start the flow, with other treatment you will give If in rare cases this fails, it may be necessary to use the catheter to get the urine started. For this irrigation use a soft rubber self-retaining catheter three or four times a day at first, warm water only, distilled Be careful in introducing and using catheter Use only as long as needed.

STRICTURE

This is simply a narrowing of the urethral or urinary passage, caused usually by gonorrheal inflammation and mismanagement by injections and dosage It may be from growths or scars within the passage. Where these exist, if there is anything that increases the irritation, or a gleet flow that thickens along



the passage, there is a tendency to prohibit the flow of urine entirely. Stricture also caused by masturbation, immoderate intercourse, gluttonous habits of meat eating and other heavy diet, combined with lack of cleanliness.

In treating stricture, see that the penis is washed well in warm water with epsom salts in the water or in clear water either. Get the inflammation well out if possible. Then use a sound smaller than the passage. Let sound and hands be perfectly clean. Olive tipped sound is best. Insert gradually, having first lubricated with white vaseline. Use first a week or so after stricture begins, and push it only part of way up the passage, as the stricture is apt to be near the end of the passage. After insertion, rub gently around place where inflammation is found, moving the sound slightly out and in also.

If there is great itching at any time along the penis, patient

may rub well, but always preferably toward the end of the penis, and not back toward the bladder. This rubbing may help to relieve the inflammation if not made too strong. If the itching continues to be very great, let patient wash penis in warm epsom salts solution, and let dry before putting clothes in contact. This will soon stop it for good. The violet ray application from the funnel-shaped apparatus is good, but not necessary with the use of the salts solution.

BUBOES

These are enlargements of the inguinal glands in the groin, always caused by bad treatment, and would never occur if the case were properly managed from the beginning.

Bathe the prepuce or foreskin in warm water with soap or epsom salts if much swollen or inflamed. If foreskin is of unusual swelling, use very small pointed bistouri or blade to open in several points, but this will not be necessary except in very rare cases. Keep open and clean, if you make the openings, until entirely well. Fast or diet patient until entirely well.

In all cases of buboes, there is inflammation and ulceration around and about the prepuce, showing this to be the seat of the trouble, and hence the necessity of treating this region. The bubo itself must be treated by washing and keeping absolutely clean. After washing, use a little vaseline, preferably the white variety. If necessary open the bubo. It may open itself, but must not be neglected after time arrives for it to be opened.

CHRONIC GONORRHEA OR GLEET

In many cases of Gonorrhea where improper treatment has been given, the chronic form follows, in which there is a slight but almost constant discharge from the urethral passage of a creamy color, sometimes becoming yellowish or brownish, in which case there is likelihood of the acute forms becoming manifest again from indulgence or improper food. Improper diet

may cause stoppage or partial stoppage of the passage, and it may be necessary to use the sound and friction over or around the tender places along the urethra from the outside. Diet and bathe the patient properly for a while, and cure will surely take place. In chronic gonorrhea is where some specialists flourish with the saltpetre as a cure, taking a little piece three or four times a day in a few spoonfuls of water. If they would do this and nothing else, it would be far better for the patient, as the therapeutic effect of saltpetre is not bad for the gonorrheal subject unless continued for a long time, and will assist in stopping the discharge. However, the drugless physician will not in these cases need such treatment to help him out, as the simple means we give him will lead him out every time, and the system will be freed from the taint entirely.

In all these complications and after effects, all of which occur from mismanagement of some kind, the physician must note what we say about adjusting the spine, as well as the general treatment we prescribe. Remember those tender segments in the lumbar region always, and adjust as directed, as this will always prove to be a great factor in the permanent cure.

GONORRHEA IN WOMEN

In the general study of the subject you should have learned how to treat the disease when it occurs in the female. The disease is the same, regardless of sex, but the organs differ somewhat as you know, and some details will vary accordingly. These you would naturally see if you thought a little on the subject. However, as you expect and are promised that nothing shall be omitted that would be of help to you in treating either sex, we will be so explicit that you find nothing wanting.

Require the woman suffering from this disease to limit the diet exactly as you would limit it in case you were treating a man. Also take the bath in the same manner. She should wash the genitals after every urination and change napkins as often as needed, which is usually after each urination. She should take

three or four full douches daily, using about a gallon of warm water each time. A little hydrastis (fluid extract) might help in cases of great inflammation, but the warm water alone will do so well that we hardly recommend anything in the water at all, just use the water alone, nothing in it.

There should be no speculums or probes used, as there is danger of driving the disease further in, and making a bad case out of what would otherwise get well easily and as quickly as is possible for permanency and not suppression. Meddlesome doctoring is criminal, and has been the cause of more unfortunate women having to remove by operation the female organs than any other cause in the world.

The segments of the lumbar region of the spine must be adjusted from the second to the fourth, and the patient kept quiet for a while, and under the fast or diet as prescribed elsewhere in these pages. Under this treatment there will be rapid recovery, and the recovery will be complete.

SYPHILIS

The second part of this treatise will be devoted to the subject of Syphilis, another venereal disease, of such apparent variations as to render it almost impossible of definition. It varies according to the temperament of the person, and has been considered incurable by many of the old school medical profession, and we believe it is really incurable under those older forms of treatment.

Syphilis is really a skin disease, and will yield quickly to perfect cleanliness outside and inside the body, as shown later on in this treatise, in which we will show you how to cleanse the body entire, reach the blood stream and the alimentary tract, and take the last vestige of syphilis from the system.

Dirty, filthy living will cause many troubles resembling syphilis (and just as much syphilis as anything in the world, too) and will need the same treatment as will give the general care for a syphilitic patient.

And the development from vaccination of the worst forms of syphilis is not an uncommon thing, and fatal results follow where improper medical treatment is given such sufferers. Vaccination never rendered any one immune from smallpox, and is one of the greatest cures of the present age or any other. Not the subject of discussion in this treatise, however.

Syphilis is a septic poisoning, first of the skin or outer tissues, and secondly of the deeper tissues. If the blood had been in good condition, and good nerve and auto-protection had existed in the infected individual, the infection would never have attacked the deeper tissues, and would never have developed into a serious condition. Venereal and other diseases cannot attack sound tissue with impunity. Where there is no abrasion or sore of any kind, neither gonorrhea nor syphilis can attack the deeper tissues. If the parts were well cleansed after copulation, and so oiled as to keep the passages open, there could be no development that would be serious.

We can hardly say that syphilis is a disease separate and apart from the same infection that would produce a bad systemic disorder. It is not caused entirely from impure sexual intercourse, although this is a frequent cause. A man with bad blood in an acid condition having intercourse with the opposite sex at a time when there was some sore on the genitals and an ulcer on or in the woman's vagina, would surely become infected if he did not use the utmost care in washing his genitals and using vaseline afterwards. Promiscuous intercourse of any kind will bring trouble that may become syphilitic in time, forming chancres and infecting the deeper tissue.

The drinking man or woman will always fare worse than the sober man or woman, but any one so foolish as to continue impure intercourse must expect sooner or later to reach the limit in this and other dangerous infections. Cleanliness and right living will avoid and cure all these infections. Truly the Bible says the wicked man shall not live out half his days, and truly, too, that the vilest sinner may repent. Truly the vilest libertine may amend his ways, and cleanse and purify his body and mind.

The filthiest body may become clean and wholesome, but not by the use of poisons that are more poisonous than the worst diseases, but by means so simple that it is hard to believe them. We speak from experience, and in the school of experience write for the generations that may read and heed the advice we here give.

We know the disease can be cured, and will convince every one of this fact who follows our directions closely. We are just as sure of our ground as we are of our own existence, and the very first case that any faithful physician tries on will be a convincing proof of the claim we make. There is no need of the slightest doubt. The result will come just as we say here, and will be a perfect one, leaving the patient, man or woman, in perfect health so far as this disease is concerned, and in perfect health generally, as well.

Soft and hard chancres form from promiscuous intercourse with the opposite sex where chronic gonorrhea exists. After the formation of the hard chancre, the lymphatic glands in the region will become enlarged and hard, although very little, if any, pain is felt in these glands, and yet the converse of this is not true. Many lymphatic glands may enlarge where there is no sign of syphilitic infection.

In from about four to six weeks after the enlargement of the glands takes place, the characteristic eruption appears. This varies according to the acid condition of the blood and the dosage that the older treatment always gives the patient. There may be pain in many parts of the body, but seldom will there be much pain under proper treatment. Loss of eye sight, loss of hair, may follow the bad treatment usually given in this disease, but will not follow the rational treatment we here give you.

Many patients are frightened into worse conditions than would ever follow if they would take rational treatment rather than seek so-called specifics that never cure, and so-called remedies that never help, but invariably cause more trouble than anything else ever dreamed of. The older physicians used to consider mercury as the specific, but this drug has caused more suffering many times over than syphilis ever did or ever will. Taken with the blood right for it, and see the horrors of salivation. No need

of argument here. See those bad, brittle bones, deformities, and toothless mouths, and ask if you want any argument against the use of mercury in this or any other disease.

Later Salvarsan or 606, so called because Dr. or Prof. Ehrlich of Germany claims to have found this specific after the 606th experiment, has been used extensively for syphilis and many other diseases, such as locomotor ataxia, anemia, malaria. But 606 experimentants will never find a medical specific for syphilis, because such delusions lead the wrong way. They work on a wrong basis, and the specific will always be elusive. We doubt not that this 606 has wrought untold injury and made cripples for life that would otherwise been efficient men and women.

Its principle ingredient is arsenic, which will stiffen and ankylose the spine, weaken and sometimes destroy the eye sight, may weaken the entire nervous system even to the extent of paralysis and is one of the most pernicious and dangerous drugs known to materia medica. If it could be granted that some dosage or injection could kill deadly germs of deadly diseases, it must also be granted that such dosage or injection would also injure and kill tissues and nerves of the body, weaken or destroy the mental powers, and work an infinitely greater injury than any that could be worked by germs of any kind. If germs are present better kill them by some rational means, such as strong health germs or impulses that will strengthen the body and mind while the germs are being killed or driven out. Get rid of or remove the cause, and health will come as surely as the rising of the sun.

The Wasserman test often shows the same reaction after the use of Salvarsan as before, but we do not consider the Wasserman of any particular value at any time, as its uncertainty at all times condemns it forever as a diagnostic measure in syphilis or anywhere else, and the medical profession is seeing the truth of what we say here of this test, as well as the fact of having been deceived in all these so-called specifics for gonorrhea and syphilis. Salvarsan, Mercury, Potassium Iodid, Arsenic, Strichnine, and all such like will receive the condemnation that all such illusions deserve, but who will answer, who is responsible, for the harm

and suffering these monstrous deceptions have caused to suffering humnaity? Who will give the answer?

We will give those who read these pages a perfect treatment for syphilis that will lead to success every time, or in every case not gone absolutely over the divide. We write from experience, and know the treatise here given will lead to successful treatment of syphilis

HOW SYPHILIS SHOULD BE TREATED

One of the first things to be considered is the securing of perfect elimination through the skin, the kidneys, and the bowels. With good elimination in every way assured or restored, and the rational dieting we here direct you to maintain, the patient will be entirely well in from six weeks to three or four months, in the old hopeless cases, and in a much shorter time in the case of more recent origin.

One of the first considerations in order to secure this perfect elimination is to restore perfect nerve life to the eliminative organs through spinal adjustment. Adjust as indicated, noticing particularly the fifth, seventh, and tenth dorsal or thoracic vertebrae, and the second and third lumbar vertebrae. This will secure good elimination throughout, making the stomach, liver, kidneys, bowels, and skin act perfectly. All cases will recover more rapidly if this adjusting is done daily for a while, and then about three times a week. The old time medical man or specialist always gives himself two, three, or four years on a syphilis case, and then often leaves it worse than when he began. Invariably does if he tries some of the so-called specifics. If he diets, bathes, and uses common sense methods, he helps his patient to a cure.

There must be an absolute restriction put on the diet. A little fasting at first is good. Patient must not eat meat at first, tea, coffee, beer, wine, intoxicating liquor of any kind, tobacco, and all other stimulants and narcotics must be omitted if a quick result is guaranteed. Select a few good vegetables and fruits, use whole wheat bread rather than white bread, but never overeat. I have found the most wonderful improvements to come under the

two light meals a day of living, omitting the breakfast, and eating lightly at the other two. Clabber and buttermilk are good, particularly for supper. Cocoonut well chewed is good. The all-over epsom salts bath once or twice a day at first and less frequently later on, is of great value in an eliminative way, as well as a healer to all sores and eruptions.

The sores and eruptions need no special treatment except to be kept clean. Wash them with antiseptic soap or epsom salts solution. May annoint a few times with some good ointment containing oxygen, or a good quality of vaseline. Make patient rest a while even if you have to send him to bed. Be sure that you do not allow under any circumstances the use of one particle of mercury, arsenic, iodine, Salvarsan, or any other so-called specific. Every case of locomotor ataxia, or other dangerous complication that ever followed syphilis, followed after treatment by some specialist or regular who administered these horrible delusions. I doubt if a single case of locomotor ataxia can be shown to have followed rational treatment such as we give here.

To warm the sores right well with the violet ray heat from the common funnel-shaped machine is very good, but not necessary. This, also, is good in bad forms of buboes, but here again the sores may be cleaned with good soap and warm water, or epsom solution, or with a 1-2000 solution of bichloride. A little white vaseline will prevent the dressing from adhering to the sore.

The first, second, and third stages of syphilis are simply deeper degrees or advancements, deeper sepses. There will never be an advancement in the disease under rational therapy treatment, but a steady improvement from the very beginning of the treatment.

In some extreme case of constipation, you may give rectal dilation, or may give large enemas of warm water in which you have placed a little table salt or epsom salts, or may use the clear warm water alone. The enema is not a necessity, but works well in some cases.

Have patient sleep mostly on right side, but vary some in atti-

tude Have fresh air in room Can soon go to regular work
Common cases will not be hindered from work at all

LOST MANHOOD RESTORED

Lost Manhood or impotency is a loss of sexual powers It is brought about from a number of causes Among these causes may be mentioned Gonorrhea, Syphilis, any of the bad complications of these diseases, Locomotor Ataxia, serious injuries to the genital organs from falls or other hurts, dissipation, riotous living, libertinism, masturbation, mumps and all diseases that affect the glands of the body when badly treated, sexual abuse, use of tobacco, nervousness Impotency and sterility may exist together, but not necessarily so Either may exist without the other A man, also, may have every desire for intercourse without the power of erection at all, or again he may have no desire whatever, and no erectile power, or still again he may have no desire for intercourse and still have the erection continually, but this latter condition is exceedingly rare Impotency is sometimes traced to the use of cigarettes and other forms of tobacco

In most cases, where the man is not too old, the sexual functions may be restored to the impotent individual by rational treatment We have seen it done in numerous cases where the age was 75 to 80 years, and sometimes where the man was above this age

Cold sponge baths over the organs are always good, particularly so if you use epsom salts in the water. All gluttony must be left off, and the patient must omit the use of tobacco, whiskey, stimulants of every kind, and eat moderately of nutritious foods, such as oysters, fresh meats, good eggs fruits, etc A little vanilla flavoring taken internally in ice cream or otherwise will stimulate the organs in a natural way slightly, but will not be necessary if the regular treatment is taken as outlined herein

There are a few drugs that will temporarily stimulate the sex organs, but always at the expense of the nervous system, and will then leave the organs weaker than ever Better never take

any strong drug for loss of power unless you want eventually to have no power at all. Adjust lumbar 3 region faithfully.

Any good physical exercises that bend the body in the lumbar region quite well will be beneficial, as such exercises will give a better nerve supply to the sex organs. Patient may bend forward and backward a number of times, then sideways, breathing deeply as he does these exercises. Any systematic exercise, coupled with deep breathing, will always assist in restoring these powers. Stretching the spine is a good exercise, too, but the treatment we outline above will certainly bring restoration where it is at all possible, and it is possible in all cases where absolute impotency and senility have not existed for so long a time as to bring absolute atrophy and decay to the very structure of the organ and gland themselves.

Even in the most extreme cases, where there had been no power for years, we have often had such a fine restoration as would be the greatest astonishment. There is hope for every one, and if there is ever a failure, it will be in those exceedingly rare cases pointed out above where the very substance of the organs has undergone atrophy or decay. The treatment herein given will certainly give restoration in a very large percentage of all cases treated. Be persistent, and results will come, some quickly, and some after a long time, varying from a few days or weeks to two or three months, but you may count on results in nearly all the cases you treat.

DISEASES OF THE UTERUS

This division of the text might have been included under the chapter on diseases of the Genital Organs, but the uterus has diseases so peculiar to itself that we thought best to make this chapter stand alone rather than with the other.

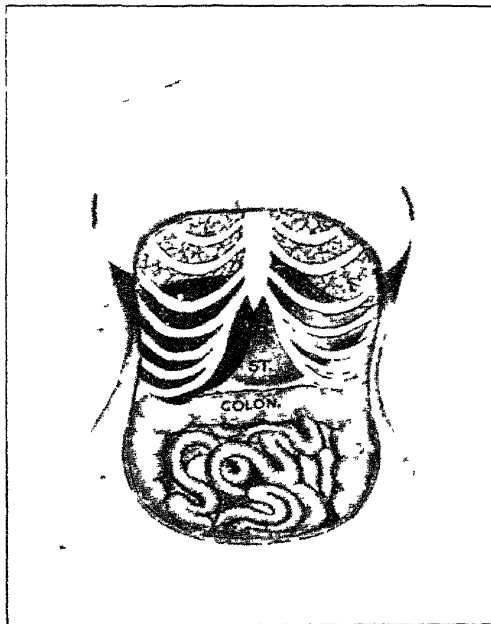
The uterus may prolapse, or drop downward from the normal position within the pelvis, sometimes protruding from or thru the mouth of the vulva. Again, it may have its position flexed forward, called antifixion, flexed or bent backward, retroflexion, or it may be flexed laterally to right or left.

Disease and Rational Treatment

Again, the uterus may become fibrous, forming the fibroid tumor, which becomes hard and fibrous, and growing variable size, sometimes reaching the size of six inches or more in diameter, and and very heavy and firm. Other kinds of tumors may form, such as the colloid, polipi, etc.

Again, ulcers and cancers may form on or in the uterus, and become a serious menace to the life of the patient, ending in death eventually unless some relief is found.

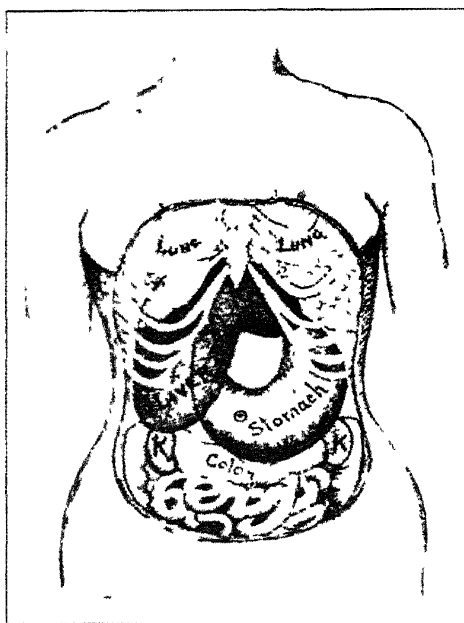
Let us consider for a moment that condition or prolapsus mentioned above. Many cases of pronounced prolapsus will naturally normalize themselves back to position where nature under spinal adjustment naturally normalize themselves back to position where nature placed them. Responses will usually begin to develop immediately with the treatment in many cases, but will not progress to a perfect cure in all cases.



Organs in normal condition

Now, to meet all demands and expectations in all cases, we may need the additional impulse to the uterus given by the science of spinal concussion or sinusoidalization. For this purpose, give

spinal concussion or sinsoidalization over the first, second, and third lumbar five to seven minutes daily. The patient will frequently feel the uterus drawing to the normal during the first seance, and a few days will suffice for a permanent and perfect cure.



Organs in prolapsed condition

The most effective position to receive this concussion is with patient lying on operating table or couch, face down, and body in the most relaxed position possible. Then make the concussion over the first, second, and third lumbar, very slowly moving the applicator of the concussor or sinusoidal machine over the three vertebrae, up and down, running the machine continually. There will never be a failure unless some surgeon's knife has severed some of the nerves belonging to the organ. The author cures all his cases, no failure ever has been marked against him.

Take next a patient suffering with fibroid tumor of the uterus, or some other form of tumor. The author's success certainly warrants his speaking very positively here. Adjust the lumbar region

to reach the enlarged organ. This will usually be the third lumbar region. Adjust daily, and follow with concussion or sinusoidalization of the first, second, and third lumbar for six or seven minutes, as directed for prolapsed conditions of the uterus. Treat daily, and the tumor will gradually decrease until it is all gone.

At the present writing, the author is treating several cases of fibroid tumor of the uterus, and a number of cases of prolapsus, and all are getting well just as fast as they can. Every one is improving, and entirely satisfied. All will soon be well. There will not be a failure among them.

Ulcers and cancers of the uterus will usually recover under spinal therapy, with dieting. Adjust the lumbar region as in prolapsed and fibrous conditions, giving concussion in the same also, and most cases will make steady improvement until well. May also warm the body over the region of the cancer with the violet machine, but the author seldom does this.

The antelexion, where it exists, will speedily respond, and the retroflexed and lateral positions will be susceptible of cure. Spinal adjustments, together with spinal concussions, constitute the greatest means ever found for treating the above diseases and others of the uterus.

These are among the most frightful diseases a woman may have, and it certainly endangers life, but they may all be cured. A woman, finding she has only one of these frightful diseases, at once despairs of recovery, and under the knife may pass away, or be weakened for life. We here offer (as above) what our experience leads to believe is a perfect and unfailing cure for all these troubles. We are positive it will do the work.

Consider next a condition of continued menstruation, where the flow has been steady for months, or for a whole season. The author has usually succeeded in checking the flow in twenty-four hours, and sometimes almost immediately following the first adjustment. The adjustment of the second and fourth lumbar, or the third lumbar, will usually suffice.

Another absolute unfailing treatment to stop the continuous flow is concussion over the first, second, and third lumbar for a period of about seven minutes. The flow will nearly always be

checked with a single treatment given in this way. The concussion, the physician will observe, is made as in the case of fibroid tumor, prolapsed uterus, etc., being just as effective for one as the other.

Where there has been no menstruation for months or years, it may be restored in a short time by adjusting the second and fourth lumbar or the third lumbar. Seldom will the physician of these methods require more than a few days to reach this desired end.

Barrenness is also often banished by good adjustment of the place of third lumbar region. Many women have borne children after receiving treatment for a sufficient time to menstruate well one time. No trouble would arise, and the great desire of life was accomplished. Among the author's patients scores could tell this story of trial and success. Sterility in men may be corrected in the same way.

Tendency to miscarry will be corrected by this third lumbar adjustment in a very short time. We have known women who came to us after many miscarriages, and could then go thru the nine months with ease and satisfaction, no semblance of miscarriage, and after a while a good boy or girl born into the world.

Leucorhea, painful menstruation, scanty menstruation, profuse menstruation, etc., may all be corrected in a very short period of time. Nothing we have mentioned in this chapter is difficult of accomplishment by the Chiropath who believes in his work, and does it conscientiously and carefully and fully.

This region like the seventh cervical and some segments along the spinal cord, seems to be the home of much evil, and every physician would do well to study it to the most thorough mastery. It will pay him a thousand times over.

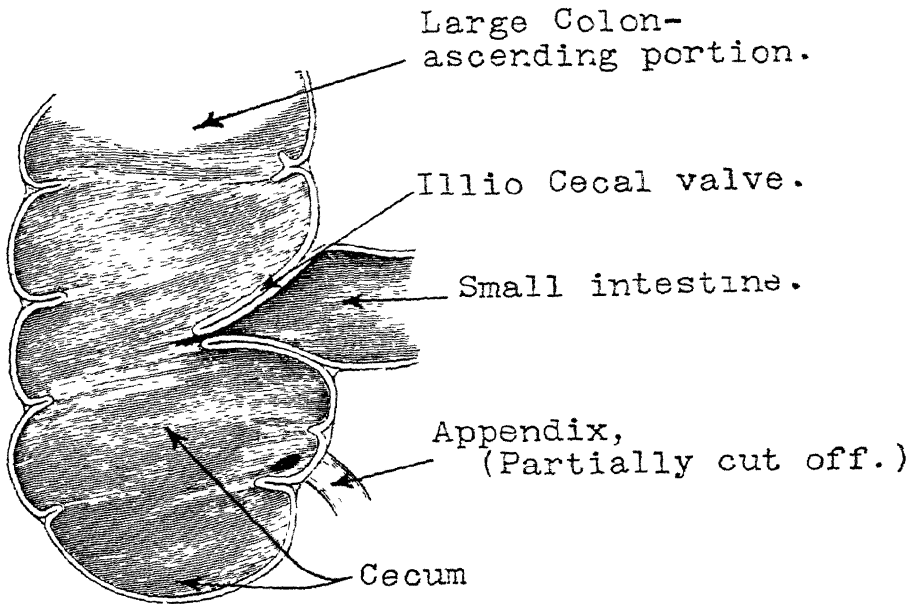
DISEASES OF THE APPENDIX

The most extraordinary disease of the appendix is appendicitis, but there may be diseases of other natures as well, such as failure to secrete its fluids, or secreting them disproportionately, its orifice becoming closed too tightly, or opened too widely, etc.

The little organ called the Vermiform Appendix secretes a very essential digestive fluid, which flows into the cecum where that

Disease and Rational Treatment

large lower portion of the colon throws its own secretions as the chyme passes into it from the ileum. This fluid helps to continue the digestive processes, prevents constipation, and is useful beyond previous conception.



The cecum and appendix contain a greater number of lymphatic eminences than any other part of the intestines, and more of the Crypts of Lieberkuhn, which are larger and more potent in secretion. More of the succus entericus is secreted in this portion of the alimentary tract than in any other portion of anything like the same area. It will dissolve fibrin and the white of an egg in a few minutes that the pancreatic juice alone would not dissolve so perfectly in several hours.

The appendix throws its secretions into the cecum to assist in the digestion of food. Foreign bodies and substances do not get into it normally, and if they did, the tendency would be to throw them back into the cecum. The salivary glands are doing this in the mouth all the time, and they never become closed from

substances working into them, and if they did, we would cure them, not by removing them with the knife, but by rational means of treatment, such as an adjustment of the upper and middle cervical

If the appendix becomes clogged or diseased, let us treat it rationally by spinal adjustment. As it receives its nerve supply from the second lumbar nerve on the right side, we will always find tenderness over the exit of this nerve on the right side. To relieve this condition adjust the second lumbar. Relief will follow. We have treated many cases of acute and chronic appendicitis with perfect results.

Overeating may clog the bowels, derange all intestinal function, including the appendix, and result in disorders of this organ. Let the sufferer refrain from eating a while, adjust the second lumbar region, and soon be a well man or woman.

Constipation always follows the removal of the appendix, and we believe there is no exception to this rule. True, we have seen people who claim not to have been greatly constipated after the removal of the little member, but upon careful inquiry the evidence in these cases pointed to great care in the way of preventatives in the way of foods that would prevent constipation, and to the further probability that only a portion of the organ was removed.

If the inflammation is very great, and pus forms in the appendix, it will very likely find its way into the cecum by following the line of least resistance. Peritonitis would not generally form if the appendix were let alone instead of being gouged or palpated deeply.

In operative work for appendicitis, more than 90 per cent of the cases thought to be appendicitis have been found to be something else. Reports from the ablest physicians show this to be true, and yet in most of these operations they have removed the appendix anyhow, thinking as they used to, that the appendix is a useless organ without any function.

From this terrible ignorance the profession must some time awake, and with a consternation akin to the nightmare of a conscientious professional man who sees his own eyes have been

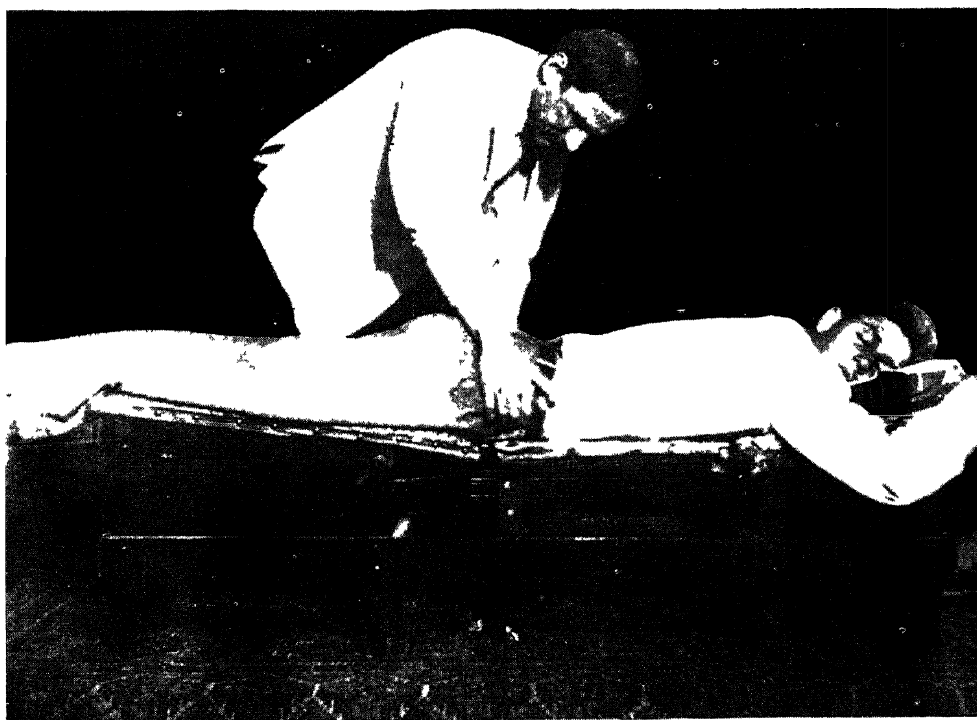
Disease and Rational Treatment

blinded, there will be an indignation that will sweep away the error forever

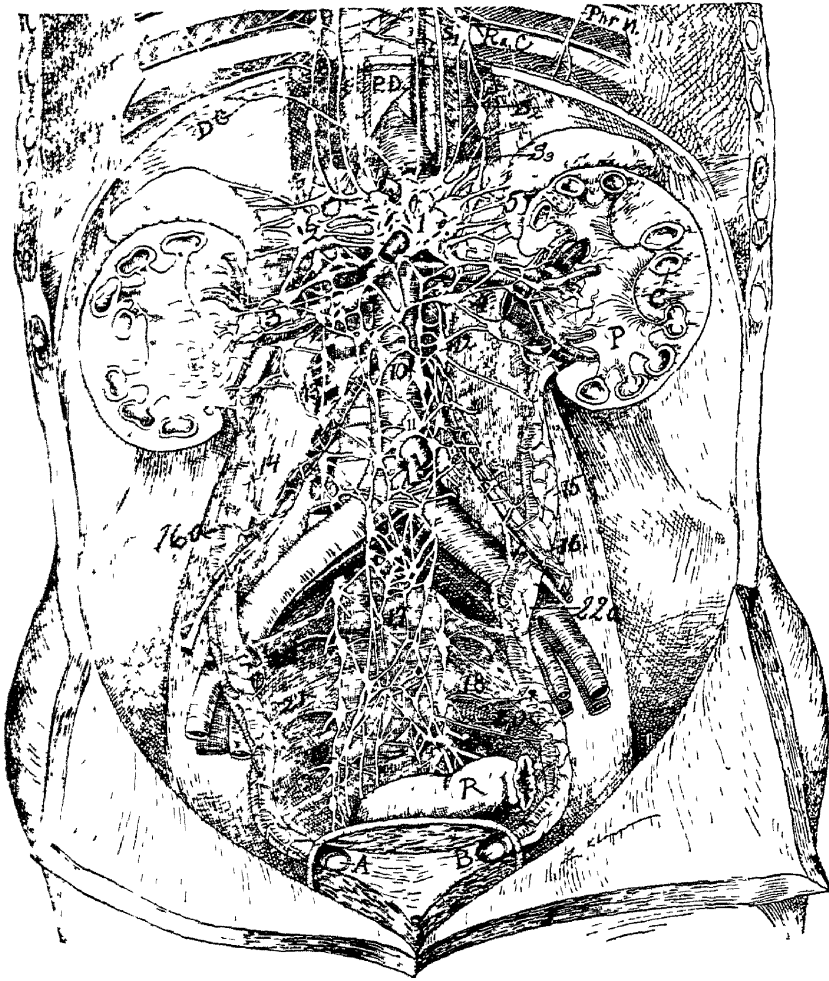
The average life of people who have had the appendix removed has been found, by actual statistics extending over a considerable period of time, to be only 7 years

Preserve all organs intact The work of the real surgeon may be needed in some pressing cases of some diseases, but not more than one case in 100 where operations have been for anything whatsoever were these operations necessary

Let the useful appendix remain in position It is necessary to the best and longest life As the minister would say, there are no non-essentials or unnecessary things in the book of God As true scientists, let us admit there are no useless organs in the human economy



Manipulating and adjusting the innominates, often very useful in diseased of the pelvis, legs, etc



Another illustration of a part of the Sympathetic System of nerves. Note the position of the Solar Plexus around the Celiac Axis and the parts extending downward along the abdominal aorta, the anastomosing nerves well nigh covering the aorta as a sheath.

Note also the ganglia and small plexuses. You will see some ganglion at each and every point where some smaller artery branches from the abdominal aorta, a most significant fact concerning the power of the arteries to circulate the blood.

All the viscera or internal organs are kept constantly at work thru the powers of the sympathetic. The functions of the viscera may be named as follows -- Peristalsis, absorption, secretion, ovulation, gestation, and menstruation.

Let it always be remembered that all these functions may be made stronger and their work richer by stimulating the sympathetic nervous system.

WHY

SHOULD IT BE THOUGHT INCREDIBLE THAT

HEART DISEASE IS CURABLE -- This great muscular organ is certainly essential to human and animal life. It has to work constantly, day and night, but this may be said of all the internal organs. The stomach, the liver, the kidneys, the lungs, and all other viscera are constantly at work.

Nerve impulses never stop while life endures. All bodily tissues are constantly wearing out and being replaced. Nature is kind. Normal nerve force will insure normal life and activity to all organs and parts of the body. If this nerve supply becomes weakened, we have ways and means of restoring it in Chiopriactic. Why then should it be thought incredible that heart disease may be cured?

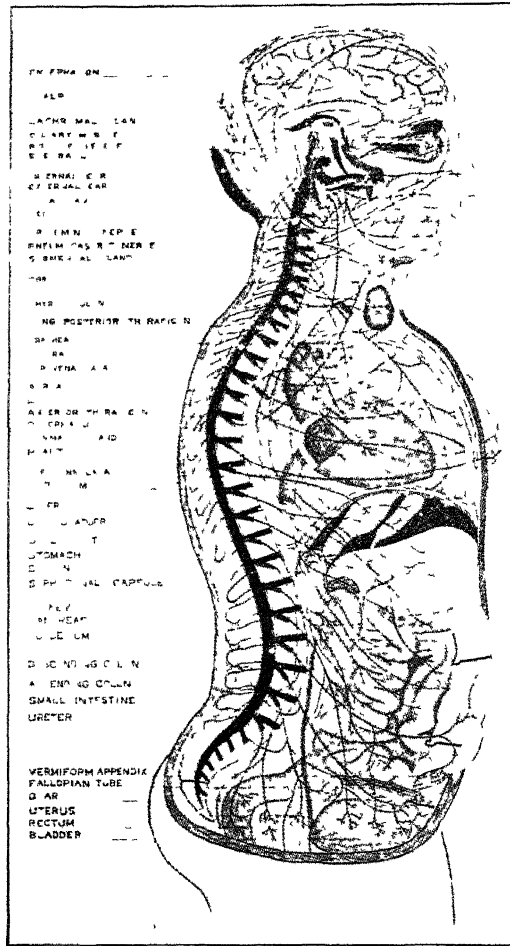
Has not every drugless therapist, as well as other classes of physicians, found various organs and parts of the body weakened and crippled until it was impossible to perform the ordinary work devolving on these organs and parts? And has it not been found that the proper physical means have been used successfully in the cure of these parts? Then why not the heart as well?

But here comes a great army of physicians of the old school who say heart disease is incurable. They should say incurable by any method known to their schools. And here comes a lot of drugless men and women, too, who agree with them that heart disease is really incurable. These should say, rather, incurable by their means of treatment.

Yet, tho a thousand proclaim failure, one man may put them all to flight if he can exhibit living examples of those who have suffered with what was thought to be incurable organic heart trouble all now sound and well.

It is no more unreasonable to make the claim of curing all heart trouble whatsoever than to make the claim of curing muscular trouble, stomach trouble, and such like. In the hands of the capable Chiopath, who is not afraid to use all good means available, the weak organically diseased heart may be made good and thoroly strong.

Why should it be Thought incredible that



And it is not a hard thing to do either. This great central organ of the circulation may be more readily and more radically cured than derangements of some other organs of much less import apparently. We are well aware here that some of our own schools try to make a distinction between organic and functional diseases of the heart, and to make no claim toward curing organic disease, but in our own school we have always taught that all diseases of the heart will yield to the spinal treatment here given in the parts of this book covering the subject.

Why should it be Thought incredible that

Some doubters have not thoroly understood the manner of the nerve supply to the heart, which is from the pneumogastrics, the phrenics, and from the second and fourth dorsals, as already shown in this treatise. Some authors persist in calling the fourth dorsal segment of the spine liver place, whereas this segment is all-important in the treatment of organic heart trouble.

Certainly the good Chiropractor, who adjusts as we have directed in this treatise, adds the mighty addition of spinal concussion or sinusoidalization, will send his or her patients away so sound of heart that no examiner will be able to find any trace of previous troubles of this great and useful organ, whether it was functionally or organically diseased.

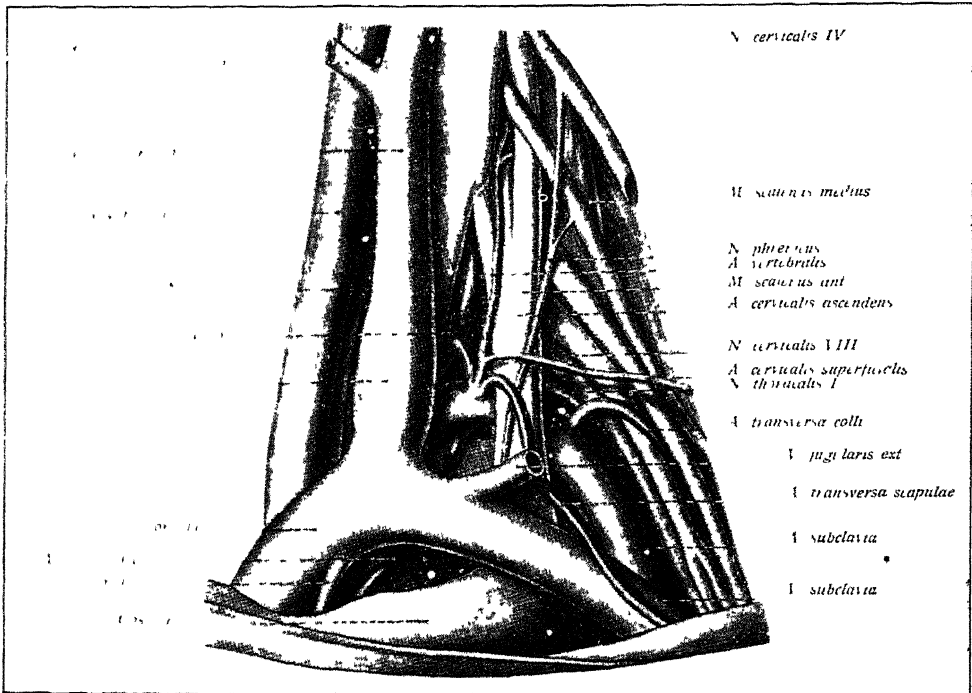
Take the long and frightful list of diseases that may be found attacking the heart, and think for a moment what they mean. Consider such things as hypertrophy, dilatation, valvular weakness of all kinds, regurgitation, mitral stenosis, heart block, angina pectoris, fatty degeneration, endocarditis, pericarditis, murmurs, whistling sounds, mitral incompetency, palpitation, rapid beat, slow beat, high blood pressure, low blood pressure, and along with these disorders of the organ itself consider a few of the no less grave maladies of the arteries, such as aneurism, arterio sclerosis, calcareous degeneration, etc., and ask yourself how well grounded are the fears of those physicians who hold out no hope to those suffering in any extreme measure with these disorders of the heart.

And well might we despair under older methods of treatment, but not so under the new. Behold the edict has gone forth, and can never be recalled, that the old must be taken away that the new may be established. That which has served its purpose has waxed old as a garment that has worn out, and now ready to be folded away forever. That which is new and powerful and unfailing is ready to come into its own.

It has come to its own. Will its own receive it? To its credit are thousands of living examples. They are in the army, once refused, now accepted because of the radical cures from the rational means herein exemplified. They are conducting business concerns again thru help in this way. And in society, school, science, and everywhere else, owing their very existence to the wonderful

Why should it be Thought incredibel that

new science and sciences that hand in hand have revolutionized the methods of modern therapy until human minds are wondering what the next step will be



In this picture study well all those branches of the Brachial Plexus, the great arteries and veins of the neck the Pneumogastric or Vagus Nerve, the Phrenic Nerve, the position of the first rib or costa 1. Nothing makes better study than a picture like the above. All these cuts should be well studied and mastered, that each part may be so well fixed that future reference may be made in a moment's time. No student will ever regret such study as we here direct, and nothing can surpass such an aid as this picture and the other similar cuts in these pages.

But again let us ask this question —Why be frightened at what has been called incurable in this field? Just as nerve forces are at work elsewhere in the body, so they are at work here also. Just as a restoration to the norm elsewhere will bring health and strength to the parts involved, so it will do the same work here.

And just as the heart seems to be and really is an organ of supremely great importance, so has the most sovereign means been

Why should it be Thought incredible that

hereby provided to restore it to its own powers when disordered Strong, workable perpetual in its motion while life lasts, it is certainly curable in any of the diseases that may assail it

It may become weak but the means of its strength are at hand It may become diseased, but the master of its diseases is at hand While it works on continually day and night, sending nourishment to all parts of the body, forces are at work to sustain and conserve the powers of the superb organ itself that its work may go on unhindered and its forces ever ready to ward off the evil that would assail every other part of the body

Note what we have said elsewhere about the treatment of the heart, and remember that it was said from a vast experience, and without a failure Try your cases as we have directed and see yourself just as successful as we have been Let nothing deter you We know what has been done, and we know what you will do in such cases

The good physician will strike out boldly, yet carefully and confidently, not with braggadocio, but with desire to reach and eliminate the maladies that assail his patients The Chiropath or combined therapist, will so astonish himself with results that his faith will become unbounded, and diseases will disappear under his hand almost as if by magic

DIABETES is curable in every form and in every condition Under medical treatment we presume it was never cured, and the old school physicians have long ago despaired of making any real cure of the disease Volumes of great size have been written to show that it cannot be cured Books have been written on dieting for the disease, all to but little avail Good sensible dieting will hold things in check, but will not remove the cause of the trouble

But why, we ask, cannot rational means be found to really and truly correct the conditions found that cause the trouble? Note the organs involved mostly when the disease is running its way The liver always forms sugar, and the kidneys are abnormal also

Cannot the Chiropath at once see that his work must be on the liver and kidneys? The older school physicians usually despair when a well-established case of diabetes confronts them, and they

Why should it be Thought incredible that

try simply to prolong life by care in diet and natural ways of living, and may keep a patient alive for years in this way, but death eventually comes, whereas the rational means here advocated will positively give back sound and perfect health

Naturally, adjustments in the region of the seventh dorsal will cause normal functioning to the liver, and be a great step toward the cure. The tenth dorsal, as pointed out in other pages of the treatise, will insure proper elimination. Concussion of the seventh cervical will contract the liver and prevent the formation of sugar. A little concussion may be added to the fifth lumbar region also.

Unfortunately, some of our schools hold the false theory that an adjustment of the fourth dorsal affects the liver more than any other, and they will fail to make the radical cures we teach in these pages. And they who thus fail will make the claim of the older faiths of healing that diabetes mellitus is incurable, a proof only that they are not able to match its strength.

Combining treatment as we have directed, the all round physician will not meet any more trouble in combatting this disease than any other serious malady. Experience is a great school, and the voice of its practitioners should count for something, ringing down the ages.

TUBERCULOSIS MAY BE CURED Naturally enough all the old scholars talk about the failures of drug medication to cure pulmonary consumption. The lungs, like the heart, must work constantly, they say, and therefore nothing can be done to save them when attacked by the tubercular bacilli.

But why, we would ask, is this so? The heart and other internal organs are constantly at work also. The glands are making their secretions all the time, every day, hour, and minute. In fact, it would be most injurious for them to stop for a rest. Secretions may be going more copiously at some times than other times, but the process never entirely ceases, and the glands are never at rest in the strictest sense.

Wonderful the work of the pituitary and pineal glands in the brain, secreting the electric fluids of the body, so essential to muscular activity. Exquisitely beautiful the secretions of the thyroid gland, so necessary to the maintenance of human life.

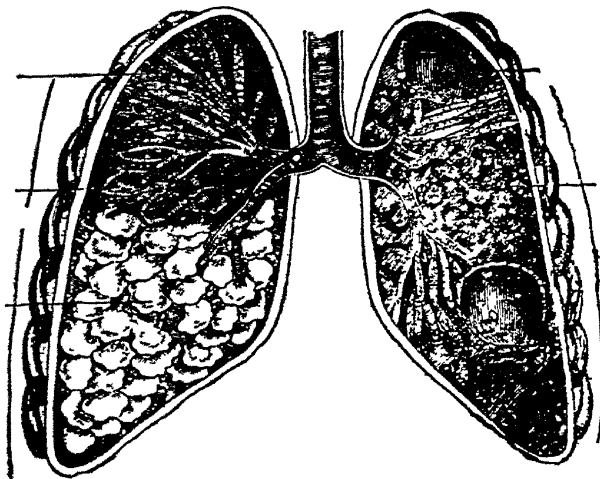
Why should it be Thought not able that



One of the good exercises in treating a consumptive.

Why should it be Thought incredible that

And the liver, constantly pouring its secretion in at the same place. The kidneys, the suprarenals, and all the small glands in the intestines and elsewhere that are guarding the health of the individual all the time tireless sentinels guarding the doorways of health.



And the little appendix, so insignificant in the estimation of some physicians, constantly pouring its lubricating fluids into the caecum to lubricate the colon and prevent constipation. Better let it alone. Appendicitis is most readily cured by the proper means.

All these organs are constantly at work. Let them work on in harmony with all the others. It would be very unnatural for them to refuse to work. They will not wear out by work, but any abnormal condition that may arise to prevent them from doing their work as it should be done will cause disease and disorder in some way.

It is not unreasonable to suppose the lungs may be successfully treated thru spinal methods. On the contrary, it is the most reasonable thing in the world. We have given already in this book a full outline of treatment for tuberculosis, and will not go into any detail here, but the school of experience has given us more success than might have been thought possible.

Spinal adjustment, combined with dieting, exercise, bathing, etc., will surely cure tubercular trouble. Remember the strong

nerve supply from the third dorsal region, the Phrenics and the Pneumogastrics, adjust accordingly, and improvement and recovery will be rapid and sure.

Remember the good rules in regard to diet as laid down in this volume, have patient sleep mostly on right side, and you may safely expect a recovery in almost all cases you are called on to treat

These claims are not incredible, because we are making the cures all the time. Nothing done as frequently as we have done this is incredible, it becomes a certainty, a reality, a mighty victory won for the right

With all such false gods as vaccination out of the way that cause tuberculosis, we could soon rid the planet of the scourge of the white plague, syphilis, cancer and such like. Then and not until then will the battle cease we are now fighting

No question is finally settled until it is settled right, and no disease is finally wiped from the calendar of the mind until its causative elements are removed, as our drugless cults are now seeking to do

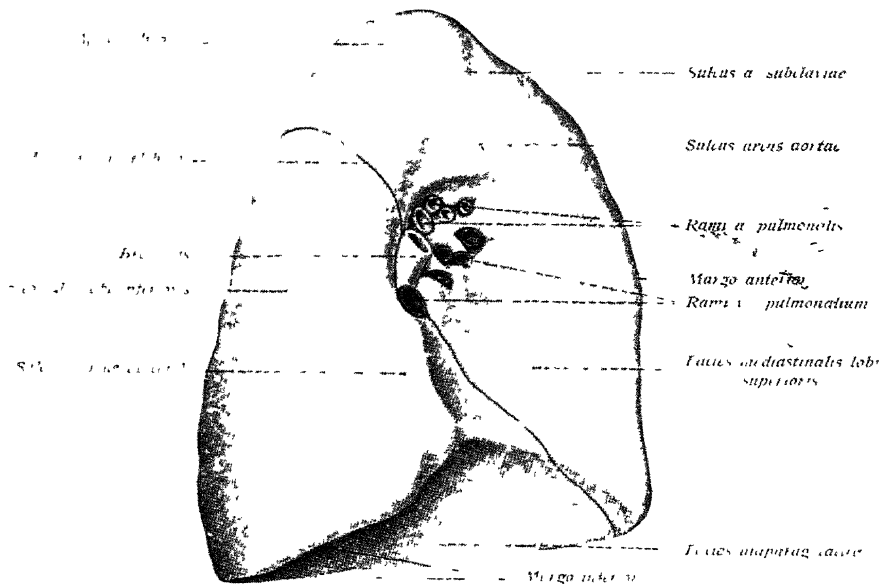
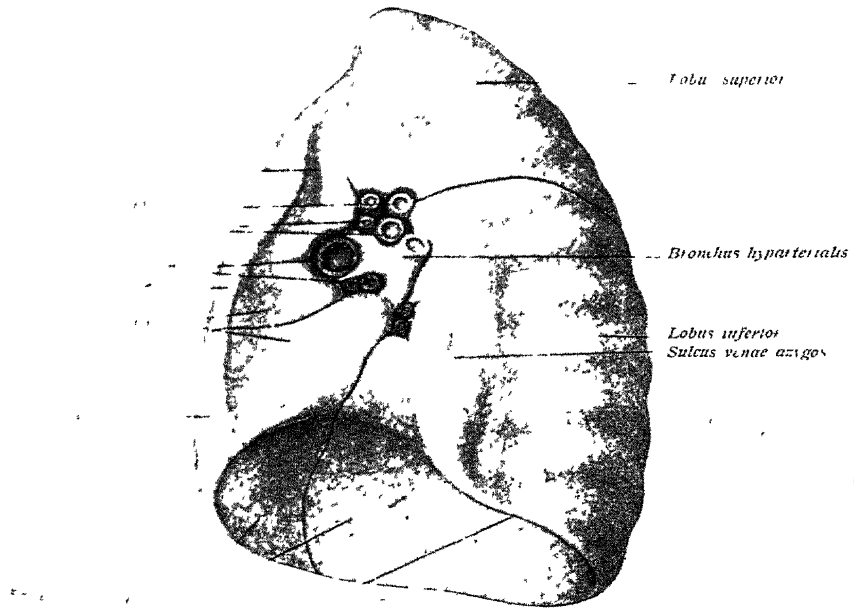
The foundation of error is being torn asunder, and a more powerful citadel is being erected that nothing can destroy, as it contains all essential elements of truth

LOCOMOTOR ATAXIA IS CURABLE—A dreadful disease. A mighty assertion on the part of any one that such a disease can be cured, and yet we unqualifiedly make the claim, and we make it from an experience extending over several years of constant practice on this and other hitherto incurable diseases

Locomotor Ataxia is caused by an affection of the sensory and motor centres of the spinal cord, in which the gray matter of the cord actually wastes away, making a most serious affair to contend with

As the disease progresses lightning like pains are felt in the legs as the nerves undergo the degeneration characteristics of the disease, and the gray matter of the cord continually wastes away

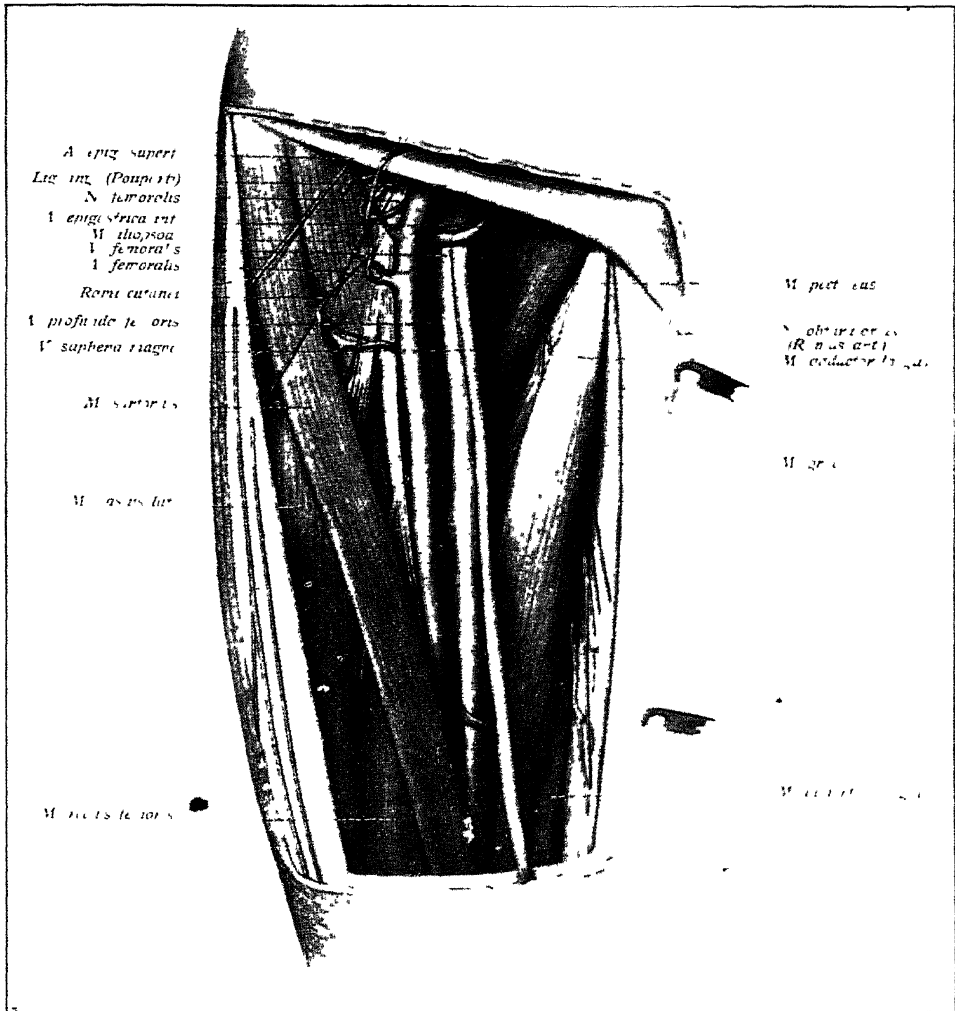
Loss of natural co-ordinating powers is seen in the legs, and in the arms also as the disease goes farther, the patella reflex disappears from the knees, weakness of the sphincter muscles follows, and general loss of sexual powers takes place



Why should it be Thought incredible that

Such is the disease and how large the claim that the wasted gray matter may be restored, pains cease and natural movements given back to the legs and arms-

Yet nothing is incredible to those who have the proper means of



In the above a most teachable cut is presented of the great muscles of the thigh, with arteries, veins, and nerves. The longest and largest nerves pass down the leg. The largest muscles and blood vessels are found here. Of course the blood vessels within the cavities of the body are somewhat larger than the parts in the thigh, as the great aorta branches downward into the thighs, and the veins merge into the larger veins in the cavities of the body.

Why should it be Thought incredible that

reaching the difficulty Within reasonable time of the beginning, or before the disease has extended its ravages too everlastingly far, a reversal of the symptoms may be brought about

We believe that only thru spinal adjustment and concussion or sinusoidal applications this disease is curable at all The claim by the older schools that it cannot be cured is based on the experience of those schools only, and not on the experience of our later and more rational or natural methods

In our own experience we have always adjusted the atlas region and the brachial plexus region Adjustments are always indicated in the lumbar region, and in the central and kidney regions

A still more powerful treatment comes from concussion or sinusoidalization of the tenth dorsal region, including usually the ninth and tenth, but more on the tenth This, with the spinal adjustment indicated above, will do more good in ten minutes time than can be done in six months by any old attempted method known.

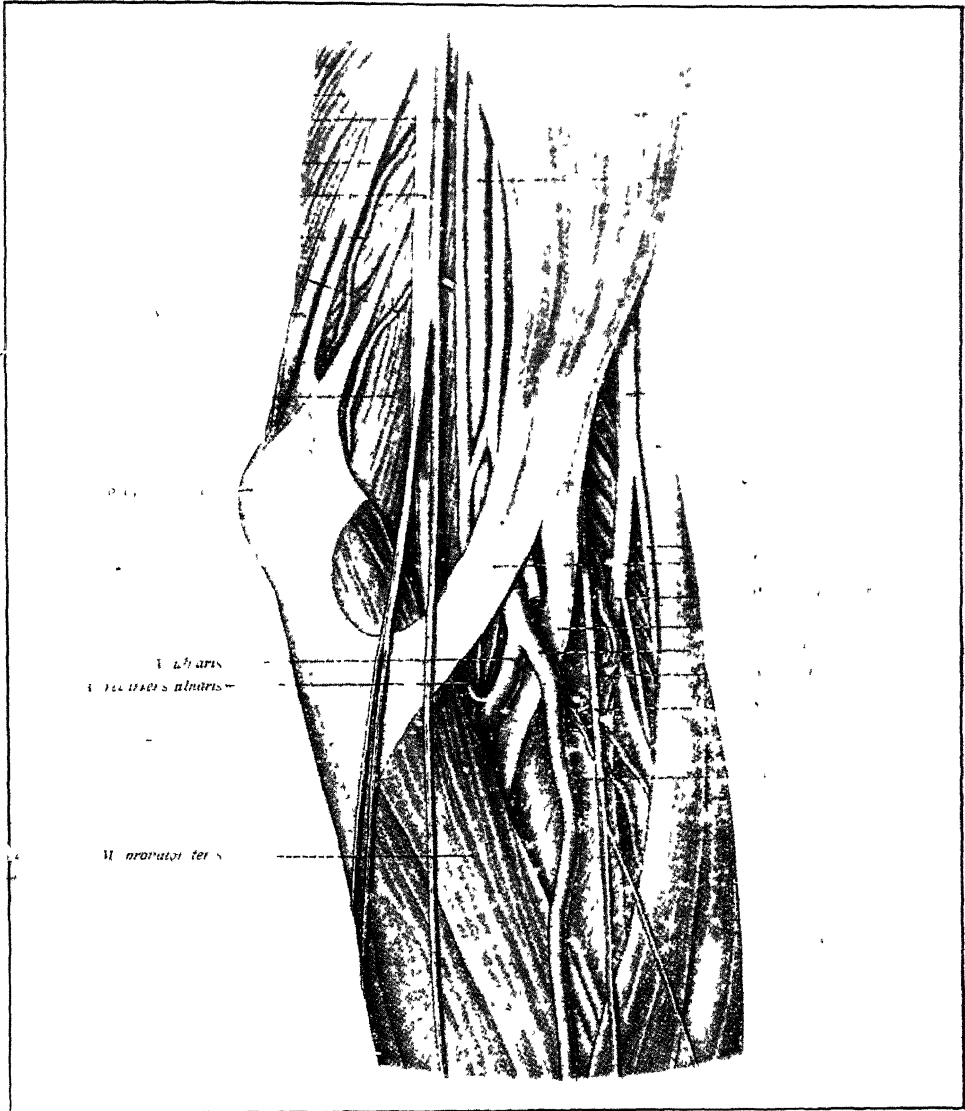
Cases that have been crippled up with injections of the so-called cures - such as the 606 - will be harder to respond than any others, but great good may often be given to these cases.

O for some spirit so puissant that it could dissolve the scales from human eyes that all might see the harm of poisonous injections that were never known to do any good to suffering mortals, but have sent millions to untimely graves.

We believe that such a spirit is now materializing, and his mission will soon be realized Earth will feel the impulse Heaven will lend a listening ear The forces of disease and death and hell will be put to rout, and a new order will be issued in that will know not the harmful and hurtful things that at present are responsible for so many of the wrongs and sufferings that afflict mankind

Out of all present entanglements we believe will come the things we most need and have most longed for Human needs will be satisfied, and the heart that longs for absolute panaceas will find them

Not incredible, indeed, to restore to health those people suffering from this disease It has been done in too many instances by our class of physicians to leave any doubt whatever.



One of the best exercises possible for the student is to locate the position of all these arteries, veins, muscles, and nerves in his own arm. This will not be hard to do with proper study, and will become a pleasant exercise when practice is had.

The elbow joint is a very peculiar one, being ginglymus or hinge in shape, and the muscles and ligaments make it a very strong joint. Several of the nerves, passing over it may be palpated. Note how easy to palpate the ulna nerve and hence to make the little finger side of the hand grow numb.

Why should it be Thought incredible that

In the mouth of thousands of witnesses every word has been established and the people of the next generation shall be made free from the unnatural practices of the present

The way shall be made so clear that the simplest of wayfaring men need not err therein, and he who runs may read the message, for its language shall be universal

Turn on the light, that all may see Let it be the candle on the table, the city on the hill, the light house that sends its rays to every continent and every sea

BLOOD PRESSURE MAY BE MADE NORMAL ---If high it may be reduced If low it may be increased In either case it may very quickly be brought to the normal In the mouth of ten thousand witnesses every word of what we here say is established

Take the patient with a blood pressure of 250, we will say, and give the spinal adjustments indicated, combining with it concussion of the seventh cervical and the third dorsal region, will reduce the pressure to nearly normal in a space of from five to seven or ten minutes The pressure will remain normal after a few daily sessions.

Nothing else will do this No other class of physicians promises much in high blood pressure or low blood pressure, but the Chiropractor takes the most unyielding cases, and quickly restores them to health, permanently bringing the pressure to the normal

So easily is this done that it becomes a pleasure to the physician, and so surely may it be done that the physician feels sure always of his ground, knowing before he touches the patient just what the result will be, never making a failure

Here, as in all hard cases of all other maladies, the older schools have made magnificent failures If they had not failed, there would have been no room for the drugless cults that are on the way to such rapid increase

Humanity has longed for something reliable, something to be counted on in time of need, and now, that Chiropractic has been brought to the front, greater realities are coming very rapidly forward

High blood pressure becomes dangerous if let alone Sooner or later comes the fatal termination in apoplexy or something else

Why should it be Thought incredible that

How easy the good Chiropath or spondylotherapist may reduce to the normal, and hardened arteries will become normal also. All bad symptoms will disappear, and health will be restored permanently.

Nothing outside the sciences here represented can do this.

AORTIC ANEURISM MAY BE REDUCED One of the most dangerous conditions known to the blood vessels, where the walls of the aorta grow thin as the great vessel enlarges. This may take place anywhere, but is usually found in the thoracic aorta.

The spinal therapist finds but little trouble in reducing it.

Usually found in the male sex, and may have been produced by hard labor, syphilis, gout, rheumatism, liquor drinking, heavy eating, etc.

High blood pressure may accompany the disease, and usually does. The sternum and ribs may be pushed far from the norm by the enlarging condition, until we wonder how it could have been done. Steady mild pressure will accomplish more than would ever be imagined.

Let the spinal therapist adjust the upper dorsal region daily, and give spinal concussion to the seventh cervical region, and improvement will at once be seen, and a cure eventually. There need never be a failure on any case taken in time.

No body else on this earth ever did what the spinal therapist so readily does, and we doubt if any other class of physicians will ever be able to meet and successfully combat such diseases as we here enumerate, yet the spinal therapist most readily meets these demands.

FEMALE DISORDERS ARE EASILY CURABLE—And when we think how many women are suffering thru derangement of these organs, we realize in a measure how much a knowledge of this manner of treatment means to them. The results are sure in every case where treatment is applied skillfully and with knowledge of the anatomy and nerve supply to parts involved.

There is quite a list of diseases that may be classed under this heading, including *prolapsus or falling of the womb, retroversion,*

Why should it be Thought incredible that

uterus, flexure, ovaritis, suppressed mensituation, continued menstruation, painful menstruation, palpiti, fibroid and collord tumors, tendency to miscarriage, barrenness, unusual desires, ulcers, cancers, abscesses, curiosis of ovary or other part, hemoorages, etc, etc ,

You will say this is a formidable list, but we assure you the rational treatment of the spine will lead you out of every difficulty, cure every case where there is anything at all left to work on or any vitality left to start from, and will give health, happiness, and life to those suffering so greatly



Constricted waists are the cause of many female disorders Not so much worn as formerly Woman may wear a moderately fitting corset, but should avoid tight lacing as it destroys the shape, and causes disease to the viscera

Take a typical case of *prolapsus* or *falling of the womb* to begin with We will suppose the organ drops until it protrudes into the

Why should it be Thought incredible that

outer world Many have been the attempts to restore such cases under older forms of treatment, with medicine, washes, and otherwise, and all with but little if any benefit

The condition has remained very much the same, and in many instances has grown gradually worse under the treatment thus given, causing a multitude of other ailments to the nervous system and organs of the body

Note now the simplicity of the treatment as given by the spinal therapist In the first place he has a knowledge of the nerve supply to the uterus from the third lumbar region, and adjusts the spine



A healthy form Let corset and garments be reasonably fitted to form according to findings This alone will give perfect restoration after normalcy is brought to the lumbar region

Why should it be Thought incredible that

However, for quicker results and absolute certainty, the ablest physician of the spine, who wishes to do his patient the greatest good in the shortest time, will here find scope for enlargement in the applications of his work. After making his adjustment of the lumbar vertebrae, he will, for greater and quicker certainty, make spinal concussion for five to seven minutes over the first, second, and third lumbar, moving the applicator very slowly up and down over the region, so as to be about half a minute or a minute in passing back gradually to the first lumbar.

The application of the sinusoidal current to the same region will accomplish the same results as the spinal concussion, applied for the same period of time over the same area of the spine. The large pad, well moistened, is placed over the sacrum and held firmly in place, while the smaller interrupting applicator is held and slowly moved along over the first, second, and third lumbar.

Whether the spinal concussion or the sinusoidal application follows the spinal treatment, each being just as effective as the other, it may be wise to concuss or sinusoidalize the eighth dorsal region also, as the procedure here will have a tendency to draw all the abdominal organs to higher position, and sometimes the prolapsed condition of the uterus is partly or even wholly caused by other organs prolapsing onto it. When this is the case, relief is at once experienced by concussion of the eighth dorsal region.

In treating women with prolapsed uterus, we have sometimes heard them remark that they had the sensation of the uterus drawing to position while we were making the concussion or giving the sinusoidalization.

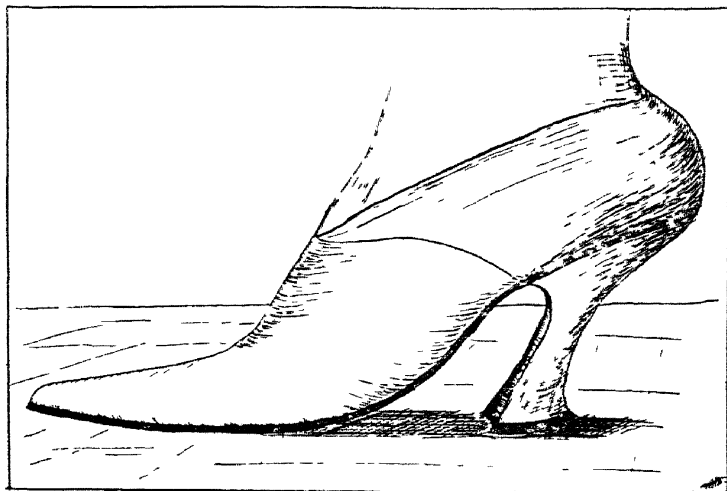
We believe it to be most effective to give the treatment with patient on adjusting table with open centre, but results are good also when treatment is given in the sitting position. Convenience will have something to do with the treatment always.

There will never be a failure in this treatment unless some foolish operation has caused weakness thru the cutting of nerves or ligaments that would make the treatment harder to accomplish. Where nerves have been severed that under normal conditions give strength to the organ, there naturally cannot be full strength

Why should it be Thought incredible that

regained, but much help may even then be given the weakened organ

A thousand times better it were that no operation had ever been performed Good spinal treatment, properly given in time,



One of woman's greatest enemies It disfigures the foot, causes subluxations in the ankle, knee, hip, and spinal column Wearing such shoes is a most foolish habit, and thru subluxations of the joints of the limbs and spinal column causes many diseases Should cultivate better habits than wearing such shoes Not one good thing can be said about them, but many evil

would prevent nearly all the operations of the present day, and would maintain human longevity to the maximum span Operations are useless in nine cases out of ten to a certainty.

Consider next *anteversion*, *retroversion*, *flexure*, or any other bending from the norm In all these positions adjust the sex place or third dorsal region, and give concussion of the spine at the first, second, or third lumbar regions for five to seven minutes as directed in the treatment of prolapsus or falling uterus

There will be but little trouble in making a complete restoration Continue the daily sceanses for five to seven minutes each day until complete relief and permanent cure shall have been attained, which will vary from a few days to a few weeks,

Tenderness on or over the exit of the fourth lumbar nerves will indicate a disease of the uterus itself

Why should it be Thought incredible that

Tenderness over the area of exit of the third lumbar nerves will indicate diseases of the ovaries

Tenderness over the exit of the second lumbar nerves on the right side will indicate appendicitis or inflammation of the appendix

These diagnostic symptoms will be of use in determining the nature of some troubles of the lumbar region

Oraritis is very easily cured by adjustment of the third lumbar vertebra. Moderate concussion may also be given, but is not usually necessary. The simple spinal adjustment is very powerful for this and other diseases of the female organs

If this simple treatment were always followed there would never be any need of operations of any kind on the ovaries. No operation would ever be needed to remove the ovaries or other female organs. Give restoration to all parts thru the nerves, and most perfect health will result

For years there has been a tendency on the part of physicians and surgeons to remove the female organs when they become inflamed, thus incapacitating the woman for some of the vital functions, and this tendency has grown most alarmingly, reminding one very much of the craze to remove the appendix, and the one operation being no less foolish and needless than the other

Give proper spinal adjusting and these organs may all be preserved to the health and life of the woman. God made no mistake in placing them in the human form divine, and man can make no mistake in leaving them where God placed them. Man may err, but the Great Father of all nature, with whom is neither variable-ness nor shadow of turning, never makes mistakes

Another common mistake is made in the removal of the tonsils. Physicians say they do not know the function of the tonsils, and yet they remove them with as much impunity as if they did know their functions

The tonsils are stabilizers of the digestive and metabolic principles of the blood and body, and should not be removed. Let them alone. You may live quite a while without them, but life will be shortened some in spite of all future care if they are removed

Cure your tonsillitis by spinal therapy, but keep the tonsils for future use and conservation

Why should it be Thought incredible that

Cure your ovaritis by spinal therapy but keep your ovaries. You will need them.

Cure your appendicitis, but keep your appendix. It is a wonderful little organ, secreting wonderful fluids that prevent constipation, assist the intestinal digestion most materially, and prolong life very surely.

The scientist who removed the appendix from twelve chimpanzees, found them soon, one after another, dying of constipation, while twelve that retained the appendix, tho kept with the others and fed the same food, all lived.

The same with human beings also. They become constipated, and the average life after the removal of the useful little organ is only about seven years.

If there is an exception to the statement that its removal causes constipation, we are persuaded that in such cases that only a part of it has been removed. If some portion remains, the functioning would continue to some extent.

Human beings would die like the monkeys on the removal of the appendix except for the care they take of themselves, and further having greater auto-protection.

Appendix, ovaries, uterus, spleen, kidneys, etc., should all remain as placed in the normal being. Spinal therapy will keep them all normally healthy, and old age, if it comes to the normally healthy individual, will find them just as vital and strong as in the balmy days of youth.

O for salvation from needless surgery! And for a strong arm to ward off the hand that would cut and maim needlessly the beautiful forms as they exist! The revolution is coming, and its armies are the invincible hosts from the ranks of people who will demand human rights and obtain them!

Suppressed menstruation will give the practitioner but little trouble to restore. Only a few adjustments of the third lumbar or the second and fourth, according to findings, will bring the menstruation full and strong.

Concussion or sinusoidalization of the region is never indicated in these suppressed or scanty menstrual flows. The adjustment

Why should it be Thought incredible that



Method of Adjusted Fifth Lumbar Nerve

alone is usually all powerful in from one to six days Seldom if ever will it require more time than this

We have had cases of young women that had not menstruated for years, and been so nervously broken down as to become complete wrecks, to respond in three days or so with copious menstruation, when rapid recovery of health would always take place almost immediately, or as soon as the natural forces could harmoniously build up the weakened parts

Older women respond the same way If any case requires a specially long period of time, it will be the exception and not the rule. If the case should seem long and hard, persist accordingly, and you will be rewarded by the fullest results in the end

Not incredible in the least It is being done all the time by good spinal therapists

And *continued menstruation* yields almost immediately We have had cases where the menstruation had continued for months

Why should it be Thought incredible that

without cessation to cease within an hour after the first adjustment. This is another marvellous statement of a marvellous power spinal adjustment has in such cases

Spinal concussion or sinusoidalization of the first, second, and third lumbar will stop this continued menstruation just as surely as the spinal adjustment. Either treatment will answer, or it will not hurt to apply both, but the concussion should not be continued longer than five to seven minutes.

No woman need suffer with these troubles who is willing to have spinal treatment. Prejudice is now rapidly disappearing from human minds, and the next generation will find humanity ready for its long denied rights that will make men free indeed

If the truth shall make you free, you will be free indeed. If progress shall rend the chains that bind, then shall the fetters be off forever. And if the army of men and women seeking freedom will stand together, no power can resist them

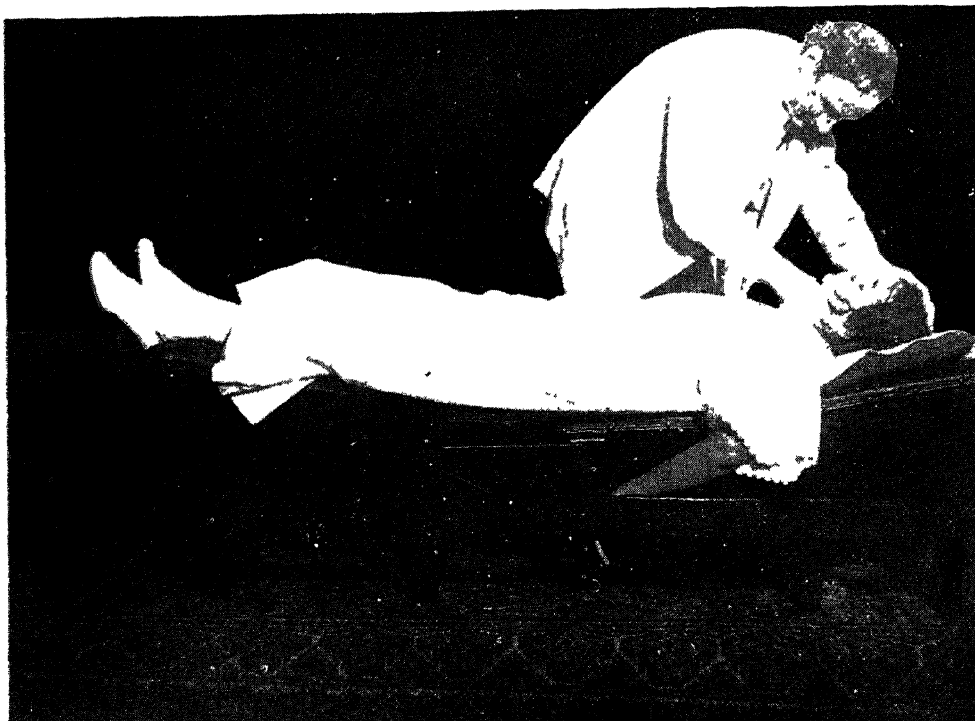
Fibroid tumors and other tumors of the uterus are the most serious troubles that may occur here, and may require a long time to completely disappear under the treatment here directed, but results will surely come. Small fibroids of recent origin will soon disappear, while larger formations of longer standing will require a longer time for complete removal

The author has treated some cases so large as to appear in size almost like the last periods of pregnancy, and from that size down to only a slight enlargement, and has been more than astonished at the results obtained

Remember to treat the lumbar region from second to fourth vertebrae, and follow this by good sceance of spinal concussion of the first, second, and third lumbar of say seven minutes each day for a good long time if the tumor is large. It will gradually decrease in size until it is all gone

Sometimes, as the larger tumors decrease in size, there will be periods of profuse hemorrhage for a few days, which may be held in check if desired by spinal concussion over the three upper lumbar, but will be found to work good thru hemorrhage, as fi-

Why should it be Thought incredible that



One Method of adjusting cervical to relieve headache in female trouble

brous clottings frequently pass out with the discharges, and the hard uterus seems softer after this

In the author's practice there has passed under his treatment a number of these cases, and each case has been successfully handled that remained thru the proper period of time. Complete results were obtained. Some cases that could remain under his care for only a short period of time improved very materially for the time.

Some of the cases that remained too short a time for complete restoration continued to improve some after they left us, and we believe some of these were completely restored, the improvement continuing even after they had left our community. However, this must not be promised. It may follow, as it did some cases referred to above, but we can make no rule regarding it. Every patient should continue until the cure is complete.

Why should it be Thought incredible that

Not incredible to remove these tumors, because we are doing it all the time. That which we do cannot be incredible. Those who say it cannot be done should learn the newer and more excellent way, whose golden promises shine for every one, and whose achievements are for the betterment of humanity. Its brilliancy will enlighten, its smile will brighten, its success will link humanity to divinity.

Barrenness is often curable. Many a woman has desired to bear children, but could not, owing to defects of the female organs that might just as well have been corrected, and could have been made productive if the proper spinal treatment had been given.

We have known some women who have passed the menopause rather young or prematurely to be restored to the menstrual powers and bear children. Of course these are exceptional cases, but comparatively young women, say thirty years of age, more or less, who have longed for children, and yet could not have them, have been capacitated thru spinal adjustment.

We simply adjust the lumbar concerning sex place, as in the third lumbar region, or the second and fourth lumbar, according to findings. Some of our greatest work here has been by spinal adjustment alone, but spinal concussion is indicated also where there is any prolapsed condition of the uterus or other organs of the region.

The treatment will give the capacity to the woman to bear children where the fault is her own in almost every case. If the fault is the husband's, then the husband must be treated and strengthened.

Barrenness in women or sterility in men is curable in many instances by good spinal treatment.

Cancers, ulcers, etc, yield to spinal adjustment and spinal concussion so given as to reach with strong impulses the afflicted uterus. We are on ground where the strongest controversy has raged even among Chiropraths and drugless therapists in general, while the older schools want to cut the organ out at once.

Now, we say that nearly all such disorders may be permanently cured by the treatment here outlined, combined with dieting and fasting in some cases of peculiar gravity.

Why should it be Thought incredible that

That which has been done can be done again, and that which has been done many times can be done many times again. We know many cases of cancer and ulcer of the uterus may be cured and have been cured by the treatment here directed.

Let the effort be faithfully made, and see the sufferer gradually come from darkness and doubt into the light of new found health and life, from dread despair into perfect knowledge of recovery of strength and confidence.

Nothing is impossible or incredible to those physicians who determine that they cannot and will not fail. Let us stand on the rock of absolute confidence, and know no such word as failure.

PROSTATIC TROUBLES are readily relieved and permanently cured. Where the prostate gland, around the neck of the bladder, is greatly enlarged, interfering with all sexual function of man, there may be a gradual or rapid reduction.

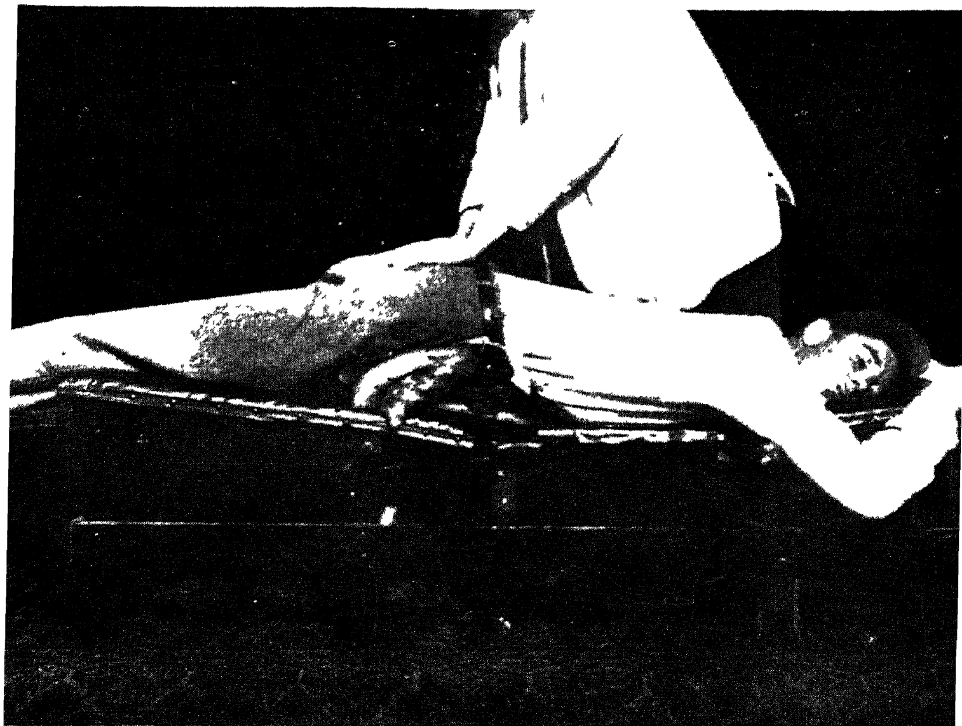
In prostatic enlargement there is usually a desire to urinate very frequently, and only a little at a time. This will be corrected in the treatment in a short time. Often men who are up a dozen times or more at night will tell the physician the next day that they were up only once during the night, or not up at all.

Concussion over the twelfth dorsal vertebra for five to seven minutes daily will rapidly reduce and normalize this gland. Give spinal adjustment with this treatment as indicated, but the concussion of the twelfth dorsal region is simply beyond anything that could be imagined for the reduction of an enlarged prostate.

May concuss some over the fifth lumbar region also to control frequent desire to urinate. No other treatment can equal the simple treatment here offered. In fact, no other treatment will do any good at all in the treatment here offered of this disease so far as we know. Spinal therapy we believe stands alone in this field, as in so many others referred to in these pages.

Other and older methods have been found wanting. The mene mene tekkel upharsin has blazed on the wall. If the older schools had made good here and elsewhere, there would not have been room for our present and more effective methods. Being unfit for needs of the human race, they have been or are being cast aside,

Why should it be Thought incredible that



Adjustment for trouble common to men

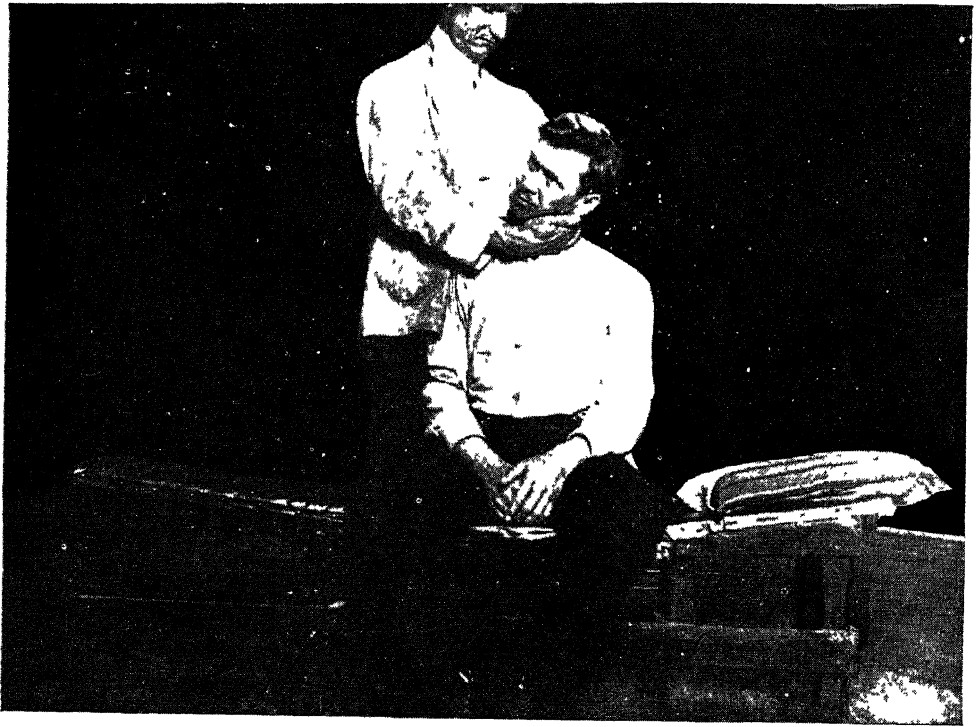
that the new may have its rights established In a new field may your character be great, your genius greater, your ability to do good work the greatest of all

ALVEOLA PYORRHEA IS READILY CURED —This disease is the great stumbling block of the dentist. For generations he has sought and sought in vain for a cure of Alveola Pyorrhea. With them it has never been found At times they have thought something has been found, but nothing has come of it Loose teeth have become looser, the gums receding more and more, until the teeth are gone beyond repair

But here in the beginning of the twentieth century comes the science that has conquered in its thousands of battles where nothing else has ever been effective, a means has been found that not only routs the disease completely, but does it easily and effectively

Why should it be Thought incredible that

The able Chiropractor will ask no odds even in the oldest and most serious cases. Many instances have occurred in our practice where preparations had been made to have all the teeth taken out, and even with these cases radical cures have followed the treatment of the spine.



One method of adjusting middle cervical for Alveola Pyorrhoea

A most powerful stimulation is had from adjustment of the middle cervical region, and the nerves from this region give the most direct nerve supply to the teeth and gums. Improvement will begin at once, and will continue until the cure is complete. Adjustments should be given daily at first, and then less frequently.

The fifth and tenth dorsal regions may also be adjusted in order to reach the stomach and kidneys for better digestion and elimination.

If dentists would only learn to treat their alveola pyorrhoea cases with the simple means we here outline they would succeed where

Why should it be Thought incredible that

they now fail The good conscientious dentist that wants to know the best in his profession should not hesitate to learn the science of Chiropractic, as it would make him much more proficient in the great work he seeks to do

And all systems of healing would receive the greatest benefit from a study of Chiropractic, which contradicts no true system, but adds to the cogency and potency of every one the greatest element they could hope for.

ANEMIA MAY SURELY BE CURED —In Anemia there is lack of blood quantity, and also lack of the red corpuscles It may be Simple or Pernicious

It may be caused by over work, lack of nutrition in food, hemorrhages, or poison medicines, etc Pernicious Anemia is the extended condition that settles to a chronic form and persists continuously until death comes to the patient, which may be in a short time, or may be deferred for months or years after the pernicious form is established

The symptoms are easily discernible The pupils of the eyes are often dilated, the tongue is pale and often furrowed, the heart is accelerated, and the valves may murmur or leak, the feet often swell considerably, the urine is discharged in large quantities, and peculiar feverish conditions accompany the disease. With women leucorrea, ammenorhea, etc , may develop.

That the disease may be cured by spinal adjustment is not an incredible statement. Bring the nourishing conditions about, and recovery will be rapid Adjust the fifth dorsal region for the stomach Give adjustment to reach the liver and kidneys and the bowels.

Strengthen the heart with concussion of the seventh cervical, and may concuss the tenth dorsal region to increase the red blood corpuscles, but the blood will become normal anyhow under the spinal adjustment.

Give abundance of nourishing foods, and recovery will be sure. The food that could not be borne in quantities previously will be kept in the digestive tract easily under the spinal treatment here given

Why should it be Thought incredible that

Dilation of the sphincter ani will often be found very helpful in this trouble, and should be given in some cases as a help to the other parts of the treatment

It is certainly something worth while to be able to cure pernicious anemia. Yet the Chiropath or spinal therapist will succeed every time where the patient has not waited too long, and even hopeless cases recover under good treatment as outlined above

As we are curing these all the time it is not incredible, but becomes a certainty. As the sun rises and sets, as the pole to the north star, as planets shine by night,— so with almost equal certainty the spinal therapist does his work.

There may be hopeless cases, as death must come to all, but the work of the physician who considers all things that may benefit his patient surpasses all things else so immeasurably as to make it extremely difficult to compare.

APOPLEXY MAY BE SUCCESSFULLY TREATED BY RATIONAL METHODS—The gravity of Apoplexy will be recognized when its symptoms are considered, it being one of the most dangerous and fatal of diseases.

Cerebral Apoplexy is caused by blood clot forming in the brain thru bursting of some blood vessel that permits the blood to be thrown from its proper or natural course into the substance of the brain itself

It often follows or is caused by such diseases as syphilis, Bright's Disease, gout, rheumatism, heavy and continued drinking of intoxicants, improper diet, and sexual derangements

Before and during the progress of the disease degeneration or atheromatous conditions of the blood vessels takes place, and the weak place or places in the brain permit the oozing of the blood thru the blood vessels to form the clot or thrombus

The position of the clot may be in the cortical or outer part of the brain, as is usually the case with children and young persons; or it may be in the medullary or deeper substances of the brain, as is usually the case with older persons, the seat of the lesion being usually in the motor region between the optic thalamus and the corpus striatum

Why should it be Thought incredible that

If the hemorrhage be copious or fill the entire hemisphere of the brain will be affected, and the softening of the brain will take place, the intellect become impaired or destroyed, and the condition of the entire system become very serious indeed

The hemorrhage may be very small, and nature right itself with little difficulty if rational treatment is given. Sometimes, where the hemorrhage is slight, nature seems to make restoration complete, but with liability to future stroke that may be more far reaching and dangerous, and yet there may be several recurrences from which patient apparently recovers, only to lead on to one that will prove fatal

Where blood pressure is very great, or other serious aggregations of disorders take place, patient may fall unconscious and remain so until some relief is applied, and sometimes consciousness never returns. In this condition the pulse is slow and full, the breathing characteristically full and labored, resembling the snoring of a man sleeping on his back or otherwise. The eyes become congested, the temperature falls below the normal, but may subsequently become elevated above the normal.

The sphinster muscles at the rectum and the mouth of the bladder become relaxed, the urine and bowels may move involuntarily. As the paralysis develops, the contractile power of the sphincters may return. There may or may not be unconsciousness at the beginning of the trouble. This is the case even where two people are attacked apparently with equal gravity, one may become unconscious, and the other remain conscious. This is no doubt because hemorrhage and subsequent clot may be lodged at slightly variant areas.

The clot on either side of the brain deteriorates the opposite side of the cord, at first making the muscles rigid and tense, which afterwards relax, but the paralysis continues.

Treatment at first must be carefully given, that no additional hemorrhage be produced. Spinal adjustment is always indicated, and the thought must be to heal the ruptured places in the arteries, that the circulation may take up all the clotted matter. Give the atlas adjustment, and a little later dilate the sphinster and muscles,

Why should it be Thought incredible that

the caution at first to bring the circulation into greater force without the risk of making the vessels dilate more

Abstain from all food for a while Do this very religiously Do not try to nourish the body for days, and guard against anything salty as you would your own eternity Reduce the blood pressure, if it exist, by sinusoidal application to the seventh cervical and third dorsal region, as concussion would not be agreeable to patient in this condition

Use epsom salts solution of moderate strength to bathe or sponge the body all over, and the salts may be taken internally This is no contradiction to the drugless methods you have been taught, and will help to equalize all things in the body Be moderate in all treatment at first, and you will have more than an ordinary chance to restore the patient

If a man or woman feels dizzy, headachy, sleepless at night, weakness extending down one side and leg, sick stomach, and abnormal blood pressure, such a one had better lose no time in securing good spinal and rational treatment, as such symptoms, if continued, are sure forerunners of apoplexy Prevention is better than cure, and while still up and going, make sure to prevent the possibility of an attack

Under spinal therapy, there is the best chance of recovery, and a certainty in most cases

ASTHMA, HAY FEVER, SPANISH INFLUENZA, ALL COUGHS, etc , are curable under rational spinal therapy methods

No doubt this will seem like a big claim to those with the best intentions, but we assure friend and foe that all these disorders are being cured by our pupils who use the methods laid down in this volume

No case of asthma or hay fever can long resist the power of spinal treatment Simple adjustment of the cervicals as indicated in connection with adjustment of such dorsal as may involve the parts causing or in any way helping cause the trouble, combined with concussion of the seventh cervical vertebra, is unfailing in result

How wonderful that asthma of long standing may so readily be cured! And hay fever too with as much certainty And the

Why should the Thoughtless die that

crowning work in the mastery of Spanish Influenza which in the hands of the older classes of physicians swept more than half a million lives into eternity and yet with our dragless theriostats there was scarcely ever the loss of a single life.

Spanish Influenza caused as it is by injections of typhoid serum, becomes very serious, followed by pneumonia in many cases, and leaving general weakness in the system, may be speedily cured by adjustment of the cervicals, third dorsal, and elsewhere as indicated for the bowels, kidneys, etc. and giving spinal concussion of the seventh cervical.



Atlas adjustments for hay fever, etc. Other adjustments elsewhere

The same treatment mainly applies to asthma, but the adjustments for asthma will naturally vary according to the variety of asthma on hand. Accordingly as we have cardiac asthma, bronchial asthma, pulmonary asthma, general asthma, etc., we must adjust the fourth, second, third, sixth dorsal etc. Usually the

Why should it be Thought incredible that

cervicals may be adjusted in connection Concussion of the seventh cervical is always indicated in asthma In pulmonary asthma concussion also of the dorsals from the third or fourth to dorsals from the third or fourth to the eighth or ninth may be given to fill the lungs better with blood

All forms of hay fever should be treated very much as asthma, varying as individual cases require Coughs that accompany or follow hay fever, or any kinds of coughs whatsoever, may be speedily cured by adjusting the spine and cervicals and consussing the seventh cervical vertebar

All these troubles may be surely and speedily cured The spinal therapist need never have a failure Recovery may be expected in a very short time The worst cases of Spanish Influenza will be well and out in a few days. Some cases of asthma will be well in a week or less time, while other asthmatics will require more time

Old chronic coughs that have resisted the ordinary treatment for many years, Spanish Influenza of the worst forms; hay fever in its most violent and epidemic forms,—are all surely and speedily and permanently relieved and cured by the simple means we here direct you to consider

Some of the above diseases are treated more exhaustively in other sections of this book, but we wanted to bring these salient points in here again

INSANITY IS CURABLE IN MOST INSTANCES ---Surely responds to spinal treatment in a majority of cases Will always respond where there has been no wasting away of brain substances or cells

In nearly all cases insanity is caused by impairment of some other parts of the body. Perfect return to health will restore the insane person to perfect equilibrium

Insanity, then, is a disturbance of the poise of the mental qualities, caused by poisoning, shock, severe strain (mental or physical), or anything that throws the mentality from its proper vehicles

Naturally it is seen that a reversal of these conditions will bring restoration

Why should it be Thought incredible that

Take cases of insanity caused by deranged functions in the girl just coming to puberty, or in the woman entering the menopause, and nearly always spinal treatment to reach the female organs will remove all cause of trouble, and give complete restoration.

Or consider a case where a man or woman imagines some great thing. Restoration is usually brought about by adjusting of the atlas region, and sometimes aided by dilating the rectal muscles. In some women the cause is found in a deeply hooded clitoris, which must be loosened. A long and uncleanly prepuce or foreskin is sometimes the cause of insanity in men, and must be held back, and absolute cleanliness adhered to.

In all these cases the physician should give proper spinal adjustment as indicated to insure the most speedy recovery.

Illusions and hallucinations, diseases within the brain where the afflicted person thinks strange and wonderful things are true that really have no foundation in truth whatsoever, are readily cured.

They are usually broken up in only a few days.

Adjust the atlas, middle cervical, and elsewhere if indicated. Limit the diet, and give the epsom salts bath.

Nothing incredible, because it is so easily treated.

PILES OR HEMORRHOIDS MAY BE CURED BY RATIONAL METHODS ---Piles may be either internal or external to the rectal muscles, and are formed when the blood carried to the region by the arteries fails to return thru the veins, which enlarge and become varicose.

As these parts are supplied by branches of the fourth and fifth lumbar nerves and all the sacral nerves, we need to adjust this region. The lumbar are easily adjusted, but if the lesions that cause the weakness are in the sacrum rather than the lumbar, then rectal dilation must be given, which will so stimulate these veins and nerves as to allow the obstructed venous circulation to pass on, thus reducing the tumors until they are all gone.

The patient may hasten the cure by applying a small quantity of epsom salts two or three times daily to the tumors, or washing them after the movements of the bowels with strong epsom salts solution, leaving some of the epsom water on to dry.

Why should it be Thought incredible that

A further wonderful treatment is to apply a small glass applicator from the high frequency within the rectum five to seven minutes at each seance of treatment

A little sanguinaria or blood root added to the salts to be applied to the tumors will make it more effective. Add about one ounce of the sanguinaria to a pound of epsom salts, mix well, and apply after bowel movement and at other times as needed

FEVERS ARE CURABLE BY RATIONAL METHODS ---
Indeed a strong statement, as most fevers are selflimiting diseases, and under all previous treatment run their course. Tell an old school physician you can break up a case of typhoid or scarlet fever, and he will laugh you to scorn, knowing that these fevers have never been broken up, and what is more, to his way of thinking, they never will be broken. They must run their course. So he reasons and so he says, and is usually honest about it, too, and frequently so earnest that he would persecute and fine or send to prison all the modern school physicians who claim a more excellent way.

However, as the seasons come and go, blessing the land and adding age to the world, the newer physicians hold on their way. The sun shines brighter, life becomes more joyous as thousands of patients stand and testify to having been cured of typhoid fever, scarlet fever and other fevers equally dangerous in from one to three days.

Too marvellous to believe, you say, and too incredible to deserve consideration. We admit the story is marvellous but it is not incredible, as we are witnesses to the work we are doing all the time.

The greatest physicians in spinal therapy, including the father of the science, D. D. Palmer, have made the claims we are making here, namely, that these fevers are curable under spinal treatment. They all spoke from experience. The author also speaks from experience, and has had, he believes, the most extended experience of them all in this line, and has never known a case to resist spinal adjustment for more than one to three days.

The typhoid bacilli feed in the lower portions particularly of the small intestine, and thrive on disease. When we so adjust the

spine as to throw a condition of health there instead of disease, the germ must die, being thrown out of its element

Take typhoid fever, first, and note the symptoms

It is an infectious or contagious disease of a febrile nature. The Peyer's Patches in the intestines are involved and inflamed. The spleen is also involved, but not enlarged so much as in malarial fever

There is a general lassitude, chilliness, loss of appetite, nausea, vomiting, looseness of bowels, and tenderness or soreness all over the abdomen. There is confusion of ideas, headache, and patient often becomes delirious, particularly at night. Patient may pick the bed clothes when partly or wholly awake at night or in the day time

The tongue becomes coated usually to a whitish color, but may be yellowish or brownish. The teeth may also become coated to or with a brownish or yellowish coating. The temperature is lower in the morning than in the evening, reaching its full sway in from one to three weeks, and may continue six weeks or longer

As the disease progresses weakness ensues, bowels, stomach, and other organs become involved. Fever usually reaches 104 or 105 degrees, bowels bleed as ulcerations take place

The spine becomes stiff and tender in many places. Great tenderness will be found around the roots of the twelfth dorsal nerves. The sixth dorsal nerves will be tender on palpation also. These vertebrae must therefore be adjusted. The twelfth dorsal will be tender on the right side, and on the left side at the sixth, this being side on which the spleen is located

The atlas should also be adjusted, thus keeping off all tendency to delirium. Also adjust the fifth or sixth cervical, as the thyroid gland is involved in most fevers. Adjust the fourth dorsal if indicated for the heart. The lumbar region may also be adjusted to relieve the tenderness over that region of the bowels, and the kidneys and suprarenal capsule regions. Not all these adjustments may be indicated at one time

None of the bad symptoms will develop or continue if proper spinal adjustment is given at the beginning or near the beginning of the disease

Why should it be Thought incredible that

The disease may be contracted from drinking impure water from old wells or elsewhere, or from bad foods, or from milk kept in unclean vessels, etc , and even from infected vegetables

Let the patient fast and take the treatment as outlined above, and recovery will be speedy Food given a typhoid patient may cause the Peyer's Patches or ulcers to perforate the intestines and cause death

Under spinal treatment by adjustment as above directed, there is certainty of recovery, with hardly a chance of any complications or bad after affect

With typhoid fever there is a peculiar odor that is unmistakable in well established cases This odor cannot be described so that it can be recognized from the description After attending patients several times, it may be very readily discernible or distinguishable

SCARLET FEVER is another self limiting disease that may be very easily broken up by Chiropractic adjustments There will be found a different odor from typhoid fever Fever will not usually run so high, and will subside about the seventh to the ninth day

There will be headaches pains in the back, sick stomach, vomiting at times Convulsions sometimes take place in young people, but seldom with older ones There will be the characteristic speckled tongue resembling a strawberry A scarlet red eruption appears all over the body

There will be tenderness over the fifth and tenth dorsal nerves, and in some places along the spine discoverable by palpation These places must be adjusted and the cervical region as indicated

It is thought to be a germ disease, but the germ has never been isolated It is infectious and contagious May be transmitted by contact, by food, and in the clothes

There is often an inflammation in the throat The spleen enlarges as in the case of typhoid fever, and the liver also may become enlarged In advanced stages of the more malignant form, the throat becomes very much inflamed, the fever may go very high, and all symptoms become exceedingly grave Eyes become weak, and the hearing impaired

Why should it be Thought necessary that

Under spinal adjustment there will be no bad complications and no bad sequellae. We have never known a case to have any trouble under spinal adjustment.

We have never had any trouble whatever in breaking this form of fever. Spinal therapy is all-powerful. Here, as in all the dangerous and hitherto incurable diseases, comes the simple but sure means of cure.

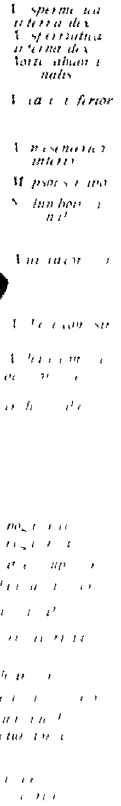
If there are other means we would gladly welcome them. Spinal adjustment is unfailing, and finding no other of equal power and certainty, we urge all to use the means here indicated and tried to a demonstration.

&c, &c,---Not to protract the list indefinitely. We have here selected a few of the most difficult diseases, as they are usually counted. The spinal therapist will find but little difficulty in treating any of these, and will be successful in nearly everyone.

These additions will make the spinal adjustments more effective, but we are convinced that the spinal adjustment and concussion are more essential than anything else, and must always be given if a perfect cure is to be expected.

We have treated many hundred cases that made perfect recoveries, and are assured, therefore, that almost every case handled will recover in a time varying from a week or two to two or three months.

It has been done in so many instances that it no longer appears to be at all difficult. Operations are useless. The treatment here given will meet all cases. With this knowledge you can surpass all the great specialists in the world that rely exclusively on old school methods.

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ETIOLOGY

By this term we mean the cause of disease, or that which produces disease

In misplacements of vertebrae of the spine we have learned that disease may be produced. No one can deny this. A bad fall may produce such a subluxation as would cause heart trouble, stomach disorders, diabetes, paralysis, pneumonia, etc

We see these things all the time. Men and women who have previously been full of life and energy, may after a severe injury from a fall never be the same again in bodily strength and activity, nor in mental powers either, as for that matter.

We have known severe cases of diabetes to develop from great trials and grief. Where families have been perfectly harmonious, when the father or mother is taken away, the surviving parent will develop a severe case of diabetes.

In the development of disease there may be both an exciting cause, or that which is directly or immediately the cause, and, in the second place, there may and must be a predisposing cause.

THE EXCITING OR DIRECT CAUSE OF DISEASE. let us enumerate the following: Traumatism, or hurt of any kind, Infection, as from bacteria, Enervation, or general weakness, Exposure, as to contagious diseases, cold, etc., Irritation, as when the digestive organs are abnormal, the skin refusing to work, etc. Poisons, as seen in foods, medicines, etc

TRAUMATISM It is well known that many diseases are produced by traumatism. Consider the wounds of the soldiers, falls, burns, operation. The operations for appendicitis, for instance, have produced thousands of cases of constipation, with the attendant evils that follow constipation, greatly shortening the lives of those people who suffer that useful little member to be removed. If the appendix is fully removed, constipation always follows, and the average life of those who have it removed is only about seven years after its removal.

Operations for other troubles weaken naturally and people who are badly wounded in any way are never so strong again. Even the removal of the tonsils weakens the resistive powers, as it is now found that tonsils are stabilizers of the processes of metabolism. Better let these glands remain in place, and if they become dis-

eased in any way, drive the disease out, but leave the organ to perform its work in the future as it has in the past

Great surgeons are useful, but the greatest surgeon is he who operates the fewest number of times. Preventive surgery is more valuable than operative surgery, and a cure without surgery is better than a cure with surgery.

The work of the physician and the surgeon should be one and the same. Rather, we should say, every surgeon should study to show himself an able physician as well as surgeon, and heal his patients without operations where such is possible, and it will be found to be possible in almost every case.

INFECTION There can certainly be no doubt in this day and time of the existence of bacteria or germs. The medical fraternity fought at the beginning, but acknowledge it at the present time, except, indeed, in rare cases.

However, there are disease germs and health germs, and germs may not always produce disease. They do in some instances to a certainty, while in other instances they may simply accompany the disease, while in some cases they may be produced by the disease.

We presume that no one would deny the infective power of the gonococci, but there are some other diseases where it might be the other way.

It is hardly necessary to enter into any lengthy discussion here on the germ theory. Volumes have been written pro and con on the subject to but little, if any, avail, as the disputants are too anxious to prove exclusive positions, instead of allowing the truth to stand for the truth's sake.

The work of the Chiropath is concerned mostly with relieving and curing disease of whatever nature. He is sure to kill the disease and the germ. His typhoid fever patients will recover. His consumptives will get well. His locomotor ataxics and paralytics will grow strong. All his patients suffering from the common maladies of the day will surely have a good state of health restored to them in a surprisingly short time. These are considerations worth while, and they are worth striving to attain. Their mastery will surely bless the physician clientele.

ENERVATION This is a general weakness. There is lack of resistance and auto-protection. Muscles become weak, pulse beat becomes feeble, and there may be night sweats. A good example is seen in patients suffering with consumption, who have that negative, all-gone feeling that makes them feel like doing nothing and not much of that. They are weak and tired all over, thru and thru, and it is hard to induce them to try to get well.

In all such troubles as manifest themselves in this way, the physician will find that Chiropractic adjustments, as taught and illustrated in this book, will lead to a full restoration. All consumptive tendencies and all other enervating or weakening tendencies or symptoms will be found amenable to these methods with great certainty.

Poisonous medicines will weaken the mental qualities also. Persons may become absolute imbeciles from the use of the bromides and such things. Many a person has been cured sound and well of mental disturbances simply by discontinuing the use of the poisonous drugs, as well as of many physical defects.

Food, also, of an improper kind will produce the worst forms of mental and physical disorders. Dogs fed on white bread alone starved to death, and it would be the same with human beings.

Men study well on the best foods for stock and fowls. They know the horse and the mule must have good to do the good work. The hens must have the proper food to lay good eggs. But any old thing will do for the children.

Physicians have studied ways and means to protect children, and have gone far enough to kill thousands by improper vaccination and serums, all to no avail. With parents, who have had the interest of their children apparently very little at heart, the best part of the wheat has been given to the hogs and cows in the way of the bran, and the hog and the cow have thrived, while the useless portions have been given to the children, who have become imbecile.

Watch the man or woman who has become cranky on his food, as most food specialists, for instance, and note the weakening and deterioration after these special food laws have become a fixture.

Good food and plenty of it is the best rule after all. All parts of the body must be fed, and all parts will work if fed well. Diseases will disappear under good food eaten properly without any anxiety on the part of the one who does the eating. Improper eating will most surely result in harm. The person who is always anxious and doubtful regarding his diet will be sure to eat improperly, while the person who gives no anxious thought to it, but who with common sense masticates his food moderately well and eats what his own best taste and judgement indicate, is almost sure to eat right and reap health and strength.

On the other hand, many foods have a distinct healing power for certain diseases. For instance, the garden beet is wonderfully good for people suffering with cystitis, or inflammation of the bladder. Carrots are good for the complexion. Onions and lettuce are good foods for sleeplessness.

We by no means want to appear dogmatic, but an experience of success in such work speaks with a tongue more eloquent than any words we might use, and gives forth argument too profound to be denied.

EXPOSURE, as when one remains in the cold a long time, particularly if one's vitality is at low ebb. It is not the cold altogether, but exposure for a long time under conditions that further deplete the patient's resistive powers.

Men have, however, been exposed so long at times to extreme cold as to freeze their feet, necessitating amputation, and yet never contracted cold at all. If auto-protection is full, cold may be endured with comparative impunity, while in a state of lack of auto-protection, many pathologic conditions may develop so readily as to make us wonder where the trouble came from.

Good adjustment of the spine, combined, sometimes, with official surgery of the rectum, will prevent and cure such troubles as arise from exposure of any kind.

Of course, we may also speak of exposure to infectious or contagious diseases, as where one person, exposed to smallpox, measles, and such like, contracts the same diseases himself.

Moreover, exposure may be to intense heat as well as to cold, and disease may thus be developed. This is seen without argument of

any kind. Just as a hand thrust into ice cold water, or held between cakes of ice, will freeze, and cause many diseases to develop, and just as a hand thrust into the fire or into boiling water, may be burned off or made useless developing other diseases in consequence, just so from an extremely hot climatic temperature many diseases may develop, which may be even more serious than those caused by exposure to cold.

RETENTION—This is a state of pathologic development wherein the eliminative organs, such as the kidneys, skin, lungs, alimentary or digestive tract, failing to throw off that which properly belongs to their work, leaves these same waste particles in the system to poison it, and this it surely does.

Men and women and children, too, eat larger quantities of food and poison the body, causing fevers and other diseases. Foods and drinks may both be responsible poisons caused by retaining substances in the body that should be thrown out.

Where the kidneys fail of their duty, where the stomach and alimentary tract thruout, where the liver fails, or the lacteals, or the pancreas, or the appendix, or any other organ fails, to respond to its accustomed work from any cause whatsoever there will some of its unfinished work be left behind to poison the system.

Let us say, then, that persons with all the vital organs working well, as a consequence, with autoprotection normal, all infectious diseases may be withstood to the utmost, while those who lack this autoprotection may more easily fall under an attack from infectious or contagious disease.

The rational treatment of the spine, restoring normality so quickly to the organs, almost at once gives back this autoprotection so quickly as to seem at once to make the patient well.

Take an example of intense pain. This agony shows a severe lesion or misplacement somewhere, and may cause disease to follow. For instance, we have seen cases of disease thruout the body to develop from a severe subluxation some where in the neck, which continued until some good spinal adjustment was made that corrected the lesion.

Etiology

PAIN is an interpretation in the brain of some injury to some part of the body. It is brought to brain by afferent impulses and transferred to the point of irritation by efferent impulses.

POISONS —Many diseases are developed from medicines. There can be nothing more sure than this. The continued use of such drugs as strychnine and arsenic will stiffen the spinal column, causing rheumatism, gout, stomach disorders, and many sequelae, ending in death prematurely.

Quinine will eventually produce deafness. Tobacco will produce shortness of breath and shortness of life itself, will produce cancer also. Digitalis will produce heart disease. Laxatives and purgatives will produce constipation. The bromides will weaken the mind, and unfit the individual for mental and physical work. And so on for all the long line of drug therapy. Drugs injure always. They never cure.

Take also, the food elements entering into the body all the time. Improper eating will cause weakness and not strength. The gluttonous man is never a strong man. Salty food and condiments of the wrong nature will cause arterio sclerosis, or hardening of the arteries. A little salt is good, but a quantity is dangerous.

PREDISPOSING OR INDIRECT CAUSE OF DISEASE.

Just as the preceding chapter was devoted to the Exciting or Direct Cause of Disease, so this will be devoted to the Predisposing or Indirect Cause of Disease.

A predisposing cause of disease is some inherited weakness or acquired tendency to disease.

Thus families for generations have transmitted to some of the offspring certain tendencies to more easily take down with certain diseases than would ordinarily be expected to exist, as what we sometimes see in the death of several members of a family from tuberculosis or other trouble.

Regarding our remark as to some acquired tendency to disease of some kind, will say here that this is seen in the case of men

"Or women" who after some injury from a fall or otherwise became very susceptible to some forms of disease. We have known men to contract consumption after some severe fall which subluxated the third dorsal vertebra and nothing short of spinal adjustment would in any way rid the party of the trouble. Stomach and liver trouble, kidney trouble, ovarian trouble, heart trouble, and all such and similar disorders have been produced from some severe fall that affected or subluxated the spine at the region where the organ in question had its nerve supply, and restoration could be only thru proper spinal adjustment, exemplifying the great rule that the removal of the cause of any disease will very quickly bring the cure.

Acute disease will become chronic and so remain until some proper spinal adjustment is given to restore the misplaced vertebra or vertebrae to the norm. Whatever the means employed, the removal of the cause will remove the disease itself.

Nerves are responsible for all function, and any food, medicine, exercise, or injury of any kind that interferes with the nerve supply to any part of the body under consideration will weaken the resistive powers, and permit the development of disease in some form or other.

SPINAL CENTERS.

We believe that D D Palmer was correct in his location of the Spinal Centers, that is, of those segments of the spine where the organs and parts receive their strongest nerve supply, or for other reasons, as for instance, the first cervical or atlas region has the first cervical nerves with exit between the occiput and the atlas. These nerves are called the Sub-occipital Nerves, and this segment of the spine is called the Atlas. The first cervical vertebrae has always been demoninated the atlas.

The second cervical vertebra is called the Axis, and this segment of the spine is called Axis Place, and may be abbreviated Ax P. The first cervical segment may be abbreviated A P for Atlas Place.

We will now briefly note the different segments of the spine, abbreviating and explaining as we go.

C 1-Atlas Place--At P --The first and upper vertebra of the spine, located just below the occiput or base of the brain. The nerves here have a wide distribution and the diseases relieved by treatment of the region are fully treated elsewhere in these pages.

C 2-Axis Place--Ax P --The second segment of the spine, situated just below the atlas.

C 3-Upper Middle Cervical Place--U M C P --The third cervical vertebra or segment. The third pair of cervical nerves have their exit under this vertebra.

C 4-Middle Cervical Place--M C P --This is the fourth cervical segment, a very important segment, as seen from diseases treated from this region. See other portions of text for full treatment of this segment.

C 5-Lower Middle Cervical Place--L M C P --The fifth segment of the cervical vertebrae.

C 6-Thyroid Gland Place--T G P ---The thyroid gland receives strong nerve supply from these nerves, and from the fifth, and either or both could be so named.

C 7-Arm Place--A P --All the nerves from the lower cervical region down and including the first and second dorsals, forming the brachial or arm plexus of nerves, and fully supplying the arms, may be called Arm Place.

D 2-Upper Heart Place--U H P ---The second dorsal nerves or segment may be called upper Heart Place, as the heart receives a strong nerve supply from this region

D 3-Lung Place--L P ---Where the lungs receive their strongest nerve supply from the spinal nerve-

D 4-Heart Place--H P ---Where the heart receives its most powerful nerve supply As we treat pulmonary trouble largely from the third segment of the dorsal region, so we treat all organic and dangerous heart troubles from the fourth segment of the spine In heart failure adjust this region In lung trouble adjust the preceding

D 5-Stomach Place--S P ---The fifth dorsal or thoracic segment of the spine The stomach receives a very strong but not its only nerve supply from the region, and we call this segment Stomach Place

D 6-Central Place--C P ---The center of the spine from the atlas to the sacrum Here the rami extend upward and downward, and the nerves have a very wide distribution, going to many organs and parts of the body

D 7-Liver Place--L₁ P ---There the liver receives its fullest nerve supply Some authors have called the fourth dorsal the liver place, and have erroneously taught it this way The liver, in its worst disorders, must be treated from the seventh segment of the dorsal region, and the heart from the fourth dorsal Correct and specific location of centres will lead the practitioner into greater success than can be possible with those who erroneously locate these centres

D 8-Pancreatic Place--P P ---The Pancreas receives a strong nerve supply from these nerves, and we may call the Pancreatic Place The spleen is supplied from this and the sixth dorsal, and the sixth dorsal might be called Spleen Place, as well as Central Place

D 9-Adrenal Place--Ad P ---The Adrenal Glands receive a strong supply from this region, and we use the name Adrenal Place Some times called upper Kidney Place

Spinal Centers

D 10-Kidney Place--K. P ---The kidneys receive their strongest nerve supply from this region, and hence we say Kidney Place for the tenth dorsal

The nerves are widely extended from this region, and affect many organs and parts of the body. The kidneys very quickly resume normal work under adjustment of this region, and diseased conditions very quickly disappear.

The region is called Central Place for Skin Action, as the skin is made to eliminate normally thru adjustment of the region.

D 11-Upper Bowel Place--U. B. P ---The small intestine receives its strongest nerve supply from this region, and hence the name here given.

The kidneys, adrenals, and portions of the colon, as well as other parts, are well supplied also with fibres from this region, and often require treatment from the eleventh dorsal segment of the spine.

D 12-Lower Kidney Place--L. K. P ---Another strong influence upon the kidneys, as well as upon the bladder and intestines, prostate gland, etc.

L 1-Bladder Place--B. P ---The bladder receives a most powerful impulse from these nerves. Adjustment is all-powerful for most diseases of the bladder. Incontinence of urine, scalding urine, and almost the entire list of bladder troubles may be cured by this adjustment alone.

L 2-Upper Sex Place--U. S. P ---May also be called Bowel Place, Appendix Place, &c, as these parts are fully supplied with nerve life from this region. In Appendicitis there will always be found a tenderness over the exit of the nerve from this region on the right side, and appendicitis may always be cured by adjustment of this region. One of the marvels of the science of Chiropractic.

L 3-Sex Place--S. P ---All the sex organs are fully supplied from these nerves, and hence the name of Sex Place. In case of inflammation of the ovaries, there will always be a tenderness over the exit of these nerves. The practitioner will have no trouble whatever in differentiating between appendicitis and ovaritis from the tender condition found either here or over the second lumbar of the right side. This will be fully treated later on in these pages.

L 4-Lower Sex Place--L 5 P---The sex organs and other pelvic and abdominal organs all receive nerve supply from this region. A long list of derangements may be treated from adjustment of the second, third, and fourth lumbar.

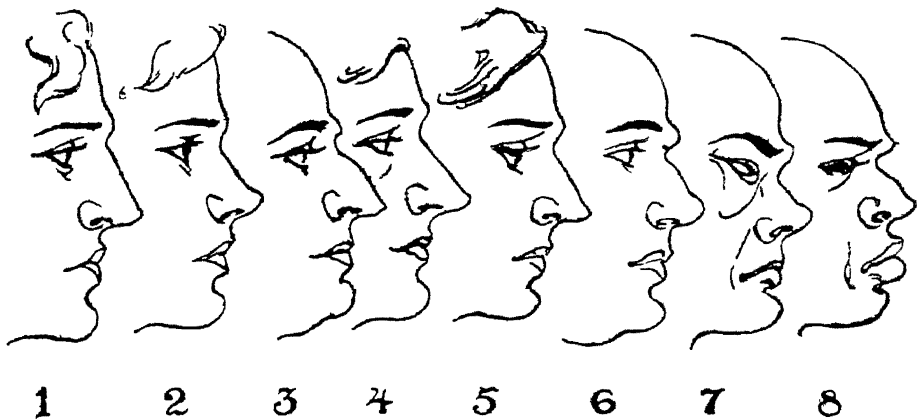
L 5-Leg Place--L P---May bear other names, such as Rectal Place, as rectal troubles are successfully treated from adjustment of this region. The lower limbs may be strengthened by adjustment of this region also.

To treat any region thru spinal adjustment it is necessary to know what regions of the spine send nerve supply to the affected parts, and then to adjust accordingly.

This treatise will outline nerve supply very fully, and the practitioner will never be at a loss on this line.

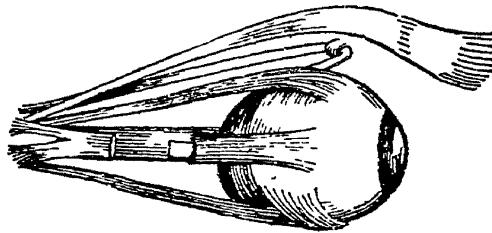
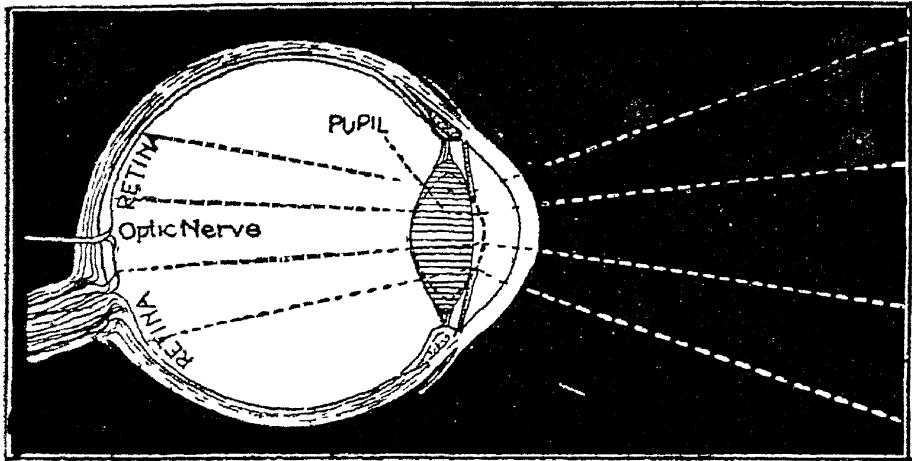
Some variations might have been given to the above, but we think this outline is as good as could be given. The student will naturally see the truth of what we say here as he advances in his study.

The SACRAL PLACE or SACRAL NERVES affect the rectum, bladder, lower bowels, and all organs of the pelvic region, and will be duly considered in the treatise here presented.



Just a brief study in physiognomy. Instinctively the good physician will learn to study the types and characteristics of his patients.

Spinal Centers



Two cuts of the eye ball, muscles, etc. One of the peculiar fields of Chiropactic is the treatment of eye troubles. More cases of blindness and deafness have been cured by spinal methods than by all other therapies combined. We say this without reservation or evasion. Nothing has ever equalled the work of the Chiropath in this field. He here stands alone, and yet not more alone than in other fields. The world waited many years for the great work here opened, and human words can never tell the fullness of the work of the Chiropath here and in every field of his practice. On and on and on his progress and his fame extend until the whole earth rejoices at his work.

THE ALIMENTARY TRACT AND ITS FUNCTIONS.

THE ALIMENTARY TRACT OR CANAL is that passage for the aliments or food that begins with the mouth and ends with the rectum and anus. It is tortuous and variable in shape and size, some portions being only about an inch in diameter, and others being as much as two or three or four inches in diameter, and capable of considerable distension and contraction.

Digestion and assimilation take place throughout the entire length of the tract, from the mouth clear on through to the other extremity of the passage. Of course, the different stages of the process of digestion take place at different parts of the tract. For instance, the digestion in the stomach differs from that in the intestines. Yet each is only a part of the entire process of digestion.

The length of the alimentary tract is from 25 to 30 feet, and it may be longer in one individual than in another of the same size. This tract in a small man or woman is often as large and as long as in a much larger man or woman. So, also, some portions of it, like the stomach, may be much larger in some individuals than in others who are much larger. Some small men and women have enormous stomachs, while some very large persons have very small stomachs. This is just as much to be expected as to see men of different or the same size, with variations in size of heart, muscles, or liver.

THE DIVISIONS OF THE TRACT are as follows. Mouth, Pharynx, Esophagus, Stomach, small Intestines, Large Intestines, Rectum, and Anus.

THE ACCESSORY GLANDS are Salivary, Gastric, Glands of Brunner, Crypts of Lieberkuehn, Pancreas, to which may be added the Solitary and Peyer's Patches, and the Agminate or collections of the Solitary. Some prefer to consider only the solitary, liver, as accessory glands, as the others are situated within the tract itself, but we believe the classification as we make it here should stand.

The length of the Tract varies somewhat as stated above, and each part is subject to variation in length and size. The stomach is much larger in some individuals than in others, and likewise,

The Alimentary Tract and its Functions

the liver, etc. The stomach may enlarge from over eating or from disease. The same may be said of the liver and other organs. The liver may become greatly enlarged in some diseases or pathologica' conditions.

At the beginning of the tract is the mouth some three inches in each dimension, containing the tongue and teeth, with the salivary glands accessory and secreting saliva. The three chief salivary glands are the Parotid, Submaxillary, and Sublingual. The function of the teeth is to masticate the food. The tongue assists in rolling or changing the position of the food, and doubtless some functions hard to understand in the general beginning process of digestion.

Good teeth and gums are essential to good digestion, and a brief study of nerve supply to the teeth, gums, and salivary glands will enable us to treat any disease of these parts, such as Alveolar-Pyorrhea, spongy gums, and bad breath, etc.

The nerve supply is from the Cerebro-spinal and the Sympathetic Systems. Secretory and Vaso Dilator fibres come from the nerves, spinal, as low as the fourth cervical, and Vaso-Constrictor fibres come from the Sympathetic. The fourth Cervical nerves give a very strong supply to the mouth, teeth, and gums.

If, therefore, we have any trouble with the mouth, teeth or gums, the fourth cervical adjustment is indicated. Alveolar-Pyorrhea, so hard for dentists to treat, may be readily cured by spinal adjustment of the fourth cervical vertebra. Bad breath and other troubles of the region may be treated in the same way. May adjust dorsal 10 in connection to give better skin and kidney action. A most valuable region to study.

THE PHARYNX

Just back of the mouth, and extending downward about four or five inches is the Pharynx, and communicating with the mouth, larynx, Eustachian tubes, and Esophagus. It is slightly larger in diameter than the Esophagus, the latter extending downward to the stomach as a continuation of the tract.

The Nerve supply is from the Cerebro-Spinal and Sympathetic. Secretory and Vaso-Dilator fibres come from the Cerebro-Spinal nerves and Vaso-Constrictor fibres from the Sympathetic. It may become involved in diphtheria and other serious ailments, when very powerful aid may be had at once by adjusting the fourth cervical and fifth dorsal vertebra. We have known some of the most malignant cases relieved permanently by adjusting as stated here. May sometimes use epsom salts baths, or packs, and give rectal dilation, but very serious cases are relieved by adjustment alone. Our experience has been very wide, and results most gratifying.

THE ESOPHAGUS

Extending downward from the pharynx, as part of the alimentary or digestive tract, is the Esophagus, about nine to twelve inches in length, a little smaller in diameter than the Pharynx, being about three-fourths of an inch in diameter, more or less, and capable of considerable contraction and distention. The function of the Pharynx and Esophagus is to carry the food from the mouth to the stomach.

The Esophagus is composed of three coats, namely, the Muscular or Outer, Areolar or Middle, and the Mucous or Inner. In the Pharynx the middle coat is called the Fibrous. Some writers of Physiology classify the two outer coats of both the Pharynx and Esophagus as one and call it the Muscular Coat.

The Esophagus enters the stomach a little to the left of the median line at the Cardiac Orifice, very nearly on a level with the tenth Dorsal vertebra. The stomach, however, may sometimes drop or prolapse considerably, the Esophagus lengthening considerably with it but may all be drawn back to position by spinal adjustment.

Afferent and Efferent nerve fibres are received from the fifth, seventh, ninth, tenth, and twelfth cranial Nerves, all the Cervical nerves, and the Dorsal as far down as the fifth.

The act of swallowing food or drink is called Deglutition, and is not wholly involuntary as food passes beyond control of the

The Alimentary Tract and its Functions

individual at the Pharynx, and cannot be recalled. This, however, is subject for Physiology in extenso, and is only mentioned here in passing. It is an interesting subject, involving much thought and no little speculation, as the act of Deglutition is not easy to comprehend in its entirety. With it there seems to be a principle of life inexplicable with our present state of knowledge. We are not able to define life, and many phenomena of life are beyond our understanding at present.

If nerve life to the organ is greatly interfered with, there will be trouble in deglutition. In some forms of paralysis and other sickness the patient finds trouble to swallow his food and drink. In some diseases the organ becomes ulcerated. Relief and permanent cure may be had by adjusting the middle and lower cervical vertebra and the fifth dorsal region. The stomach is frequently involved with the esophagus. No difference what the nature of the disease may be, adjustment of the region as stated here, if properly given, will lead to permanent relief in a reasonable time.

THE SMALL INTESTINES

The small intestine is about twenty feet in length, a little more or less, extending from the pylorus of the stomach to the ileocecal valve, where it joins the large intestine, or colon. It is divided into three parts.

1. The duodenum, about ten inches in length, or the length of ten or twelve fingers widths. It surrounds the head of the Pancreas, and descends a little below the liver in its upper portion. About three inches from the pyloric orifice of the stomach it receives the bile from the bile duct, or the Ductus Communis Cholechodus, the Pancreatic duct joining this duct at the point of entrance into the duodenum. The mixing of the secretions from the liver and pancreas at this point doubtless has some high value to intestinal digestion not yet fully understood. It descends first in front of the right kidney, and then crosses the abdominal space to the region of the left kidney. In this and all parts of the small

intestine we have four membranes—Serous, Muscular, Areola, Mucous

2 The Jejunum, about two-fifths the length of the entire small intestine, usually approximating eight feet. Its folds lie in the umbilical region and its name is derived from *Jejunum* (empty), because it was supposed to be empty after death. The Jejunum is invested with the mesentery, which is wanting in the Duodenum, thus held in position

3 The Ileum, about three-fifths the length of the entire small intestine, usually about twelve feet. It has the mesentery like the Jejunum. It is much more twisted and toruous than the Jejunum, entering or joining the large intestine or colon at the ilio-cecal valve or Bauhin Valve. Investing the muscular or stronger membrane of the intestine is a very fine mesh of nerve fibres called the plexus of Auerbach, giving tenacity and strength to the walls of the intestines. In the sub-mucous membrane is the Plexus of Meissner

Within the mucous membrane are found the Valvulae Conniventes, or bands that fold and increase the length of the mucous membrane. There are about 1,000 of these folds. They are more numerous in the latter part of the jejunum and first part of the ileum than elsewhere

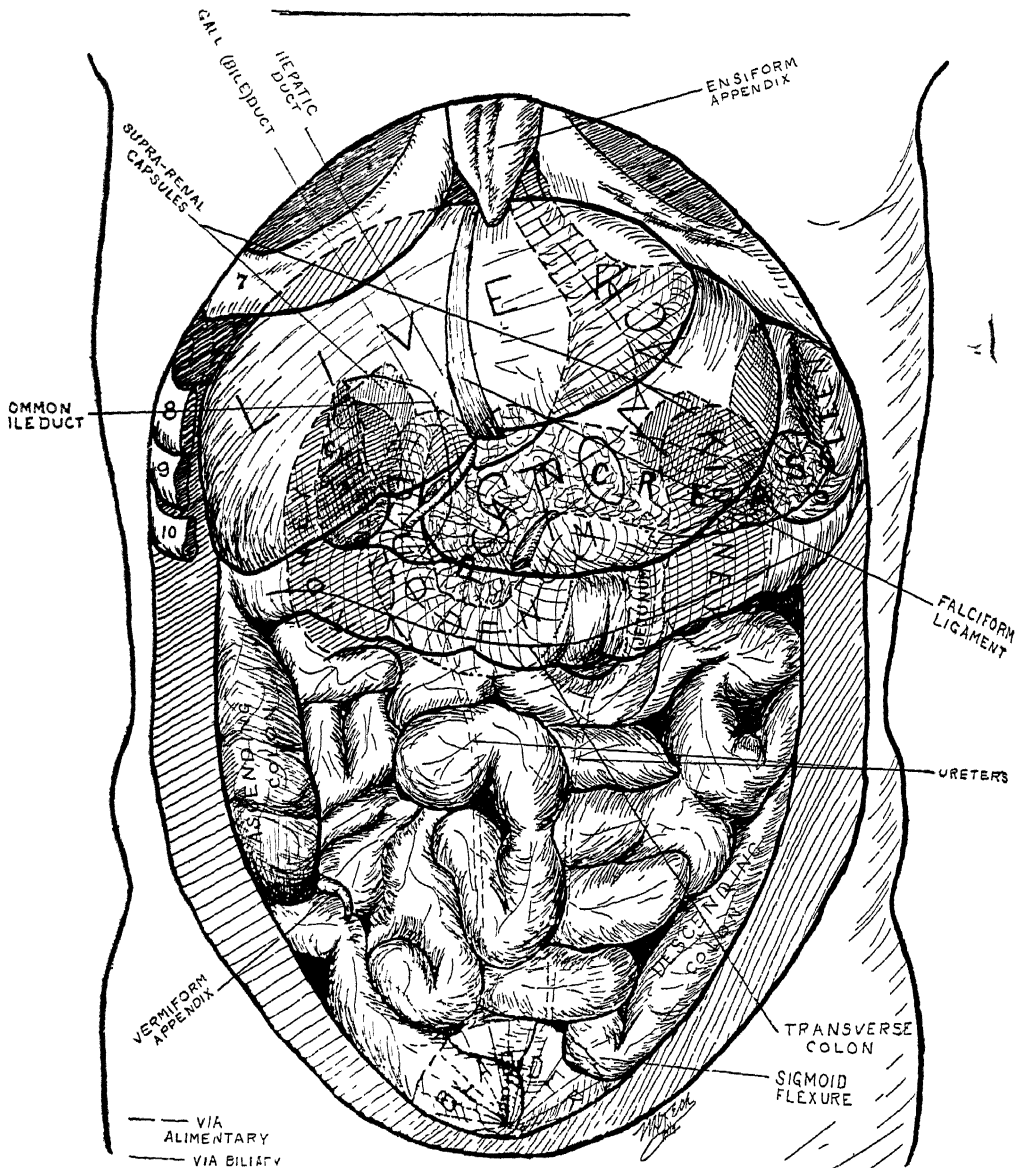
Along with the mucous membrane we have also the Villi or small conical elevations so important in picking up or absorbing the food particles for nourishment

Then we also have the Glands of Brunner and the Crypts of Lieberkuhn, which produce the succus entericus. The Glands of Brunner exist mostly in the upper part of the duodenum, and the Crypts of Lieberkuhn throughout the small and large intestines

Lastly, in the intestines we have the Solitary and Agminate glands, the latter being collections of the former. The Solitary glands are the Peyer's Patches, so observable in typhoid fever. They are confined mostly to the lower half or two-thirds of the ileum. About 18 or 25 are usually found when greatly inflamed in typhoid fever, and they may puncture the walls or membranes of the intestines, and death ensue, but there is no danger of this

The Alimentary Tract and its Functions

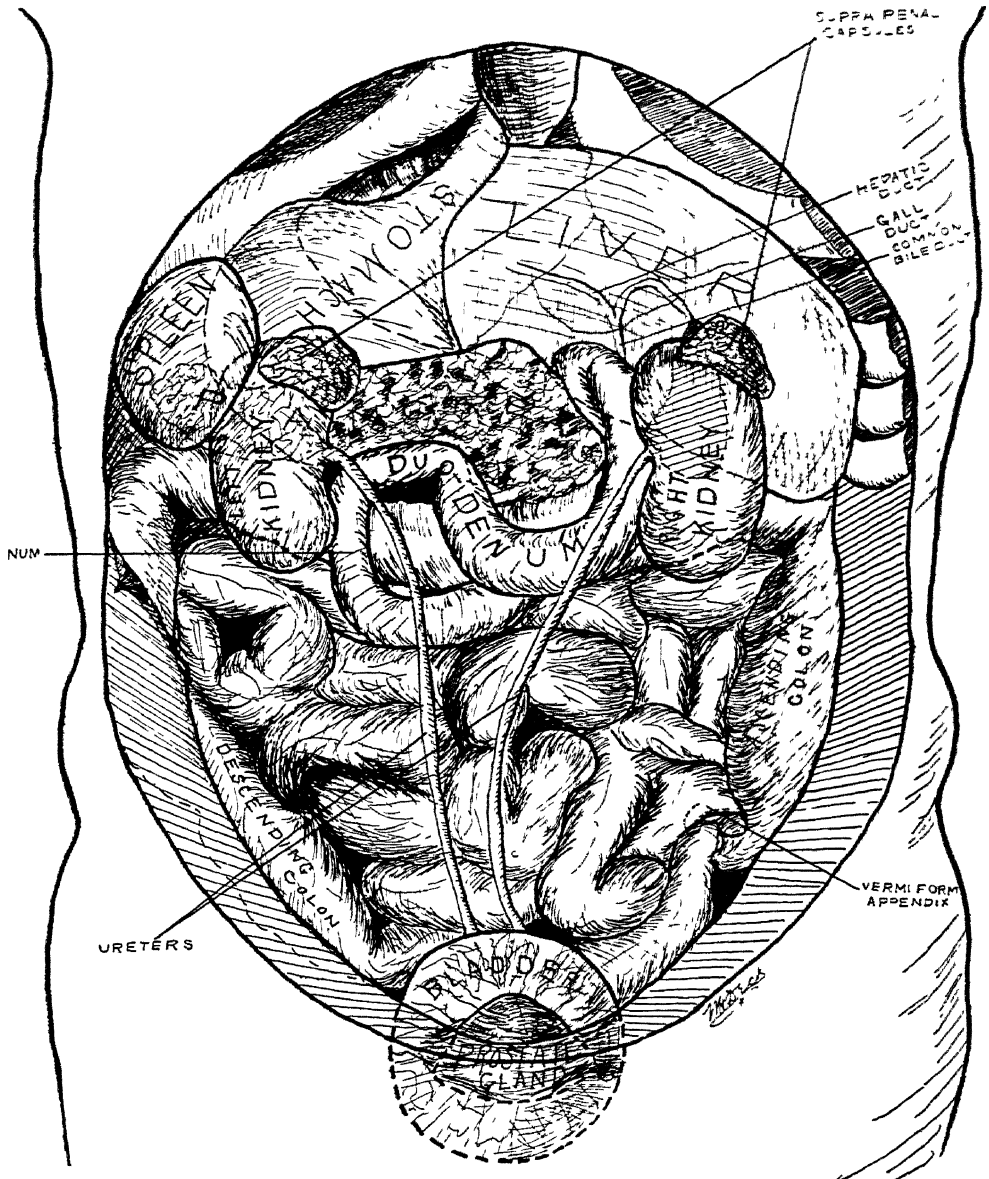
Abdominal Organs.-----Interior Aspect.



In this anterior or front aspect of the abdominal and pelvic organs *in situ*, a most excellent study may be made of the form, position, and size of the viscera. We believe this cut to be as good as could be drawn of these organs and parts.

The Abdomen, Thorax & Function

Abdominal Organs-----Posterior Aspect.



In this picture we have a posterior view of the abdominal and pelvic organs in situ. The form, position, and size are very accurate, and may be studied with great benefit.

The Alimentary Tract and its Functions

if spinal adjustment is properly given in time All soreness of the bowel may be conquered at once, and the fever usually broken in from one to three days This is marvellous but can always be done

The Blood supply to the Duodenum comes from the branches of the Hepatic Artery, accompanied by veins from the same region The Superior Mesenteric Artery sends branches to the Ileum and Jujunum in the most intricate plexuses



Along the dorsal region adjustment may be given by placing the hands as shown here and thrusting downward on the transverse processes, the contact being at the pisiforms Great care must be had to place the pisiforms on the transverse processes and not on the ribs Operator must also be careful to place hands on processes of same vertebra Not a good method unless great care is exercised

The Nerve supply to the duodenum comes from the solar plexus the Phrenic and Pneumogastric and the spinal nerves from the eighth to the twelfth dorsal. The small intestine below the Duodenum is supplied from both the Solar and Pelvic Plexuses, and the Phrenic and Pneumogastric Nerves, and the seventh and eighth dorsal to second lumbar.

Any inactivity or diseases of these organs or parts may be eliminated by adjusting so as to reach the diseased parts. All fevers involve certain portions of this tract, as well as the colon, but may all be handled successfully by adjusting as indicated. See the special outlines for the treatment of typhoid and scarlet fevers.

THE LARGE INTESTINE OR COLON

The large Intestine is about three and a half to four feet long. In most books its length is given as five feet, but it seldom exceeds three and a half. It extends from the termination of the small intestine, low down on the right side, upward, then transversely, and then downward, being called, in the different positions, Ascending Colon, Transverse Colon, and Descending Colon.

Where it passes from the small intestine, there is a large pouch called the Caecum, and from this pouch downward extends the Vermiform Appendix, from two to five inches long, and sometimes longer, really an important organ, secreting fluids very essential to that part of the digestion that takes place in the large intestine. When removed completely, the individual is usually greatly constipated afterward.

Our scientist who removed the appendix from twelve Chimpanzees found that they all became greatly constipated, and died, while twelve others that were kept with them constantly under the same food and care, lived on with ease and health. The Chimpanzees would doubtless have lived longer if they had known, like human beings, how to guard against constipation. However, the average life after the removal of the appendix in human beings is seven years, or a little less.

The Alimentary Tract and its Functions

An adjustment in the second lumbar region will usually relieve appendicitis right off, and will soon cure. May adjust lumbar four also as indicated. We have successfully handled so many cases of the acute and chronic forms that we feel like assuring every patient that help may be given, and very quickly, too. In hundreds of cases we made complete cures, in some of which they were preparing to operate.

The entrance to the colon from the ileum is through the ileocaecal valve or valve of Bauhin, formed by foldings of the membranes of the intestines. The Caecum lies mostly below this by Poupart's ligament. From this position the colon ascends along the right side of the abdominal cavity to the under surface of the liver. Here it turns to the left, forming the Hepatic Flexure and from this point passes transversely to the left to a point under the lower end of the spleen, here turning downward and forming the Splenic Flexure. From this point the descending colon passes downward by the left kidney in the abdomen, then in and at the psoas muscle to the crest of the ileum, where it forms the Sigmoid Flexure, which is considered a separate part of the colon. Descending from this we come to the rectum and anus.

The transverse colon and portions of the ascending and descending are held in position by the peritoneum. The mesentery binds it to the abdominal wall behind, while a fold of the peritoneum, called the Phreno-Colic Ligament binds it to the diaphragm, connecting with the splenic flexure region.

The large intestine has the same walls or membranes as the small intestine, its diameter is two or three times as great as in case of the other, and varies very widely. Heavy eaters have a very much distended colon, particularly if some degree of constipation exists.

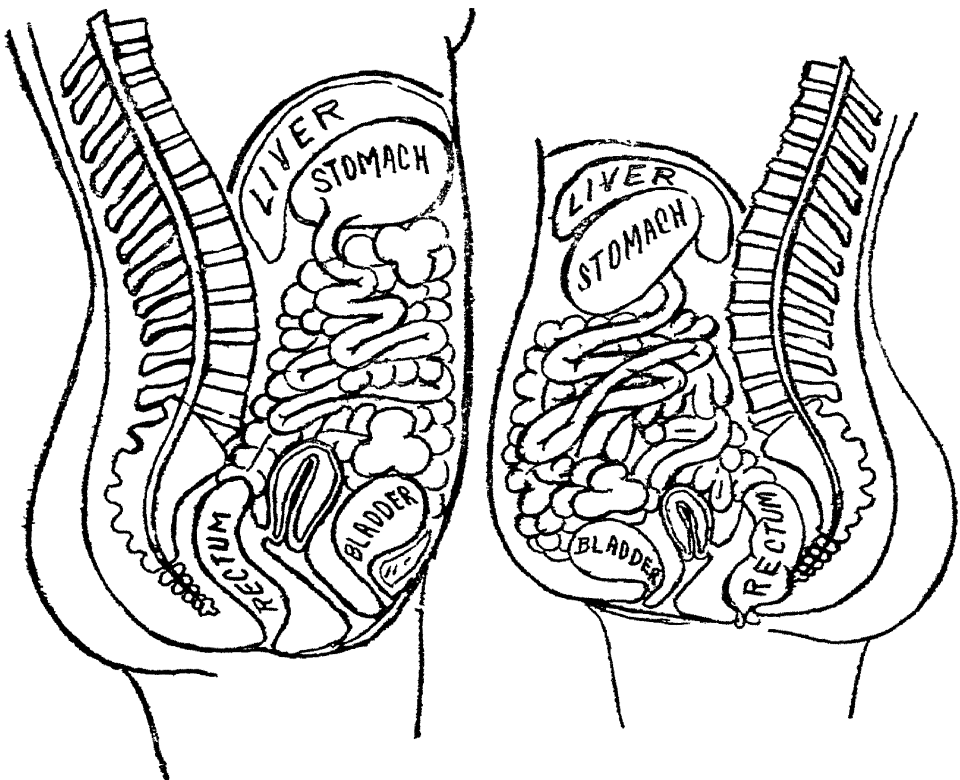
The glands are the Solitary and Simple Follicles, are found throughout the large intestine, and while its digestive work is important, doubtless, its secretions are less abundant than those found in the small intestines. It is as great a receptacle at this end as the stomach is at the other. The stomach receives the food into its large proportions, and does the most important work there, as we usually say, but perhaps should not say, as it is

The Abdominal Tract and Its Functions

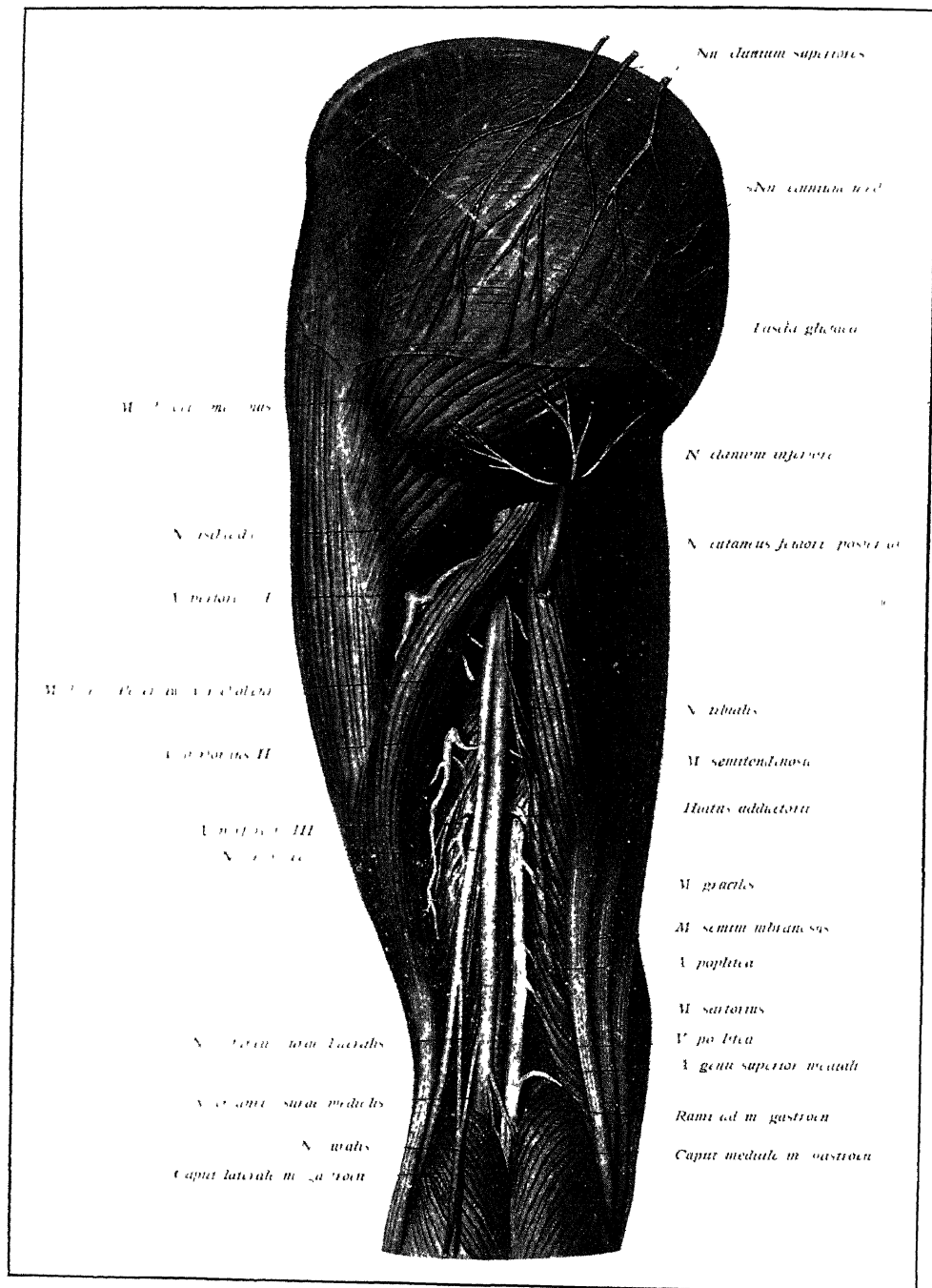
with caution that we say that any part is more important than any other. The colon, after so much has already been done, takes the contents that pass into its large capacity, and there performs other important work in the general digestive process.

Below the sigmoid flexure is the rectum, six to eight inches in length, descending to the anal orifice. The three sphincter muscles occupy about two inches of the lower portion. These are ring-shaped muscles that give strength to the lower part of the bowel.

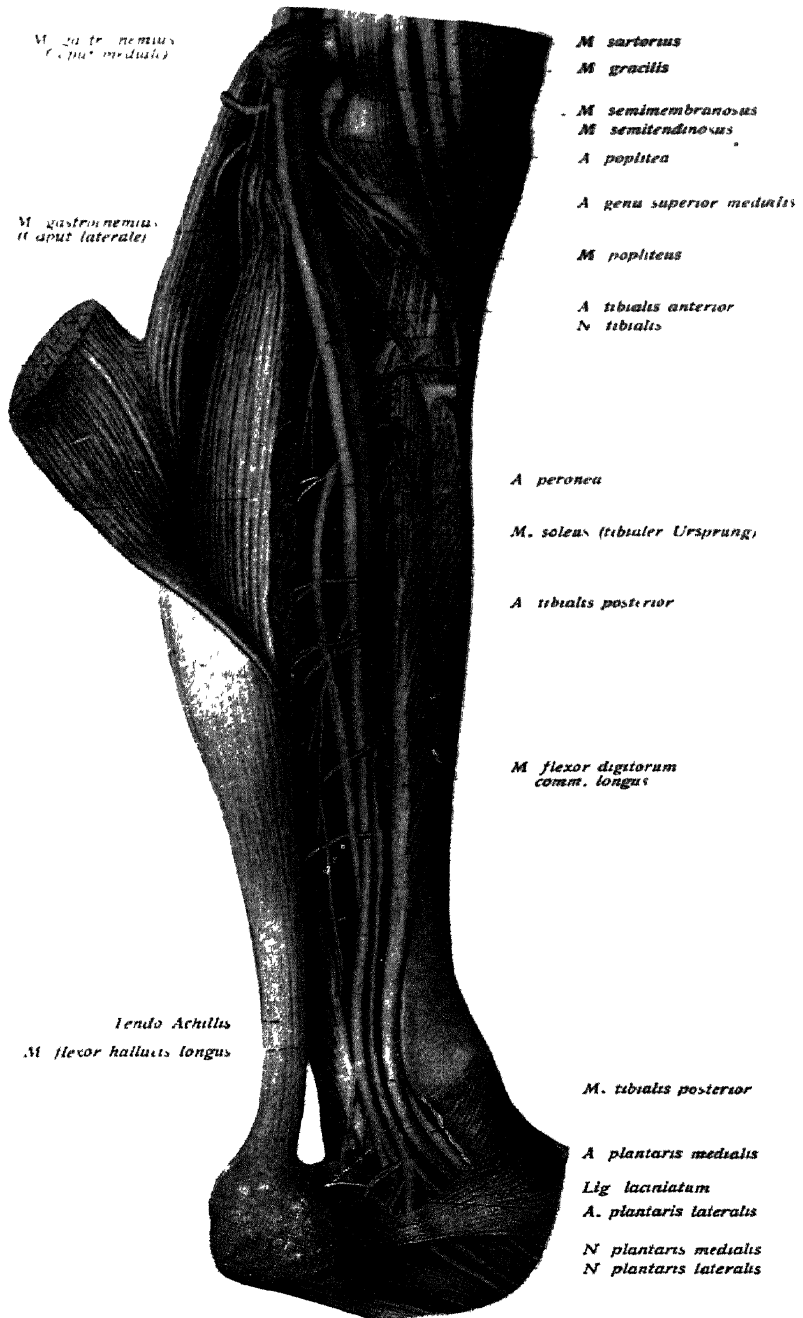
The nerve supply to the large intestine is from the Pneumogastric and Phrenic nerves, the lower dorsal and the second to fourth lumbar region. All troubles and diseases of the colon may be adjusted accordingly. Such troubles as constipation, diarrhea, etc., may be reached without the least difficulty, and female and male weaknesses are treated very successfully from this region.



The Alimentary Tract and its Functions



The Alimentary Tract and its Functions



GLANDULAR ACTIVITY OR FUNCTION

We speak of the office work of glands as their activity or function. They are at work all the time forming excretions and secretions, sometimes one, sometimes the other, and sometimes both, as we shall see.

Excretion is that function of the glands by virtue of which substances are taken from the blood and otherwise, and which would injure the body if permitted long to accumulate, and discharged to the outer world.

Typical examples of excretions are the urine and the substances discharged from the bowels, the sweat glands, etc.

Secretion is that function by virtue of which substances are taken from the blood furnished in circulation, and formed into other substances peculiar to the activity of the glands and useful in the general metabolism of the body.

Examples are the succus entericus of the intestines and the secretions of the pituitary, pineal, and thyroid glands.

As glands perform both functions, it is no easy task to always be able to differentiate one process from the other, or to name glands that are exclusively one or the other, and these finer distinctions are to little purpose. We are concerned more with what the gland really does, what we may do to restore its normal function when deranged in any way, thus preventing and curing disease.

We have no desire here to go deeply into detail on the subject, but to furnish an absolutely correct epitome of the work of the secreting organs, with proper distinction regarding internal and external secretions. It is a subject of interest, and will be so presented that every reader may without difficulty understand all we say.

Let us first state the difference between external and internal secretion. Each is secretion or formation in its own way, and each has office work differing from the other, the glands of the one differing from the glands of the other.

AN EXTERNAL SECRETION is one that enters some duct that reaches the external world, as seen in the case of the bile, pancreatic juice, perspiration, urine, etc.

Glandular Activity in Function

DUCTLESS GLANDS are those that have no ducts connecting them with any other organ or part of the body. The Pituitary, Pineal, Thyroid, Thymus, Suprarenal Capsules, and Spleen are ductless glands.

GLANDS HAVING DUCTS throw or excrete their formations into other parts of the body, as when the liver discharges its bile into the duodenum thru the common bile duct. The Liver, Pancreas, Kidneys, Salivary, Mammary, &c, are glands with ducts.

AN INTERNAL SECRETION is one that is taken into the system thru absorption. This is always the case with the secretions from the ductless glands.

THE FUNCTIONS OF GLANDS, therefore, are Secretion, Excretion, or a combination, as is often the case.

Glands may be SIMPLE, as when the invaginated layers forming the structure of the gland are simple and facing each other without secondary enfoldments; and COMPOUND, as when these enfoldments are more complex thru the formation of the involuted tube.

A further classification of glands may be into TUBULAR, where the lumen or layer between the cell enfoldments terminates in the form of a tube, RACEMOSE or sac-like formation, or TUBULO-RACEMOSE, a combination of the other two.

We might further mention another classification into SEROUS, as when the secreted fluid is of a thin and watery nature, and MUCOUS, where the secretion is somewhat denser and more stringy.

For our present purpose we shall consider Glandular Activity only so far as is necessary for the treatise we are here presenting the practitioner and student, such knowledge as is most essential to the rounding out of his knowledge to his greatest use.

THE PITUITARY BODY.

THE PITUITARY BODY is one of the smallest glands, only, the size of a pea, divided nevertheless into three lobes, namely, Anterior, Posterior, and Middle Lobes, all parts being very peculiar.

Glandular Activity or Function

in cell formation and secreting a fluid essential to muscular activity

It is of a somewhat reddish color mixed with gray spangles, varying in weight from four or five grains to ten, and sometimes twelve grains. It has much to do with muscular strength. Men of extraordinary strength have the Pituitary in a state of great perfection. Its removal would cause death.

It is situated in front of the medulla oblongata in the pituitary fossa of the sphenoidal bone. The posterior lobe communicates with the third ventricle, being joined here with secretions from the middle lobe, while the anterior lobe throws its secretions forward apparently directly into the substance of the brain.

The removal of the gland in dogs stops development in body and otherwise. A diseased condition will cause numerous weaknesses in the human being, such as lack of nervous control, weakness in body and mind, and lack of general development. A fruitful cause of disease of the pituitary gland is from the excessive use of tobacco and intoxicants. The use of any narcotic or intoxicant will produce disease to this wonderful little ductless gland, stunting the size of the individual and dwarfing the intellect.

Diseases of the gland will produce sexual weakness and barrenness, and no one with proper regard for himself will follow any habit that will injure this small but mighty gland. When the muscular and mental powers are impaired thru disease of the pituitary, atlas and cervical adjustments will frequently give complete restoration if the bad habits are left off. In some cases rectal dilation comes in with a wonderful force that must not be ignored, as will be seen directly.

From the Pituitary Body and the Pineal Gland come small pairs of nerves that enter the coverings of the spinal cord, where with an intricately fine plexus formation, the fibres descend to the lower portions of the spinal cord, where in the coccyxigeal region, they again unite into small nerves and pass to the sphincter muscles of the rectum and neck of the bladder, to the ganglion of impar and other lower ganglia of the Sympathetic.

At each segment of the spine some of these small descending fibres pass out with the sheath covering the spinal nerves at that

Glandular Activity or Function

place, and it is readily seen why the fibres and secreting fluids from this gland have much to do with muscular strength and activity

At once it is also seen why in some cases of paralysis, nervousness, mental disorders, a most pronounced help is obtained by dilating the rectal muscles, as not only is the Sympathetic System stimulated most powerfully by this means, but the stimulation backward thru or along the course of the fibres to the brain is equally pronounced.

Any means of stimulation to this gland will produce strength and health if properly given, and we know nothing so powerful and transcendently wonderful as the treatment here suggested

One of the diseases produced by the derangement of this gland is Acromegalia, or giantism of some parts or the whole of the body, with loose joints and weakness rather than strength. Good habits and good treatment, as here outlined, will restore such patients to health

Its secretions are entirely internal, and are naturally taken into the system by absorption. They certainly have much to do with the muscular strength of men and women

THE PINEAL GLAND

Another very wonderful little gland, situated just behind the medulla. Supposed by some scientists to be the remains of a third eye, with which the race could once look backward

Like the pituitary, it sends out small nerves to enter the coverings of the spinal cord, where it arborizes thru the myeline sheath mixing its fibres with those of the pituitary, strengthening the spinal nerves, and at length coming out into small nerves again at the lower regions of the spine, to be distributed to the rectal muscles, the neck of the bladder and the terminal ganglia of the Sympathetic

Its proper health assures maintenance of sexual life and activity, muscular strength, mental activity, etc. Bad habits, excesses, intoxicants, narcotics, strong medicines, etc., will weaken and destroy the powers of the Pineal Gland

Good cervical treatment, with rectal dilation when the latter is indicated will bring restoration where restoration is possible

It is about the size of a common pea or bean, situated just behind the medulla, and is formed more in a single mass than the pituitary

THE THYROID GLAND.

A most wonderful little ductless gland, secreting most wonderful fluids that are necessary to the maintenance of health and life It is a reddish vascular body soft in texture formed in two lobes which are joined below by an isthmus

It is situated in the region of the cricoid cartilage of the neck at the upper extremity of the trachea Its weight varies from one to two ounces, being slightly larger in woman than man. In man the gland seldom in a normal state exceeds an ounce and a half In woman is seldom less than an ounce and a half, ranging up to two ounces

It is seldom symmetrical one lobe being larger than the other Following hurts to the neck in the fifth and sixth segments, it may enlarge and form goitre Goitre may form from certain other diseases that affect this region and more frequently in women than men

In any kind of goitre, whether of the common or the Exophthalmic variety, relief and permanent cure may always be had from adjusting the lower cervical vertebrae and concussing the seventh cervical. This is fully explained in other portions of the book, and is mentioned incidentally only here in passing However we would place an emphasis here to remind the student and practitioner that Exophthalmic Goitre is a dangerous disease, but can be cured by spinal adjustment and concussion most certainly, and the ability to thus treat and cure such diseases will place the spinal therapist in the foremost ranks Let the practitioner try faithfully Success will crown his efforts every time

The gland has a peculiarly full circulation and nerve supply It is composed of a fibrous stroma, with many tiny vesicles that are closed, but filled with an amber colored fluid albuminous in appear-

Glandular Activity or Function.

ance surrounded by connective tissue in which is invested the finest plexuses imaginable of blood capillaries and nerve fibres with blood and lymph

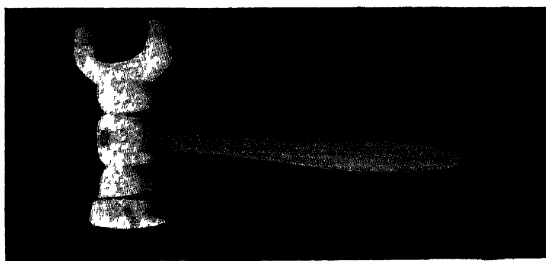
The thyroideal arteries are comparatively large, being matched in this by the veins, which form a plexus well to the front and make the returning circulation abundant, as the arteries abundantly supply to the gland

Its secretion is of a colloid nature, and injuries to the region cause the secretion to become very copious, gravitating to the periphery of the gland, thus forming goitre The injection of certain drugs, such as pilocarpine, will likewise cause powerful secretions to take place in the gland

Nerve supply from the fifth and sixth cervicals has been noted, and the Pneumogastrics also send fibres to the glands and thru this latter nerve supply comes the power of spinal concussion to reduce the gland in cases of goitrous formations

The secretion from the gland of one person injected into another has a very marked effect, producing coma in some instances The function of the gland is essential to perfect life and health. It is of the very greatest metabolistic importance, and is involved in all fevers Should be adjusted when treating any fever

Diseased in childhood it stunts and prevents growth, and in adult life is most essential to health As goitres may be removed by spinal therapy, there will never be need of any operation to remove this disfiguring growth, whether the goitre be common or Exophthalmic



Concussion may very readily be made with a small wooden hammer tipped with rubber as seen here The author has treated some most serious cases with above shaped mallet, with great success

Glandular Activity or Function

Its secretions contain considerable iodine. The normal gland contains from nine to twelve times the amount of iodine found in the gland when enlarged in Exophthalmic goitre, in which case colloid and fibrous substances form rapidly. The normal iodine to the region prevents this formation.

The name of the principle secretion of the gland is Iodothyryn. This secretion destroys toxic elements that would otherwise produce fevers and other diseases. The removal of the entire gland will cause a lack of muscular coordination to ensue, emaciation, convulsions in many cases, and death after a while. It is certainly essential to the maintenance of life.

The removal of goitre by operation, tho entirely successful, will often cause thromboses or thrombic conditions in the blood, interference of the metabolic processes, and the shortening of life.

THE PARATHYROIDS —Just a few lines at the conclusion of this chapter regarding four small bodies situated on the posterior regions of the thyroid. They secrete colloid substances, and their removal will cause partial paralysis, tremors, convulsions, loss of appetite, vomiting, etc. Death follows the removal in a few days at most, while injuries may produce diseases that become chronic, reduce the amount of calcium to the brain and the blood generally. Calcium is said to have a counteracting influence on these troubles, but spinal adjustment is the most powerful agent of anything in the world. The Parathyroids are extremely small, and similar bodies exist on the thymus gland also, and in similar other localities. Paralysis agitans may ensue from disturbances of the parathyroids, and will always need such treatment as will reach the little glands and rectify the troubles.

Note the accompanying picture for several glands and other parts of the body it would be well to study closely in a cut showing, as this does, the position, comparative size, etc.

Note also the following abbreviation, used thruout this book,—
G , gland, V , vein, A , artery, N., nerve, M , muscle; &c , &c.

THE LIVER.

This is the largest gland in the body Its function is to secrete Bile, Urea, and Glycogen Its weight is from four to five pounds in the norm, but may be greatly enlarged in some cases.

It is situated mostly in the right hypochondriac region in the upper part of the abdominal cavity It is supported by peritoneum running from it to become its supporting ligamnets as presently noted

Underneath the peritoneum is the Capsule of Glysson, which covers the gland completely, investing also the Transverse Fissure, as we will see, and the structures that enter it.

Let us note here that the Liver has

1 Five Lobes, namely, Right, Left, Caudate, Quadrate, and Spigelian. The three latter are divisions of the large right lobe, which is three or four times the size of the left lobe

2 Five Ligaments, namely, Right Lateral, Left Lateral, Coronary, Round, and Suspensory, binding the organ to the diaphragm as supporting powers

3 Five Fissures, namely, Transverse, Longitudinal, and the three indentures for the passage of the Ductus Venosus, the Gall Bladder, and the Vena Cava

4. Five Sets of Vessels, namely, the Hepatic Artery, the Portal Vein, the Hepatic Duct, and the Lymphatics

5 Five Structures passing thru the Transverse Fissure, namely, the Portal Vein, the Hepatic Artery, the Hepatic Duct, the Hepatic Nerves, and the Lymphatics

Hence the Liver is sometimes called the "Five Times Five Organ," "The Chemical Factory of 25 Parts," "The Many Mansions of the Good Liver," &c. &c ,

The Hepatic Artery comes from the Celiac Axis, which itself springs from the descending Aorta to send out branches of arteries to all the abdominal organs, and enters the Liver at or in the Transverse Fissure to nourish the gland, distributed here thru smaller arteries

The Portal Vein collects the blood from all the other abdominal



Position of hands in making any cervical adjustment organs and pours it into the liver, where it is acted on chemically to form the bile and other secretions as noted

Two pounds and more of bile may be secreted daily, which passes into the intestine from the gall bladder where it is first collected, thru the Common Bile Duct, which is the size of a quill and about three inches in length, entering the duodenum about three inches below the pyloric orifice of the stomach

Normally the bile does not enter the stomach, and when found there, or vomited outward thru the mouth, it is from abnormal conditions

The composition of the bile from the human body shows in 1000 parts that there are about 982 parts water, bile salts 7 5, inorganic salts, 7 5, mucin and pigments 1 5, lecithin 1, cholesterol 5.

The gland is from 9 to 12 inches in its greatest diameter, 6 to 9 inches in the other diameter, and 3 to 4 inches in its penducular

diameter. It may become greatly enlarged in some diseases, and may need special treatment, such as adjusting the seventh dorsal and concussing the seventh cervical, which will surely reduce the enlarged liver, cure such diseases as diabetes, which nothing else will cure that we have any knowledge of.

The liver is surrounded by the Capsule of Glisson, and is situated in the right Hypochondriac, Epigastric, and extending a little way into the left Hypochondriac region, just under the diaphragm and in relation to the six or seventh ribs.

The Capsule of Glisson is a fibrous coat, and the gastro-hepatic omentum forms another coat, called the Peritoneal Coat, which forms the five ligaments of the liver to give it support.

At birth the liver is comparatively large, while the stomach in the new born infant is simply a little enlargement in the intestine. The liver at once begins its work of secretion, being even with the infant a real chemical factory, growing naturally as the infant grows. The stomach, too, grows slowly as the infant takes its nourishment.

The Capsule of Glisson, surrounding the blood vessels of the liver, accompanies them into the substance of the liver itself, where it becomes active in forming the secretions of the great gland.

The nerve supply comes from the Phrenic, the Pneumogastric, the Hepatic Plexus, and dorsal nerves of the spine from the fifth to the eighth, the seventh dorsal giving the strongest nerve supply of any, and gives the physician the strongest spinal area from which to treat the organ.

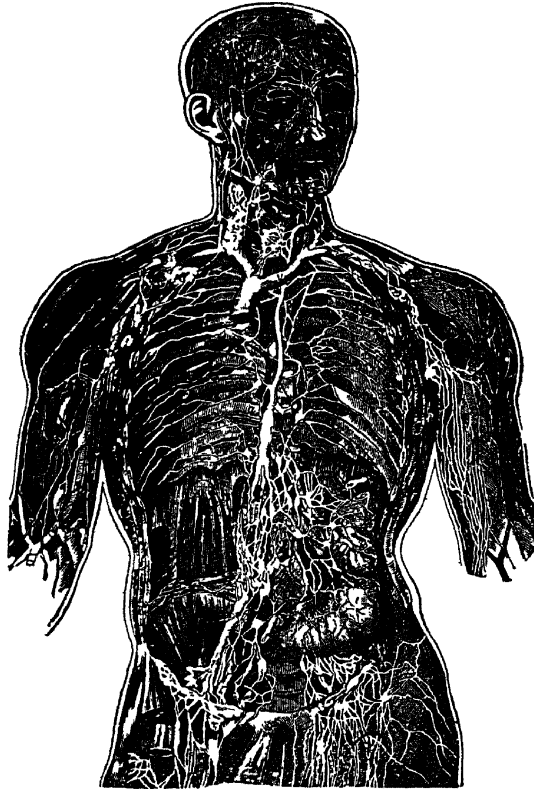
This largest of all glands has three functions to perform, namely,

- (1) The secretion of the bile, which goes on continually, a perfectly working chemical factory when the system is in health, pouring out its pounds of this peculiar compound that is so essential as a lubricant for the bowels. The liver cells are continually active, but are working with greater activity after meals than at periods more remote from the time of eating. Bile is partly a secretion and partly an excretion.

The bile, entering the gall bladder as it forms, is injected into the duodenum intermittently rather than continuously, and when clogged or hardened forms gall stones that are hard to pass thru the

Glandular Activity or Function.

bile duct, and may require good spinal adjustment at the seventh dorsal region to pass them on to the intestine



A good picture showing the Sympathetic and lymphatic glands and ducts.

The bile is transmitted to the duodenum thru the Common Bile Duct, called also the Ductus Communis Choleduchus, which is the size of a common goose quill, or an eighth of an inch in diameter, and from 1 1-2 to 2 1-2 inches in length

(2) The liver manufactures the urea of the body also, and throws it into the blood, where the kidneys take hold of it and pass it out when of no farther use to the body.

Urea is a product of the proteids, and is formed in the liver to a large degree, if not exclusively, and is thrown out thru the kidneys, not formed by them at all, or at least there is no detremminate proof of it

Glandular Activity or Function.

Blood in the portal vein contains several times (three to five times) the quantity of ammonium compounds we find in the blood elsewhere in the body, a proof that the manufacture of urea is beginning at this part of the working of the chemical processes of the gland

(3) In the third place the liver forms Glycogen, and is a permanent storehouse for the same. It is formed mostly from the carbo-hydrates, and is stored in the liver, to be given off as required. It is small in quantity as compared to the quantity of bile. Converted to dextrose before returning to the circulation. An enzyme of the liver is found of the diastatic kind that readily makes this conversion as nature demands. The quantity of glycogen amounts to three or four or five percent of the weight of the liver daily, but varies below and above these figures, according to conditions and foods eaten

Spinal adjustment at the seventh dorsal region will take care of most liver troubles. In cases of diabetes great help is also obtained from adjustments given also at the fifth and tenth dorsals and concussion at the seventh cervical region daily as the adjustments are given. The very worst cases of diabetes may be cured and all liver troubles.

THE PANCREAS.

The Pancreas is another large and important gland about six inches long, 1 1-2 to 2 inches wide, and about an inch thick, extending posteriorly along or across the abdominal wall from the spleen on the left side along near the first lumbar vertebra behind the stomach

It is a compound racemose gland resembling the salivary glands in structure. It is surrounded by areola tissue, but no capsule like the liver has. The surrounding tissue extends into the substance of the organ and connects all its parts.

Its parts are:

(1) Head, shaped like the head of a hammer somewhat, placed in the concave curve of the duodenum

Glandular Activity or Function.

(2) Neck, extending a little backward from the head, about an inch in length

(3) Body, extending on around toward the spleen, three inches or more in length.

(4) The Tail, two inches or so in length, extending still farther around until it touches the spleen

The Pancreatic Duct, called the Duct of Wirsung, extends the entire length of the gland, and carries the secretions of the organ into the duodenum, uniting with the Common Bile Duct as the two enter the duodenum

The nerve supply is from the pancreatic plexus, the Pneumogastric and Phrenic Nerves, and the seventh and eighth dorsal region

Its secretions are both internal and external, and are essential to the digestive and metabolic processes of the body.

Death follows the removal of the organ in a few days or weeks. It removes poisons from the system, and must be treated in cases of diabetes, and all similar diseases

In some cases the organ has a small second lobe lying underneath the body and head of main organ

It contains formations distinct from its regular glandular structure, called the Islands of Langerhans, which remain intact where the gland itself wastes away from disease. They are involved in fevers and other diseases.

THE SPLEEN.

The spleen is a highly vascular organ, purple in color, weighing 6 to 8 ounces, its dimensions being about 5 inches in length, 3 inches wide, and 1 1-2 inches thick. Situated in the left hypochondriac region and near the 9th, 10th, and 11th ribs. It is held in place by the folds of the Peritoneum. That to the stomach is called the Gastro-Splenic Omentum, to the diaphragm by the Phreno-Splenic Ligament, to the left kidney by the Lineo-Renal Ligament. A fibrous elastic capsule forms the frame work of the spleen, extending inward at the hilum to pass thru the organ and strengthen

the metabolic processes. It may be removed with less danger than accompanies other operations, but should remain where God placed it. Its secretions have no way of reaching the alimentary tract unless the Pancreas in some way take them into its own ducts by absorption, and thence to the duodenum. This is only a thought from the author without any authority from any one else.

Among the substances found in the secretions of the spleen are iron in an unknown combination organically, fat, fatty acids, cholesterin, uric acid, xanthin, hypoxanthin, guanin, adenin, etc.

THE KIDNEYS.

The Kidneys are very important secreting and excreting organs. They are two in number, situated one on either side of the spinal column. Their position extends from the eleventh dorsal vertebra to the third lumbar.

The left kidney is slightly higher in position than the right. The average dimensions of the kidneys in the average sized person are about four inches long, two inches wide, and about one inch thick, varying slightly in different persons. The weight varies from four to six ounces.

The shape is like that of a bean, with the concave surface toward the spinal column. Just above the kidneys, and often resting on them as capsules or caps, are the suprarenal glands, sometimes called suprarenal capsules, which are ductless glands to be described soon.

Each kidney contains a central cavity or sinus, into which the urine is thrown, and thence passed out thru the ureter into the bladder. The substance of the kidney is called the parenchyma. The outer portion of the substance of the kidney is called the cortical portion, and the inner portion is called the medullary portion.

Each kidney is invested with a fibrous capsule, called the tunica fibrosa, which is reflected inward at the hilum or opening of the sinus, where it forms a sheath for the vessels, and sends an interstitial stroma of connective tissue into the parenchyma to bind the tubes and vessels and all parts together.

Glandular Activity or Function

The outer or cortical portion consists of many uniferous tubules, malpighian bodies or renal corpuscles, nerves, blood vessels, connective tissue, lymphatics, and a granular matrix. The cortex is somewhat reddish in color, and dips everywhere down into the medullary substance between the pyramids to the sinus. These prolongations are called the Columns of Bertin or Columnae Renales. The protions over the bases of the pyramids are called Cortical Arches.

The Medullary Substance is made up mostly of the uniferous tubules collected into masses shaping pointedly toward the sinus like pyramids, and called the Pyramids of Malpighi.

The Sinus is divided into three larger compartments called Infandibula and these into a dozen more or less smaller divisions called Calices, into which the uniferous tubules cast their secretions, of which there are several thousand or about one thousand to each papilla.

Enormous quantities of blood pass to the kidneys, being from five to twenty times the quantity sent to other organs. Each minute about six per cent of the blood from the left side of the heart passes thru the kidney, and the organ is kept constantly at work secreting the urine and passing out objectionable mettar with it.

Abundant nerve supply comes from the tenth dorsal region, with fibres also from the ninth, eleventh, and twelfth dorsals. These are all vasoconstrictor and secretory fibres. They pass thru the sympathetic system, and are non-medullated when they reach the kidneys. Vasodilator fibres also come from the anterior roots of the eleventh and twelfth dorsals and the first lumbar.

As the blood passes thru the kidneys a peculiar activity takes up all objectionable matter and with the urine casts it out. The little tubules have the power of taking the urine from the blood to cast it out. The urine is separated from the blood thru osmosis and life principles that are inexplicable. The workings of the kidneys are physiologic activities. They are made for their special work and perform it with great certainty when not interfered with by disease or otherwise.

In all diseased conditions adjust the tenth dorsal and other seg-

Glandular Activity or Function.

ments as indicated Many of the most serious troubles may be cured very quickly by spinal adjustment

THE SALIVARY GLANDS.

The Salivary Glands consist of three comparatively large pairs of glands, namely, the Paratids, the Submaxillaries, and the Sublinguals, and a great number of smaller glands that bear no names other than Salivary situated in the mucous membrane of the mouth and on the tongue

These and all other glands become active when their work is called for in the general working of the system, and form substances characteristic of themselves not found in the blood or lymph furnished them They liberate energy and carry out their specific functions.

These and all other glands may be stimulated by electricity, mechanical action, certain drugs, and by spinal adjustment so given as to reach the glands to be acted on thru the nerve supply to them

The activity of glands in secreting and excreting is too well established now to admit of any argument whatever, and that each gland or pair of glands when they are in pairs, has a very specific work different from the work of any and all other glands, is fully established, and no argument can be given against it Each secretes without interfering with any other

However, many glands may be afflicted at the same time, and the body may have many afflictions at the same time Such, indeed, is often the case with patients we are called on to treat

The Chiroprath learns the nerve supply to any gland, and adjusts accordingly when the glandular activity is interfered with, and results follow immediately, and the cure becomes a permanent one in a short time

Some drugs and poisons, such as opium, tobacco etc , act as poisons to the system, and reflexly affect all parts Some of them increase the flow of the saliva while others retard it Such things as pilocarpine and nicotine will increase the flow, and will then

Glandular Activity or Function

deaden it. The user of tobacco can never be fully efficient in anything, as the nervous system with the digestive is impaired, the heart weakened, the lungs and muscles torn down, and the life shortened. Let the young or old physician beware of the tobacco habit. It stands in its evil along with the whiskey and morphine habit. Break the bad habit and form a good one.

When the salivary glands are injured, sores form in the mouth and around the teeth and gums, the teeth decay, the breath becomes foul, and the general health is greatly impaired, as the digestion itself, to be perfect, must have the normal salivary flow. This is not because the digestion begins in the mouth, but rather because the saliva, mixing with the food, goes on to the stomach, and has much more to do with digestion after it reaches the stomach than before. If it is not normal, or is poisoned in any way, naturally it will not do its work normally, and the whole system must suffer accordingly.

The nerve supply comes from the Glosso-Pharyngeal, the Hypoglossal, the Pneumogastric, the Sympathetic, and the cervical spinal nerves from the first to the fourth. Therefore, it is readily seen that adjustment of the cervical region down to and including the middle is indicated in all troubles of these glands.

Spinal adjustment thus given will most surely and readily cure all troubles that may assail these glands in any way. The best methods of making adjustment of this region have been fully illustrated in the previous pages of this book, and the practitioner may be assured that results will follow his efforts if properly given, and all troubles of these glands, and of the mouth, teeth, gums, etc., will disappear in a short time.

These glands pour their secretions into the mouth thru the ducts that communicate with cavity of the mouth. The duct from the Parotid is called the Stenos, and is the size of a small quill from the wing of a chicken, and about two inches in length.

The Submaxillary, a little lower than the Parotid, and about one third its size, has a duct called the duct of Wharton, about two inches in length, and smaller in diameter than the duct Stenos.

Glandular Activity or Function

The Sublingual rests under the tongue on the floor of the mouth and has six small ducts called the Rivinian that pass its secretion outward into the mouth, to be used as the other secretions of the salivary glands

The Sympathetic directing power applies here as in all the internal organs and glands, but not to the exclusion of the nerve supply from the cranial and spinal nerves. They all contribute to the proper flow of saliva to mix with the food in the mouth preparatory to its transmission to the stomach.

All secretory function is part of the life forces of the body, which are not susceptible of explanation. Life, with all its mysteries, depends upon the secretory functions, and on the other hand is itself responsible for these functions

THE GASTRIC GLANDS.

These are in the stomach. *Border Cells* (or Cardiac cells) are found thruout the stomach, but thicker near the cardiac orifice, while what are called *Chief Cells* (or Pyloric Cells) are found in the pylorus only, where no acids are formed, and the pylorus, taken to itself and tested, is found to be alkali in reaction. The Border Cells, therefore, form the hydrochloric acid found in the gastric juice

The nerve supply comes from the Pneumogastrics, the Phrenics, and the spinal nerves in the regions of the fifth dorsal and above and below this for two or more segments. Any interference with these will affect the gastric digestion

Odors of cooking, the sight of food, etc., will always stimulate these glands to greater activity. They become particularly active when food is taken into the stomach

The various stomach troubles are permanently cured in a few days by spinal adjustment of the fifth dorsal region. Adjust also so as to correct constipation if it exist, and there will be no further trouble with the disorders of the stomach.

An animal may be fed thru the mouth, and the food taken out a fistula or opening in the esophagus before it reaches the stomach, but this will excite reflexly the glandular activity of the stomach,

Glandular Activity or Function

and the gastric juice may be drawn from the stomach by means of a stomach pump, and then examined

The juice thus obtained is acid in reaction, peptic in nature, almost colorless, clear, and limpid, with an odor characteristic of the animal from whose stomach it is drawn

The quantity secreted daily is one-tenth the weight of the body, more or less, according to food, drink, and manner of life. It is about 19-20 liquid or water, and about 1-2 solid matter. If drawn direct from the stomach of human being or other animal, it is always mixed with food and water.

The juice contains about three percent pepsin, about 1-2 percent chloride of sodium, about 1-2 percent chloride of potash, about near 2 percent of free hydrochloric acid, with very small percentages of chloride of calcium, and the phosphates of calcium, magnesium, and iron

When these normal proportions are in any way disturbed, naturally some disorder or other, or several disorders, will result, and all those peculiar trials of medical men will follow, to but little if any purpose or good. We have known men and women who had taken pepsin and other similar substances for years, with no abatement whatever to the troubles, when these same patients have made radical recoveries under spinal adjustment, and never requiring more than from a dozen to eighteen treatments

The cure of stomach troubles under spinal adjustment is so easy as to astonish all who observe it. The fifth dorsal adjustment will do everything for stomach troubles. There is hardly anything to its limitations. In the very rarest cases has the author ever done anything else. In fact, there has never been but one condition where he has ever found it best to combine any other treatment with spinal adjustment of the fifth dorsal

In a very few cases, where there is a decided prolapsus to the stomach, such as would let it drop downward, with the pylorus so held up as to prevent the contents from passing the pylorus, has there been a failure to completely relieve and cure by spinal adjustment. Usually, even in these extreme cases, has the author succeeded completely with spinal adjustment alone

In just a few cases has he given spinal concussion of the fifth dorsal in connection with spinal adjustment of the same region. This manoeuvre has caused the stomach to assume a position more nearly upright, and to vomit its contents out thru the pylorus, thus giving complete relief and cure in a few treatments.

Concussion or sinu-oidalization of the fifth dorsal vertebra will cause the stomach to assume a position more nearly to the upright, will dilate the pylorus, contract the cardiac orifice somewhat, and thus cause the contents of the stomach to pass more normally thru the pylorus to the duodenum.

All the internal and pelvic organs may be drawn up somewhat by concussion of the eighth dorsal vertebra, but the most radical erection and drawing up of the stomach thru concussion is from the fifth dorsal region

All food should be taken naturally and with proper mastication into the stomach. Water may be used at meals when needed or when thirst calls for it, but the food should not be washed down with water. Stop eating long enough to take the drink of water if needed. Drink before and after meals also if needed. Digestion may be retarded slightly by the use of water at meal time, but will be as good in the end.

Alcohol, drugs, tobacco, and such like, will naturally injure the stomach and impair digestion. Coffee and tea likewise, but not in so marked a degree. Avoid all things that injure the stomach. An ounce of prevention is worth a pound of cure.

The saliva contains an amylolytic enzyme ferment that converts starch into maltose, and saliva should come naturally into the mouth as the food is masticated, and does its work best in an alkaline medium. The action of the gastric juice is thru an enzyme or ferment called pepsin, which acts best in an acid medium. The pepsin, with a little hydrochloric acid acts very energetically.

There is also a fat splitting enzyme in the gastric juice of the fundus or larger part of the stomach. Perfect digestion is assured by perfect nerve supply to the stomach. No science has ever done what spinal adjustment has done for the stomach.

The digesting food passes to the duodenum in the form of chyme, which is of the consistency of heavy soup or thick cream, and of

a whitish yellow color. The digestive process is continued in the intestines, where other small glands are found. Food remains in the stomach, on the average, about three hours. Some foods digest in a much shorter time, while some occupy a period much longer.

INTESTINAL GLANDS.

It will be remembered that the small intestine measures 18 to 20 feet in length, more or less. There are secreting glands throughout the length, and in the large intestine as well, which is from 3 1-2 to 4 1-2 feet in its full length in life and somewhat longer when removed and stretched out fully.

Along the entire length of the small intestine are numerous minute projections called Villi, giving a velvety appearance to the inner coat of the intestine, being more numerous in the duodenum and jejunum than elsewhere. Each villus consists of the small lacteal vessel, a tiny plexus of blood vessels, epithelium, basement membrane, muscular tissue, strengthened and held together by retiform lymphoid tissue.

The absorption of the food principles takes place in the small intestines more than elsewhere, particularly in the upper portions where the villi are thickest, these little protuberances being the main elements in the absorbing process. Water passes quickly thru the stomach when empty or nearly so, and is at once absorbed by the lacteals of the villi while some portions pass on thru without absorption. The villi are not classed as glands.

In the small intestine are four kinds of glands, namely

- 1 Brunner's Glands, found in the duodenum, and sometimes called Duodenal Glands, altho a few are found in the upper jejunum. They are small racemose glands situated in the sub-mucous coat or tissue of the duodenum, with a few scattering ones in the upper jejunum. They are more numerous near the pylorus and very similar or identical in structure with the racemose glands of the mouth. They in part produce the Succus Entericus or special secretion of the intestine.

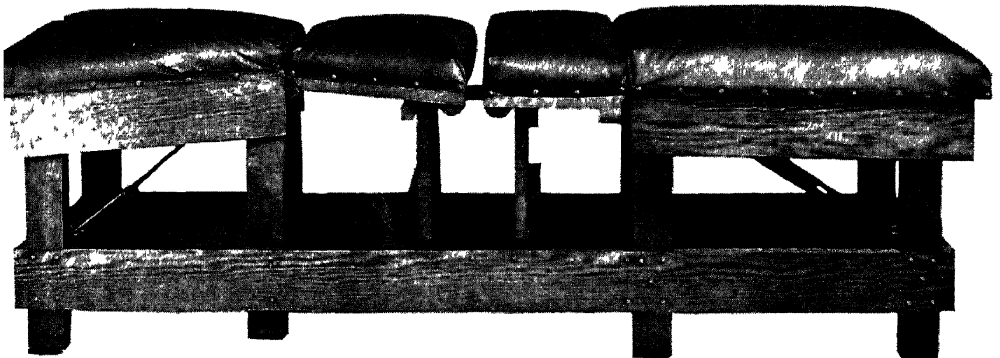
Glandular Activity or Function

2 The Glands or Crypts of Lieberkuhn are very numerous, extending thruout the small intestines and in the large intestine as well They are situated between the villi and produce Succus Entericus In size about 1-1000 inch in length

3 Solitary Glands lymphoid organs found thruout the intestinal tract They are minute oval in shape whitish in color scattered single along the mucous or submucous membrane of of the small intestine They are closed lymph nodules composed of lymphocytes and retiform tissue

4 Agnimate Glands or Peyer's Patches, where numerous Glands apparently unite to form an Agminate These patches are sometimes four inches in length, but usually one to two inches, and half an inch wide more or less They are involved in the pathology of typhoid fever, the field where inflammation and ulceration may cause death Spinal adjustment, as directed for the treatment of typhoid fever, will quickly heal and prevent death

Spinal adjustment will always suffice to cure diseases of the intestinal tract Adjust as directed in that portion of the book called Nerve Supply to the Organs and Parts of the Body, and there will be a speedy recovery from all intestinal disorders The soreness from typhoid fever will disappear at once almost, and all other disorders heal very rapidly indeed



Every practitioner should provide food adjusting tables with good furniture thruout his office.

CHRONIC CURES.

The drugless physician is the only one who can handle the old chronic worn-out cases that have baffled everything else for so many years. They come to him, or he goes to them, after all others have failed. In fact the older schools have never been able to do anything for these cases by their methods.

Naturally when the Chiropractor or other drugless man meets these old hopeless cases, he wonders what he will do with them. His spinal methods are all-powerful where he has unlimited time and the patient can stand the adjustments of the spine. Often, however, tenderness along the spinal column makes it almost impossible to handle and adjust properly at first efforts, and patient may become discouraged, just as he has done with all other means of treatment.

Now, to meet all these old hard cases, we may need to have other means at hand as accessories, and this division of the book will be devoted to such cases as may tax the practitioner to the utmost.

We want no failures, and the author has gone out of the way to treat the hardest cases that could be found, and in briefest form will place his methods on the pages of this division of the book, that all may read, and grow stronger in the work of healing the sick,

We could give a much longer list, but the good reader or physician will readily see how to extend the work into other cases not mentioned here.

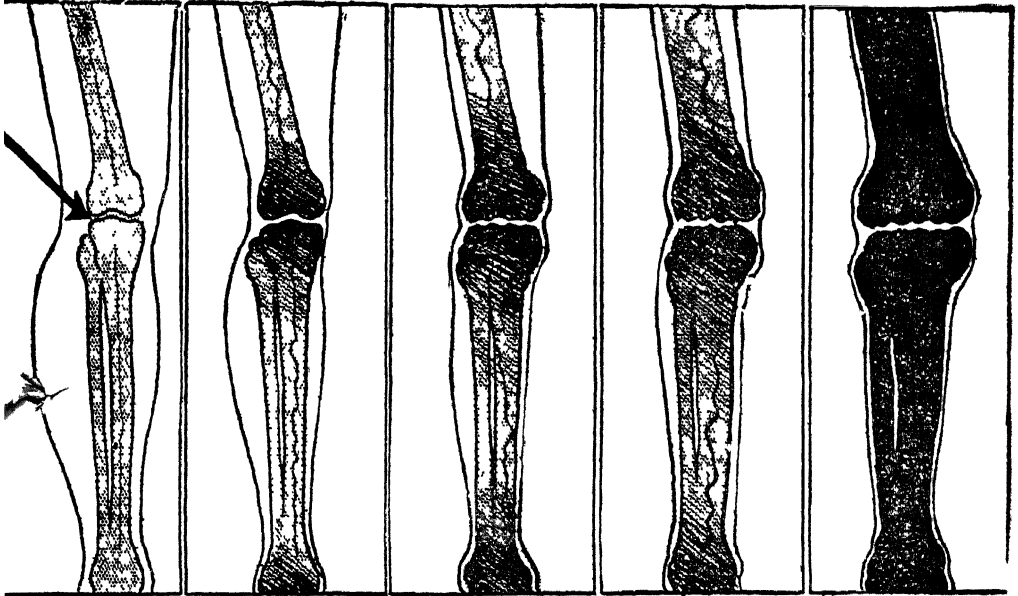
CURE OF RHEUMATISM.

This little treatise is short, but it is absolutely infallible. We are not satisfied to cure most cases, we want to cure them all, and we can cure them all. The author has had the worst cases, that had baffled every other form of treatment for so many years that no one had ever expected to see them up again. In some cases the radical cure may be expected under spinal adjustment alone in a space of time not exceeding a few weeks, combined with a little dieting. Adjust the fifth, seventh, and tenth dorsal vertebrae, let

Chronic Cures

the patient live on two meals a day, omitting preferably the breakfast, and do not drink tea or coffee, and patient will soon be entirely free from rheumatism. He may take the epsom salts bath once or twice a week, if desired, as it is the best bath that can be given for all conditions. See *Pages at end of chapter* as to how to give this bath. Still it is not necessary to give this bath in order to cure simple cases of rheumatism, but it is the best bath in the world.

This is sufficient on the simple forms of rheumatism. A volume would be no better than the above paragraph. Follow the directions here given, and you will be absolutely successful. As you see, by adjusting the fifth, seventh, and tenth dorsal vertebrae, you



In the progress of rheumatism of this form, arthritic deformacus, the changes take place as here indicated. Spinal adjusting and eliminative baths will bring the only known cure.

reach and stimulate the normal action of the stomach, liver, and kidneys, thus insuring good blood, and the diet and bath will do all the rest. But little dieting is necessary if the breakfast is left off, and coffee and tea omitted. Yet a fruit and vegetable diet is very desirable, and must be adhered to in the old chronic cases.

Chronic Cures.

that we shall presently treat of Also omit tomatoes and onions

Rheumatism is caused by uric acid and crystal urates in the blood. These are formed from excess of meat and other diet getting into the blood from overeating, as when healthy men and women, living inactive lives, eat much rich food, beyond possibility of digestion These undigested particles crystallize in the blood, and being too large to pass freely through the capillaries, obstruct and lodge in the passages, cutting the tissues and causing great pain Atmospheric conditions cause these crystals to form more readily, and the pain to become greater Muscles become sensitive and sore, joints and bones enlarged, and the man's life becomes practically useless, dragging through years of pain and agony. The author has had enough experience with these old helpless chronic cases to know they can all be cured in a reasonable time, even when they have suffered for years, and when everybody else knows they cannot be cured

The treatment is infallible, just as sure as the sun is to rise in the morning In no single case have we known a failure Success comes every single time so surely that we cannot say it positive enough.

In all these old cases remember to adjust the fifth, seventh, and tenth dorsal vertebrae, and elsewhere as indicated, but these three important segments to a certainty Too much stress cannot be laid on this, and if the back is too sore to admit it at the beginning, then be sure to massage and manipulate these regions quite well, thus giving the proper stimulation, whether the adjustments can be readily made or not In a few days you will be able to adjust these segments in a way more satisfactory

In the second place, cut the patient down to two meals a day, omitting preferably the breakfast Any other meal may be omitted and good results follow, but if the breakfast is omitted, the stomach is empty a longer time, as we have about eighteen hours from supper till noon the next day. If a patient greatly complains, let him have his first meal about ten-thirty A. M., and nothing else till supper. Then the next day have the first meal at eleven A. M., and soon get the meal put forward till noon

Chronic Cures.

Observe a few words here on diet in these old cases Eat mostly of fruits and vegetables, but rather sparingly of onions and tomatoes Cereals and potatoes are allowable Eat little if any meat.

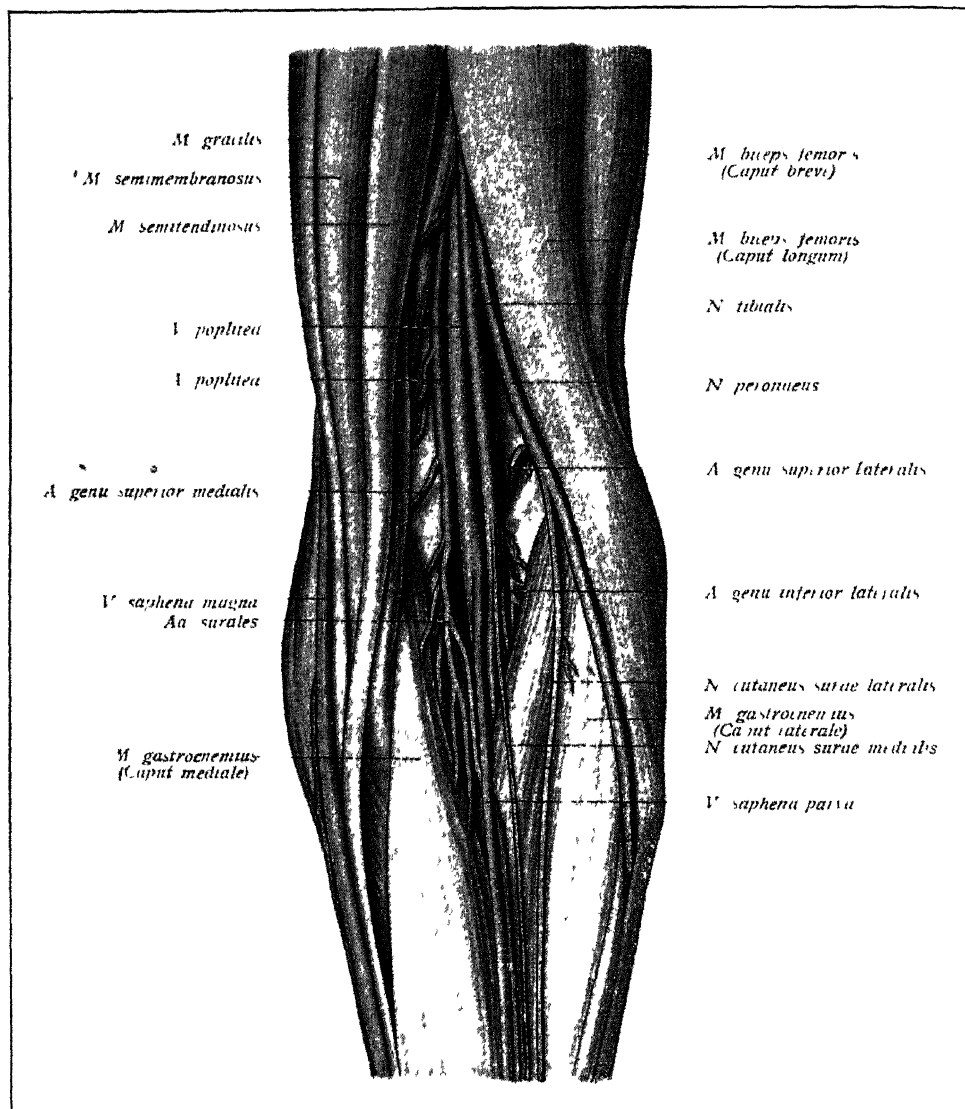


Spinal adjustment, with eliminative baths and rectal dilation, will cure the worst cases

Omit tea and coffee If the patient has been accustomed to coffee, reduce quantity daily until all is omitted or very little indeed is used, but leave off the tea entirely Eat sparingly of bread; whole wheat being the best Be sure and note this next, just a

Chronic Cures

few articles, and never eat sweet and sour things at the same time.
Celery is one of the very best vegetables a patient can eat



Diseased muscles, nerves, blood vessels and other structures may all be made healthy, as seen above, by the treatment here outlined

Chronic Cures

Avoid rich pastries of every kind. An apple or a piece of sponge cake is the best dessert.

In the third place, see that the patient gets frequent warm epsom salts baths. We have had old chronic cases to soak in the warm epsom salts bath at the first of a course of treatment until in a few minutes so much urates and other toxins would come out that the odor in the bathroom would become absolutely offensive and the water filthy. Pain can be removed marvelously by the baths. Let them use from three to six pounds of the epsom salts for the bath. Keep the temperature warm, letting in more warm water as the water cools. Read carefully the accompanying treatise, on how to give the epsom salts bath.

In the fourth place, use rectal dilation on these hard cases, although they will usually recover without this. Rectal dilation is a recent development, and in some of these old rheumatic cases, as well as in paralysis, locomotor ataxia, epilepsy, etc. works marvelously. We have a great help in it in some of the obstinate cases. Read the accompanying page on the subject, so that you may be able to give it properly when indicated. The rectal dilation may be given daily or three times a week. Use the instrument that may be reduced to minimum size for insertion and then gradually expanded to the greater size. Let it remain in the rectum ten minutes or longer, being guided by the feelings of the patient.

Often a marked difference is seen in a single day with the adjusting, bathing, and rectal dilation. You will be agreeably surprised at the rapidity of the recovery. You will actually see them grow better day by day until a complete recovery is reached. We have positively relieved all pain in a single day on some of these worst cases by giving the baths several times, moderate treatment of the spine, and permanent cure came so quickly that we could hardly believe it, but the proof was the sight of the helpless ones going about with ease.

CURE OF PARALYSIS.

Paralysis may be due to impinged nerves, called Monoplegia;

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or it may be due to lesion on one side of the brain called Haemoplegia. The former may be brought about by anything that produces sufficient impingement on the nerves of any certain region to interfere materially with the nerve impulse. Sometimes injury to the spine is sufficient to cause a clot on the cord itself or pressure on the cord, and involve the entire body below that region. The Haemoplegia, or clot on side of the brain, will involve the opposite side of the body. Complete paresis may take place all over the body at times.

Paralysis caused by nerve impingement alone can be relieved by spinal adjustment alone, reaching part involved, as, for instance, paralysis of an arm from impingement of nerves reaching the arm, may be relieved by adjusting the lower cervical and the upper dorsal region. This is all that can be done and any practitioner may very readily do this. However, even when the paralysis seems confined to a local area, there may be a lesion at some center of the brain, and local adjusting may not be sufficient.

It is therefore these hard cases that we are to deal with particularly. We have experienced uniform success with a great many of these. In all these cases there must be persistence in the treatment, for it cannot be accomplished in a day or a week, although some make very rapid recovery, so rapid indeed that the improvement is observable from day to day.

In these hard, obstinate cases begin by having patient leave off one meal a day, preferably the breakfast. He is naturally very inactive and doing nothing, and needs very little food. The circulation becomes better if one meal is omitted, and no poison can very easily accumulate in the body. Also have patient omit tea and coffee. He may use milk and such drinks if he likes them. Oatmeal, beans, potatoes, lamb, veal, celery, apples, prunes, raisins, dates, cocoanut butter, are among the good foods he may eat. However, he must observe the rule to eat only a small number at any time, and should not eat at bed time or between meals.

As to adjustment of the spine, this must be general. Adjust the atlas, middle cervical and fourth dorsal to insure good circulation, and sixth and tenth dorsal for central place and kidney action. The first, second, and fourth lumbar are important.

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the bowels and bladder Concuss the upper middle and seventh cervical regions also

At beginning of treatment give epsom salts bath at least daily, and less frequently later on Use abundance of salts, and stay in the tub a good long time Either before or following bath give rectal dilation. You will not give it too often. Some of the very worst cases will get well under the baths and the dilation without anything else, but you should do everything possible and you will never fail in a single case if you follow what we say above, as we have had success that is simply more than marvelous

A good exercise is to have patient write, or attempt to write, with the left hand, as it in some way helps to establish co-ordination in movement. The patient will recover without this, but we really have found it helpful, and give it to you for what it is worth. Do all we tell you and failure will simply be impossible

CURE FOR DROPSY OR BRIGHT'S DISEASE.

We have had cases of dropsy respond to simple spinal adjustment It is almost incredible how the kidneys will work the fluids out of the system We have had some cases where the entire body was bloated, the lower part much more than the upper, and the limbs below the knees had burst in many places and running the viscal fluids out in variable quantities, and yet they have responded in a remarkably shorts pace of time

Nevertheless, we have met with a few exceptionally hard cases that simply would not yield to spinal adjustment alone One case we put on an absolute fast for forty days, continuing the adjustments of the spine two and usually three times a week with permanent cure Other cases we have limited to the milk diet and nothing else while we continued the spinal adjustment daily and thrice weekly

Now, however, we are uniform in the treatment of this disease where the case is a stubborn one By all means stick to careful adjusting of the spine, for nothing will take the place of this. Get

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perfect elimination through the kidneys, bowels, and skin Limit the diet, and make the patient live on two meals a day

Spinal concussion of the seventh cervical vertebra greatly stimulates the circulation, and is therefore a decided help in this disease. It further greatly stimulates the vasoconstrictor centers and helps all the blood vessels Concussion from the second to the eighth thoracic segment will have a powerful effect on the splanchnic nerves and all organs in the abdominal cavity, contracting and toning them up

Rectal dilation, because of its great stimulating effect on the heart and circulation and the sympathetic system throughout, is a great aid in the treatment of these old hard cases, and should be used several times a week.

With all the above, remember the sponge bath of epsom salts, or better still, the full bath, given two or three times a day at first, and less frequently as the case proceeds Let patient remain in bath a good long time The first few times will be needed to get the bath to working well, as it is no easy matter to get the elimination started well out through the tightly clogged pores, but it will come better and better as you proceed with the baths in connection with the spinal treatment and other auxiliaries as indicated above

Follow up what we have said and you will pillow your head at night without the least doubt as to the welfare of your patient From the great school of experience we are leading you right, and you will never fail if you persist as we direct you here Some of the very worst cases will soon be up, and every one will come up well and strong in a time not unreasonable in duration, varying from the nature of the cases

ECZEMA, PSORIASIS, AND SKIN TROUBLES.

This brief treatise will do all that is claimed for it and even more We have had cases under our care that had been treated for almost a lifetime with every known skin lotion to no purpose whatever, and we have never seen a failure under the treatment we herewith

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offer We know all these hard old cases can be made entirely well for we have done so with too many to have the least doubt in regard to any others They will all yield to the treatment here given in what will usually seem an incredibly short time

Of course every Chiropractor or other drugless healer knows that all simple cases of eczema will get well under spinal adjustment given at the fifth, seventh, and tenth dorsal vertebrae, with the full epsom salts bath two or there times a week for a few weeks, with a diet mostly of fruits and vegetables, omitting fat and salt substances from the diet

But it is the hard old cases that resist everything else that should interest him, and to these we devote the time of this paper in particular In these cases remember to adjust carefully in the fifth, seventh, and tenth dorsal places, and also in the second and fourth lumbar region This will give good blood and thorough elimination. Adjust daily, and three times a week.

Now comes an important addition to the adjusting, to break the desire to scratch or irritate the itching places Fill a bottle at least half full of epsom salts, and then fill with clean warm water, and shake well until all the salts is dissolved Moisten the itching surface thoroughly, without scratching, with this fluid, and let dry before clothes are put on. When dry, or during the drying process, hold violet ray bulb and funnel so as to warm the itching surface as much as the patient can stand Give this solution to the patient, and instruct him to moisten the itching surface as often as it itches during the day, and each time to refrain from scratching the spot for a minute or two, when the itching sensation will disappear.

When he comes to you again give the adjustments, moisten the spot, and use the violet rays as before. If he should return to you two or three times during the week for the violet ray application it will greatly hasten the cure, but even the old hard cases will most all get well without the use of the violet ray at all, but its use makes the cure an absolute certainty We have had a few cases that did not respond until we had used the violet ray, but only a few

The plain violet bulb in the common funnel shape is the best to

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use, and is absolutely safe. It costs but a few dollars and is very-durable.

The full salts bath two or three times a week is good, but do not use soap. The epsom bath will cleanse perfectly and soap will hinder a cure.

This is a very simple cure, but you will never fail if you try it faithfully. We have tried on the very worst cases, some of them of forty years' standing, with results in only a few weeks that are simply astounding. You will do equally well. In some old cases the skin was as thick as leather, and yet they would all get well.

THE CURE OF PILES.

The drugless practitioner is usually very successful in the treatment of piles, hemorrhoids, and all troubles of the rectum by the ordinary mechanical means of adjusting the spine. He can always do this if the lesion that causes or permits the trouble arises in the lumbar region, where it is possible for him to properly adjust the patient. But it must be remembered that the trouble is often caused from weakened nerves in the sacral and coccyxigeal region, in which case the practitioner must resort to rectal dilation and spinal concussion.

The dilation of the rectum should be made daily at first, and then three or four times a week. Let the dilation continue at least ten minutes or longer. Can let a small dilator remain in the rectum all night if desired, with the very best results. Before and after dilation an additional help may be had by washing the rectum in moderate epsom salts solution. If the tumors hurt or become painful during the day, let the patient take a little vaseline and insert in the rectum. A better application is the nixture of a tablespoonful of lard whipped to the consistency of cream and a teaspoonful of calomel. Apply three or four times a day. The extract of the Canada Pine, *Pinus Canadensis*, applied with the finger or otherwise twice or thrice daily is one of the very best applied with the finger or otherwise twice or thrice daily is one of the very best applications ever used and will always reduce the

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tumors An ounce of Sanguinaria to a pound of epsom salts and a little sprinkled on the tumors reduces rapidly The best thing to be eaten while undergoing treatment is the common cranberry cooked as you cook it for table use Use it liberally at meals Eat the cranberry two or three times a day and avoid coffee, tea, wine, pepper and rich pastries of any kind Do not use beer or spirits of any kind

Be sure to adjust the lumbar region of the spine and give concussion over the sacrum and lumbar

Any one of the applications mentioned above is sufficient to use, if you use any at all. Either of them is a help, but you can cure without any However, be sure you do the very best for the patient

If you follow carefully what we have said above you will cure the very worst cases of piles that mortal man or woman was ever afflicted with You will some times do this in a very few days, and always within two or three months You need not fail in a single case

CURE OF THE MORPHINE HABIT.

There is nothing more sure than the treatment we herewith give for the cure of this habit, or disease, for it is both a habit and a disease, and it requires but a few weeks at most to effect a complete and lasting cure

In order to get the very best and quickest results, the patient must put himself exclusively under your care, and you must keep an attendant with him constantly, for reasons that will be obvious to you as we proceed to outline the treatment It will work most admirably on the worst cases, and there is absolutely no danger whatever to follow the treatment The patient will be rejuvenated through and through, mentally, physically, and morally

In the first place begin the adjustments early in the morning preferably, but any other time will also answer Adjust cervical one, dorsal five, seven, ten and elsewhere if indicated Following

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this first adjustment, have the attendant give the full epsom salts bath, using four or five pounds of the salts, and continuing the bath for fifteen or twenty minutes, or thirty minutes. This bath will take the desire for the morphine completely away from the patient for the time being. However, in two or three hours the craving will all have returned to him again, and the bath must be repeated as before, when the desire for the drug will leave him again. Thus during the day the bath must be repeated several times, and sometimes it is best to adjust again in the evening, and once during the day give the rectal dilation.

During the night an attendant must constantly watch the patient and repeat the bath as often as is needed during the night. The patient sleeps some and then awakes with the craving for the drug, and the bath will be necessary. Have known the attendant to give a very small dose of the drug during the second night, producing abundant sleep and rest, but we have not usually done this.

Each morning make the adjustment of the spine, thus daily giving the patient a taste for normal foods and drinks. The second day the bath may be given less frequently, and each one will relieve the patient of all pain and desire for the drug. In three or four days you will have conquered in most cases, but will require longer treatment, and indeed, every case you handle should be treated for a while after the disease is conquered. You will never make a failure, and the patient will always be a better man, or woman after your treatment than ever before, physically, mentally, and morally, and will bless the day of the treatment. And the habit will never return to any self-respecting man or woman.

The above may seem too simple to be true, but a fair trial will convince the most sceptical. Under adjustment alone, the drug may be gradually reduced until it will be no trouble to leave it off entirely, but we know the above to be better than any other way, and you simply cannot fail if you follow it along properly.

CURE OF THE DRINK HABIT.

The drink habit is often radically cured by adjusting the stomach and liver and bowel regions, in connection with the tenth dorsal and sixth dorsal. The stomach becoming normal will create a normal taste to proper foods, and there will be no desire for abnormal foods and drinks. We have had a number of cases cured by spinal adjustment alone, and they are permanently cured.

However there are cases that will not yield to spinal adjusting alone, and it is of these that we have to deal particularly in this paper. These cases must be adjusted regularly all the time the treatment is going on, but must have the eliminative epsom salt baths several times the first day of treatment, and less frequently each day as the treatment proceeds.

Have an attendant watch the patient carefully all the time to see that he gets no whiskey. Whenever he wants a drink, give him a good tart apple instead of the whiskey. Sweet apples are not good as the apples that have a little of the tart to them, but they need not be specially sour. Just the ordinary apple that is not specially sweet.

The patient will not care for a great variety of food, as the apples will be about as much food as he will require, but let him have other necessary foods as he may desire, omitting tea, coffee, pepper, and all highly flavored dishes, and to eat temperately, leaving off one meal a day. You will get the results anyhow, but it is best to leave off one meal for quickest results.

Cases of the old toppers will require only a few weeks for a good permanent cure, while the young men who really respect themselves enough to really desire to be cured will get well in an amazingly short time. It is very hard for a person cured of the drink habit by this method to train himself back into the habit. He loses all taste for the drug, and cannot easily cultivate it again. We have known a few to lose respect for themselves so that they wanted to drink again, and it took them a long time to be able to drink again, and retain it on the stomach. Eventually, however, they succeeded.

No self-respecting man will try to do this, of course, and hence

it is a contingency with which we are not concerned. It is our work to cure the patient, and we will do it every time. The young and the old, the man and the woman, every drunkard that will come under this treatment entirely, will have a radical cure that will be as lasting as his own self-respect, and may last even if self-respect does not last. We have taught you and lead you. Follow and fear no danger. You will succeed every time.

THE CURE OF GOITRE.

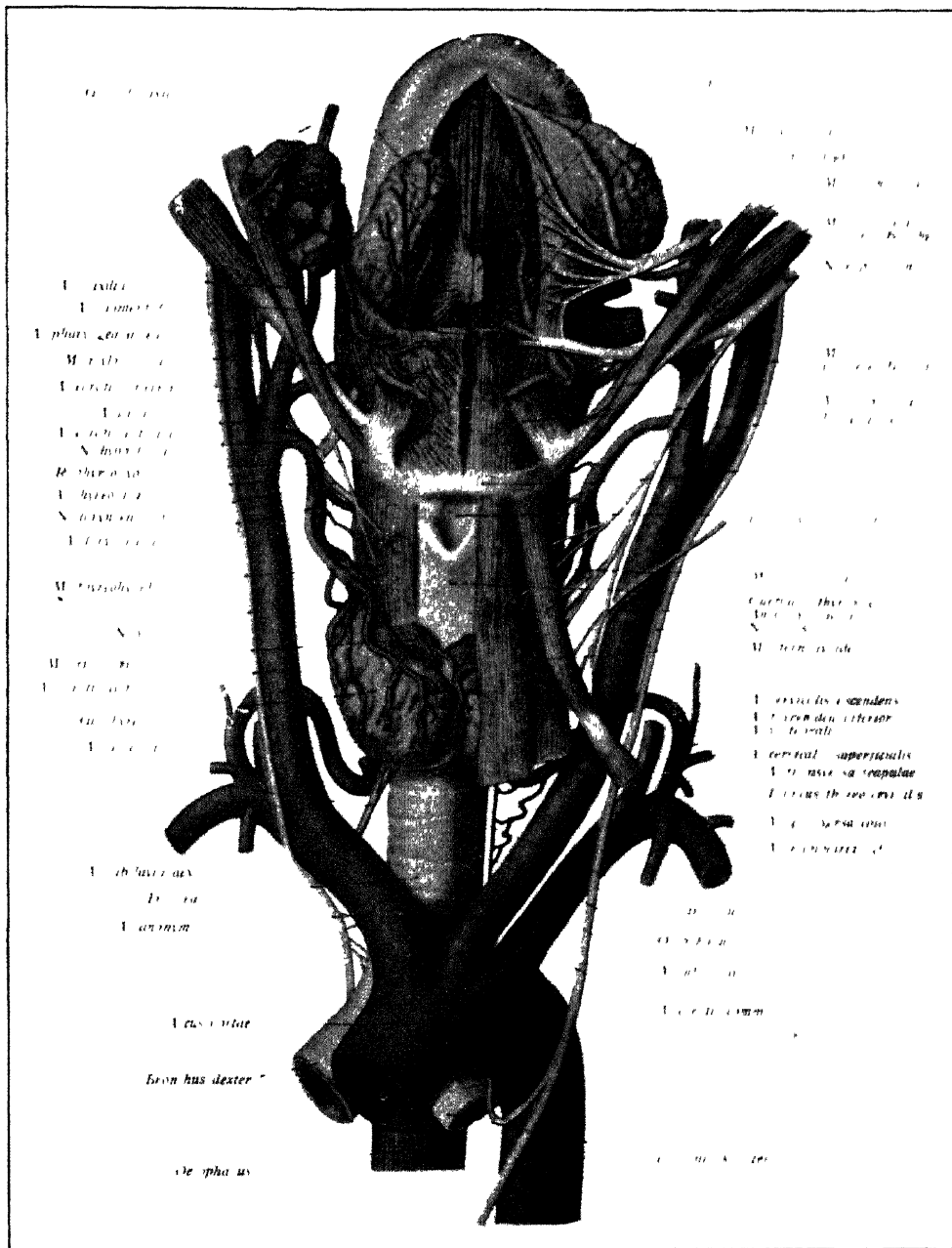
Goitre has been one of the hard things to handle under older forms of treatment, and has not been easy under any form of treatment until very recently. Now, however, we seldom, in fact never fail in the treatment of this trouble, whether Exophthalmic or not. Cure follows every time.

An essential adjustment for Goitre is the fifth cervical, and we have had many recoveries from this adjustment alone, and we believe that all Goitres of recent origin will soon disappear if this adjustment is persisted in for a reasonable time.

However, experience has taught us the wonderful efficiency of spinal concussion as an aid in the treatment of goitres of any kind, and we use it always in connection with whatever other treatment we may apply to the goitre. First step in the treatment to adjust cervical five region. Then give concussion over seventh cervical vertebrae spinous or on the side. We have learned by experience also that concussion over the region of the fifth and sixth cervical is helpful. Give treatment daily at first, and less frequently later on. This is all we usually do for goitre, and the past several years have made an unprecedented period with us in the treatment of this disease.

We have had some of many years standing, both of the common and the exophthalmic type, that have disappeared under the treatment completely in a short space of time. Some small goitres of recent origin have disappeared in a half dozen treatments, while others of long standing and greater size have vanished in a time somewhat longer.

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Some have been as large as a goose egg or a good sized orange, but have yielded to the treatment persistently given

Goitre will also disappear through injections of hot water kept up once or twice a week for a few weeks, but we like the above treatment better, as it is more in line with our general work

In a few hard cases we have had patient to bathe the goitre thoroughly at night with epsom salts to a reasonable solution. This will perceptibly reduce goitre with a single application, and if continued for six weeks will in almost every case reduce it entirely

If using the bath, continue each application a good long time, say thirty minutes or an hour, washing the neck

Long ago we used to reduce goitre by binding slices of grapefruit over the enlargement at night, and the method was very successful, too, but we always use the adjustment and concussion as outlined above, in these later times, and find it uniformly successful

We would not hesitate to insure a cure in every case where a patient would be faithful in taking treatment, as we believe we would be safe in making this guarantee

Experience leads us to this conclusion, and we believe we are perfectly safe in it

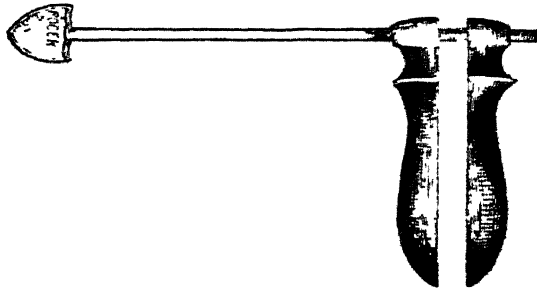
RECTAL DILATION.

Just before and just behind the Medulla Oblongata in the brain are the Pituitary body and the Pineal Gland The Pituitary Body is supposed to secrete the magnetic fluids and forces that have much to do with muscular action through the nerves, while the Pineal Gland is charged still more with electric and magnetic currents for the control of both the muscular and the trophic elements in the human body

Each of these little glands, not larger than a pea, sends out a pair of nerves to enter the myelin sheath and the arachnoid coverings of the cord, and hence may be called Myelin Nerves They become a part of the Myelin Sheath, and all the spinal nerves, in their exit from the cord, necessarily take with them some of the

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fibres of these nerves. A very important consideration, as the the Pineal Gland is supposed to be further the seat of will power as well as the generator of the electric forces. Both glands are charged from the Olfactory Bulb, which in turn is charged from the electric currents of the atmosphere.



Fibres of the nerves from these two important little glands follow the coverings of the cord clear down to the coccyx, there to come together again, and pass out as distinct nerves, and are distributed to the sphincter muscles at the rectum and the neck of the bladder, the sympathetic system, and the terminal ganglia throughout.

Hence it is readily seen why an impingement or injury to these nerves in any way will have a very far-reaching effect on the entire nervous system. An injury to the coccyx from a fall or hurt may impinge these nerves, causing troubles, not only for the rectum and nearby parts, but to more distant parts as well, followed by paralysis in some cases, and mental disorders in others. We may stimulate these nerves very materially by rectal dilation. We have treated some cases of paralysis with the ordinary spinal manipulation or adjustment, that are making very slow progress, who when we began the use of rectal dilation in connection with the other treatment made improvement so rapidly that we could scarcely believe our own eyes. Some other troubles are equally amenable to rectal dilation, including piles, appendicitis, bladder troubles, constipation, heart troubles, diarrhea, cold extremities, cold back, dizziness, pains in the back, bowels and lower parts throughout.

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As to the method of making dilation, let patient lie on back or side Use vaseline on the dilator and in the rectum to lubricate The best dilator is the one that can be reduced to a minimum size for insertion, and gradually expanded Insert carefully, and slowly all patient can stand After a few seconds dilate a little further, and keep on until a dilation of from one to two inches is obtained. The rectum may sometimes be so much contracted that you cannot get instrument in at first trial If so, simply insert finger, and try again next day If you succeed the first time, as you probably will, you may not be able to dilate very fully this first day, but you will do better each day until you reach the full dilation of from one to two inches besides the size of the instrument. Let instrument remain in rectum from five to ten minutes, or longer If the rectum has been operated upon, be very careful at first, as the muscles may have been cut or weakened After use immediately clean the instrument with good soap and hot water, and dry well. Rectal dilation will just simply work marvels in old chronic cases where there has been injury to the coccyxigeal region, or where there is an unusual contraction of the sphincter muscles of that region

MAGNESIA SULPHATE OR EPSOM SALTS BATH.

No element or compound known to science will so quickly, surely, and readily dissolve uric acid and neutralize all poisons in the blood and tissues of the body as Magnesia Sulphate or Epsom Salts. This bath may be given as a sponge bath, or in a tub with the usual quantity of water. If patient is not able to get in tub properly, the sponge bath may be given him with the usual quantity of water, or about an ounce of salts to each pint of water To relieve rheumatic conditions and dissolve poisons in the body or in the blood and tissues of the body, spend fifteen to thirty minutes several times a day for a day or two, and then about two a day, and after a while only one will answer Under this recovery from rheumatism will be very rapid

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The full tub bath is the best of all when it can be given. In this use from three to five pounds of the epsom salts, according to the capacity of the tub. Let the patient remain in this from ten to twenty minutes, or even thirty minutes sometimes, with the water warm. After being in for about five minutes, the skin will become somewhat slimy in feeling, as if the poisonous substances had been drawn out by the action of the salts, which is indeed the case. Then rub the body under the water with a coarse sponge. After five or six minutes repeat this rubbing. Take from fifteen to thirty minutes in all for the full tub bath.

In giving this bath to chronic rheumatics we have sometimes observed the water to become so foul from the soaked out toxins that the odor in the room became so offensive that windows in the room had to be opened. Sometimes we have let the water run out of the tub, and fresh water run in again, with a new supply of salts, which in turn would also become quite filthy. Next day the water would become less filthy.

The full tub bath may be repeated several times during the first days and less frequently as the treatment advances. Once a day will answer in most cases, and when more advanced with the work every other day will suffice. It is a most powerful aid in all rheumatic troubles, paralysis, locomotor ataxia, etc.

Never use soap of any kind in giving epsom salts baths as one counteracts the other. You will find it the very best for yourself as a health guard as it is the best bath ever given for anything. Take it as your regular bath a few times and you will never want any other. Bed time is always a good period for the bath for yourself, but it may be taken at any other hours of the day.

You will find epsom salts very cheap if purchased by the quantity. Before the present war began the price was less than two cents per pound but it is somewhat higher now. It is the most cleansing, purifying, and invigorating bath ever given.

PRACTICAL URINALYSIS.

We believe we should present here in brief the principles of urinalysis. It will not be an extended course, but will practically treat all the most essential things for the busy physician to be able quickly to make urinary tests where such may be needed in his work.

While the presentation is indeed brief, we wish to say that it is as full as any one need desire for all practical purposes. If extreme gravity presents itself, the physician may, at his discretion, consult some fully equipped analyst for this extraordinary case.

However, let us here remark that it will seldom if ever be necessary to do this, and no difference what conditions the Chiropractor may find when the first analysis is made of the urine of some patient, he will find it clearing up in a few days, and the urine will soon be normal under his treatment.

Urine is an important secretion and tells many things which may be found in other ways also in some instances, but the knowledge of urinalysis will more than repay any study that may be devoted to it, and no one will regret this study.

GENERAL AND DESCRIPTIVE PRINCIPLES.

1. The quantity of urine secreted in 24 hours varies from 40 to 60 ounces under normal conditions. This quantity may be greatly increased or decreased by drinking larger or smaller quantities of water or other fluids, or by eating certain kinds of foods. Watermelon will greatly increase the quantity excreted. Java tea, likewise, and such vegetables as the garden beet. The quantity is also increased or diminished by certain diseases. It is always less in Bright's Disease and fevers, and more in Diabetes.

2. The specific gravity normally is from 1015 to 1035. It is always reduced by drinking large quantities of water, and made greater by drinking less water. If very low it would indicate a condition of interstitial nephritis or disease within the kidneys, or diabetes insipidus. A high specific gravity would point to diabetes.

mellitus, or such other disease as would give pathologic conditions or matter that must be taken from the kidneys

3 The reaction is slightly acid in the normal. If the quantity is very high it indicates uric acid, rheumatism, poor elimination, and imperfect metabolism. If the urine is alkaline in reaction it indicates diseases of the bladder, the prostate gland, and other genito-urinary organs

4 The color normally is somewhat like that of comparatively fresh wheat straw. If very red it shows blood or urates in the urine. If lighter in color than straw it indicates some form of Bright's Disease. If the color becomes deep brown it indicates fever, biliousness, etc

5 The odor normally is characteristic and hard to describe being varied by temperament, food, drink, etc., while such drugs as methylin blue will make it a dark blue in color. Beets, asparagus, cabbage, celery, etc., will alter the color and odor. If the urine is of sweetish odor it shows a diabetic condition or tendency. If a putrid odor exists it shows suppuration or decaying conditions. After standing a while a brick dust sediment may be observed some times in the bottom of the vessel, and albuminous substances may be observed in other cases. These will be discussed later on and their full significance treated

6 Sediments of every kind are significant of many conditions that must be met and successfully treated by our methods, which are all-powerful in most cases of kidney afflictions. Normal urine may have some phosphates, urates, and urea. In pathologic conditions we may find blood, mucous, pus, tissue shreds, and various casts. These will be treated scientifically and practically as we proceed

7 Albumin may be transient only as seen in the urine after eating albuminous foods, or it may be permanent, as seen in many forms of Bright's Disease. A good test for albumin is to take a quantity of urine in a test tube, heat it well and drop in a little nitric acid. The cloudiness, if any, that follows shows the absence of albumin. Perfectly healthy people may have a little albumin in the urine

8 Sugar in the urine indicates diabetes mellitus. A good test

is with Whitney's Reagent, which we will illustrate fully to you. This is the easiest test for sugar we ever saw, and so simple and true that we say but little about any other. It can be purchased for one dollar with all apparatus and will last a long time.

9 Indican shows a condition of putrefaction of the intestines, which must be corrected by spinal adjustment. Not hard for a capable chiropractor to do.

10 Bile in the urine indicates liver disease, jaundice or other obstruction of the flow of the bile from the liver to the duodenum.

11 All diseases of the urine or kidneys are so easily handled by our class of physicians that results appear to others to be almost marvellous. An examination of the urine at the beginning of a course of treatment and another a few days later will show many favorable changes.

TESTING FOR SUGAR.

We believe the test with Whitney's Reagent one of the best and easiest ever made. A bottle of this may be purchased from the druggist at only a nominal price. It was only a dollar before the war, but is higher at present. It contains a testing tube also. Contains sufficient of the liquid to test many specimens. Only one bottle container is used and it is already mixed. Nothing has to be added to it. Directions are very plain. Just drop by drop added until the color changes. Follow directions on bottle and you can make the test without hesitancy.

TEST WITH FEHLING'S SOLUTION.

A good test also for sugar. Have this made by the druggist always to insure accuracy. You could make it yourself, but you had better have it made by one with proper facilities, such as all good druggists possess.

It is simply a mixture of copper and Rochelle salts kept for use in separate bottles.

To use this we will say a few words, as you would not have directions as you would in case of the Whitney Reagent.

In testing by the Fehling, take one cubic centimeter of the Rochelle salt solution in test tube, and add to this an equal quantity of the copper sulphate solution, and eight centimeters of pure

water, and heat to the boiling point. This is to see if the solution is made as it should be. If it remains clear and pretty you may conclude that it is properly prepared. If a precipitate is formed, the solution is useless, and another will have to be made.

After ascertaining if the solution is a good one, boil a few seconds, add a little urine that has been filtered while the mixed liquids are still boiling. Add the filtered urine, drop by drop, until ten cubic centimeters have been added, keeping the solution at the boiling point if possible. If the solution remains unchanged with this treatment, you may safely assume that no sugar is present. If sugar were present it would act as a reducing agent, destroying the color of the solution, and throwing down or precipitating red cuprous oxide, Cu_2O .

This is a very fine test if carefully handled. All tests should be made very carefully.

If sugar and diabetic conditions are found to be present, the treatment should be by spinal adjustment of the seventh dorsal, and elsewhere as indicated, and by concussion or sinusoidalization of the seventh cervical. The very worst cases of diabetes in either and every form will speedily yield to the potency of this treatment. No case can resist that is not already at the gates of death, and even then it seems they will be restored to life in almost every case.

This treatment for diabetes is simply miraculous. We can^{*} call it nothing else. Our own experience has been more extended in the treatment of this disease, and the success has been so absolutely uniform that we believe we should make the unqualified statement that all cases of diabetes may be cured by the treatment here outlined. We have spoken more fully of the cure of diabetes in the earlier pages of this treatise.

A CHECK FOR THE SUGAR TEST.

This is a second test for sugar. This and the preceding may be considered each a check for the other. If a test is made by each of the two tests, and the findings both indicate sugar, or something for which we are testing, we feel more sure of our ground than if only one test is made.

To prepare the mixture for this test, we take thirty grains of copper sulphate, and add this to one half ounce of water, and mix well, and after this thoro mixing, add one half ounce glycerine, and five ounces of liquor potassae. This is now ready, and while not so closely accurate as Fehling's, it is nevertheless a good one.

Boil an ounce or about a teaspoonful of this mixture in a test tube, and, very slowly, add eight to ten drops of the urine to be tested, keeping the mixture as nearly to the boiling point as possible. If sugar is present, there will be a reddish brown precipitate in the bottom of the tube.

This is a very nice test, and quite, accurate, too.

TESTING FOR ALBUMIN.

It is claimed by some good analysts that small quantities of albumin may be found in normal urine, and, while this may be open to dispute, it is certain that large quantities in the urine indicate Bright's Disease, and consequent serious conditions. It is certain that parties entirely free from Bright's Disease may eat heartily of albuminous foods for a while and place albumin in the urine, but this amounts to nothing at all, as we know the cause or origin is simply from the food eaten.

Where the albumin forms continually without the patient having eaten the albuminous foods, there is reason to suspect the development of Bright's Disease or other grave disorder.

We will give here two good tests for albumin, namely, the Heat Test and the Nitric Acid Test, either of which may be used as a check for the other.

THE HEAT TEST FOR ALBUMIN.

For this we will fill test tube half full of filtered urine. Heat the upper part of the tube until the urine reaches a temperature of about 175 degrees Fahrenheit. If albumin be present to any considerable degree, there will be present in the heated portion of the urine an albuminous precipitate, while the lower or cooler portion will remain clear as before.

Now, it is possible that this precipitate is from the phosphates of the alkaline earth elements. This is seldom the case, but to make sure of the ground, add about half a cubic centimeter of nitric acid, drop by drop. If any phosphates of the alkaline earth element is present, it will dissolve, but albuminous precipitates will remain unchanged.

NITRIC ACID TEST FOR ALBUMIN.

For this test, place a small quantity of urine in a test tube; we will say about fifteen drops. Next let about the same quantity of nitric acid run down the side of the tube in an inclined position. Let this be slow. If albumin be present, there will form a whitish band between the two liquids. This may form immediately, but may remain without formation for some time. If not formed soon, heat in hot water very slowly. This will hasten the formation.

Some coloring matter may show in the albumin found to be present in the albumin test. These different colors indicate other substances present as follows:—

A white ring which remains after heat or alcoholic additions indicates albumin,—A whitish ring which dissolves in acid indicates phosphates,—A brown ring indicates a generally normal urine; A green ring indicates bile,—A dark brown ring indicates coloring or pigmental substances,—A red ring indicates blood,—A blue ring indicates indican.

Albumin may be increased by work or exercise after eating, or by indigestion of proteid or albuminous substances. This is not hurtful, as nature will take care of it without trouble in any way. It does no harm in any way.

Discomfort and danger will follow the increase of albumin from disease, and there are many diseased conditions that increase or produce albumin. It is certainly increased abnormally in the following diseases:—Nephritis, Syphilis, pyelitis, abscesses, gall stones, gravel, fevers, diabetes, and the use of such drugs as turpentine, cantharides, etc.

Urinalysis

We have already outlined, in other portions of the book, treatment that will cure any case of kidney trouble whatsoever Tenth dorsal adjustment with others, as indicated

Albumin in the urine may be very slight or a mere trace as seen in specimens of normal urine or urine from individuals free from Bright's Disease or similar maladies.

Albumin in some cases is so heavy as to appear to be like clabber or creamy in constituency upon heating or letting stand in the sun a long time

It is always found in heavy quantities in such diseases as epilepsy mercurial poisoning metallic poisoning apoplexy fatty degeneration and such like

THE COMMON URINARY PEDOSITS, ETC

Deposits in the urine may often be discerned by the naked eye, but the microscope is of use also.

Take PUS, as an example, which is often found to be present in the urine as a heavy sediment seen at the bottom of the test tube or glass container It is usually acid in nature, permanently turbid, and is not affected by heat

To test for pus, add to the deposit formed from standing an equal volume of liquor Potasse, and mix well. If pus is present, a mass will be formed that somewhat resembles jelly, being viscid and heavy It will stir like jelly or some thick substance If however the urine contains mucous and not pus the addition of the Liquor Potasse will cause it to become more fluid in nature

Pus in the urine signifies conditions wherein decaying processes are taking place Good kidneys adjustments will always correct the conditions.

If there is an excess of URIC ACID in the urine or urates the urine upon cooling, will precipitate⁴them in the form of brick dust sediment or deposit An ordinary microscope will show the parts of this sediment to be lozenge shaped crystals.

To test for uric acid use the Murexid Test For this purpose collect the the sediment in some small flat glass vessel and add to this sample two drops of Commercial Nitric Acid, evaporating

Urinanalysis

this to dryness, then add a drop of Ammonium Hydroxide. If the uric acid is present, a purple color will result.

Uric Acid conditions are increased by heavy meat eating, lack of water drinking, and lack of active exercise. Good exercise or physical labor, vegetable diet, and more copious water drinking, and such adjusting of the spine as will secure good elimination thru the kidneys and other eliminative organs will decrease acid.

In all such diseases as gout and rheumatism, extra quantities of uric acid are found in the urine.

Any considerable quantity indicates disease, while small quantities do not. To determine whether the quantity is sufficient to be considered grave, make the test as follows.

Add half a teaspoonful of Hydrochloric Acid to one ounce of filtered urine and let this stand in a cool place, then collect the crystals of uric acid carefully into a filter, dry them, and weigh carefully. It will take a very accurate little machine for this weighing process. The normal quantity is about 11 grains and should not be more than this. If much above this quantity, it shows the condition of rheumatism, gout, or similar disease.

Small bodies, like tiny earth worms in shape, are sometimes passed out thru the urine. These show that blood has coagulated in the urine. The condition may become serious, as these formations may so clog the passage as to become a serious menace to the passage of the urine. Spinal adjustment of the 10th dorsal and 1st lumbar vertebrae will prove a specific for this trouble.

A yellow, orange, or pinkish deposit, dissolving when heated, is an acid condition due to urates. Adjustments of the 10th dorsal and 1st lumbar vertebrae will insure a rapid recovery.

A dense white deposit, dissolving when acetic acid is added, is proof of urine alkaline condition, and consists of phosphates. The condition may be speedily corrected by adjustments of the 10th dorsal region, and elsewhere as may be indicated.

A reddish granular or crystalline deposit shows uric acid conditions, which must be corrected by giving proper spinal adjustment as indicated, always including the 10th dorsal region.

A dark or dingy deposit indicates the existence of blood in the urine which may readily be corrected by the 10th dorsal adjustment. Adjust other regions as indicated.

HISTORY OF MEDICINE

King Solomon, the wise man of the Bible, says, "The Lord hath created medicines out of the earth, and he that is wise will not abhor them. Then give place to the physician, for the Lord hath created him: let him not go from thee, for thou hast need of him. There is a time when in their hands there is good success."

Hence, it is not our purpose to become unduly and unjustly critical of any mode of healing. The best man in the world is the one who can find something good in the life of every other man. The best mother makes all other mothers happy. The greatest musician helps all other musicians to become great by the masterpieces of his life. The greatest orator leaves his matchless orations for others to study and become great. The most Christ-like or Christian man is the man who sees Christ in the lives of others. And the best physician is the one who is broad enough to recognize the good wherever he may find it. The man who finds all creeds false but his own will find his own the most false of any. No man ever became really great by tearing some one else to pieces. Any destructive criticism should seek to save that which is good.

The Almighty created medicines from the earth, the great storehouse or depository of all those wonderful and wonderful things he has given his children who seek them out. The laws of health and morals laid down in the Bible are the best the world has ever known, or perhaps ever will know. No difference what your religion may be, whether a believer in a supernatural power or not, that being no concern of ours at present, it will not be amiss to remind you that Moses, whether inspired or not, along with the greatest moral code ever penned by mortal hand, gave also the most perfect system of hygiene the world has ever known. In proof of this read the Books of the Pentateuch for the marvellous knowledge the writer displays in regard to obstetrics, purifying and caring for the body, the nourishment to be given, and the food to be eaten. The world itself, for ought we know, may pass away, but until it does, the perfect hygienic system of Moses will command the respect and admiration and even the veneration of all thoughtful practitioners or healers of every system or creed. It

History of Medicine

is the oldest record in existence, the curious but unsustained claims of the Chinese to the contrary notwithstanding

But the Lord never created nor his servants evolved a system of poisons to be administered internally nor applied externally for the elimination of disease from the human body. His remedies were mild but effective, his foods simple but wholesome, and his physicians, like Luke, were lovely and beloved.

And the greatest physicians of the Bible were drugless healers entirely. The old prophets healed the leper and raised the dead. Witness the restoration of the widow's son, the cleansing of General Naaman, the leper, and other well-known instances of recorded cures without medicine in the Old Testament. So rank was the dreadful contagion that the servant who dishonestly accepted money which Naaman had handled or touched took the disease himself and died. But Elisha healed Naaman so perfectly that his skin became like that of an infant.

And in the New Testament where Jesus of Nazareth spake dead Lazarus back to life, where his word or his touch brought the ruler's only daughter back from the dead, smiling again into the faces of those she loved best, and the captain's son whom he raised without seeing and brought back into the old familiar paths of life, the cleansing of the lepers, ten at one time, and every known disease, fever, paralysis, withered limbs, insanity, all yielded to his command or his touch. And his disciples were commissioned to do what their Lord had done, and even greater things, and they did, as seen in the raising of the dead, the healing of the sick, cleansing the leper, restoring the cripple, shaking off the viper, and on, and on, and on, ad infinitum, all drugless healers of the highest type. Even Luke, the beloved physician, made no further practice of medicine. Paul, though Luke was present, shook the viper from the hand into the fire that burned it to death, and healed the ruler of the island without medicine or help from Luke or any other medical practitioner. So they continued for that generation, when these great methods fell into disuse, and there came a lapsing into other and less effective methods of healing.

There is a robe of "fair and holy portraiture divine," and their faith and their courage could do all things. As long as their methods

were drugless then results were marvellous and even miraculous,

But it is not our purpose this morning to elucidate the scriptural methods of drugless healing, but simply to give copious reference to, and cite examples from, the oldest and most reliable records on earth of the most complete and most wholesome methods of drugless healing the world has ever seen or perhaps ever will see again

History records no period in which there were not physicians or healers of some sort Simple may have been their methods, mild their medicines if they used any at all, but they held high position among men Egypt, Greece, Rome, all the countries of Europe, had physicians in all times of their history

Among the earlier physicians of whom secular history gives any account are Orus, Hermes, Aesculapius, Pythagoras, Metrodatis, and Hippocrates The latter was most distinguished, and stands out clearly on reliable historic records He was born B C 460, and belonged to a family who for ages had followed the pursuit of medicines and healing He flourished in the most distinguished period of Grecian history, along with Socrates, Plato, Xenophon, Pericles, Heroditus, and Sophocles, and became as renowned in his line as they were distinguished in theirs As they reflected the political sagacity of the statesman, the mighty erudition of the scholar, or the intellectual fidelity of the philosopher, so he through all the glory of that brilliant period "took his flight sublime, and on the top of fame's dread mountain sat, not weary and worn, as though he from the earth had labored up, but as some bird of heavenly plumage fair that down from the upper regions came, and perched him there to see what lay below," an ornament to the age and to all the great men living at the time

It was he who first gave recognition to the great healing power of nature as all sufficient and all-powerful to all her needs Give nature a chance, obey her laws, and you cannot be sick He gave faculties to her which regulated the animal frame, causing blood, spirit, and heat to circulate, nourishing, preserving, and increasing all its parts Nature must heal, according to his teaching The physician can only remove the obstruction, life's current must work away the disease, her faculties cast them off Glancing along the interminable line of events for twenty-four centuries of the

world's history, we find no truer position. Earth's greatest physicians have always held that there was within the body that which was most needed to heal the body. In all we teach you in the course outlined before you, the "sumnum bonum" will be, REMOVE THE CAUSE. With the cause removed, the disease itself cannot long exist.

And yet how strange, how passing strange, that so many abstruse, polix, and immense systems of poisonous drug medication should have been worked out in more modern times! Wherein substances are placed in the human system that weaken and destroy human life. Men with surpassing knowledge and unquestioned scholarship have written volume after volume of almost numberless pages in the aggregate in support of systems that pass into the shadows of oblivion almost with the generation that first received them. Those who evolved them have often clung to them with astounding tenacity and the courage of the deepest convictions, but time, the arbiter of all things, hath laid them low. To be sure they are monuments to the memory of those who produced them, but future generations scarcely turn their pages except as matters of historic research and in memory of those who wrote them. Time, which vererates, also destroys, and his gnawing teeth bite deep into all things. In his empire he buried all forms of error, all dreams of prejudice, all illusions and deceptions. But the things which cannot be shaken aside in the certitude of eternal majesty, grandeur, dignity, personality, immensity, immortality, are theirs, to transfuse over the face of the earth, as golden sunshine over and through creation.

But you will pardon this digression. It was only the passing enthusiasm of the moment.

Hippocrates knew but little of human anatomy. He believed and taught that the arteries were filled with air, and did not know that the larger blood vessels were connected with the heart or communicated with it in any way. To him the pulse had no significance whatever. He did not know it was caused by the beating of the heart. To him the nerves were no more than other white matter, such as tendons and ligaments, and the brain only a glandular mass. He did not know that the brain was the seat of all

nervous action, and in fact, did not know what the nerves were or are And yet so close and thorough was his study and mastery of all external conditions, and his research through all available therapeutic resources so exhaustive, that he developed many things that have made all ages indebted to him

Among his doctrines may be mentioned

- (1) His doctrine of critical days
- (2) His doctrine of sedatives, emetics, and purgatives, with the simples of nature
- (3) That there are juices and humours that must be expelled from the human body, and others introduced into it
- (4) That medicine must supply or supplement that which is lacking, and retrench that which is superfluous
- (5) That when the physician has done his best, the patient does not always receive the expected benefit
- (6) Do nothing rashly If you do no good, be sure you do no harm Rest and let nature try without your interference
- (7) Extreme maladies may require extreme measures Drugs, surgery, cautery, - if these do not reach the case, it is truly incurable

He is rightly called the father of medicine, and wrote a number of books, giving valuable lessons on this subject to the physicians of the present age, for it must be admitted that climate exerts a marked effect upon many diseases, such as catarrh, asthma, and consumption

He also developed a system of human pathology, placing the primary seat of disease in the four fluids or humours of the body,-- blood, phlegm, yellow bile, and black bile A disarranging or disproportioning of these caused disease, and a restoration would cause a return to health

He here taught much truth, but unfortunately his medicines would not, as a rule, restore the proper equilibrium of these fluids, and it was 2400 years before the more perfect and more accurate methods of treating disease by spinal adjustment had been developed

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But shadows must pass, and clouds must roll away
Sail on, O Ship of Reason, sail on!
The world's hopes and fears hang on thee
Thy Captain shall steer on, and thy crew
Raise the shout that makes nations awake
From the slumber of darkness and fear
To the marvellous light of new found civilization
That covers the earth as the waters cover the sea

Herodicus, whom we next notice, was a contemporary rival of Hippocrates, and made fun of medicine, being a drugless healer who taught and sought to cure disease by gymnastic exercises, and was often successful. If Hippocrates was the father of medicine, then surely Herodicus ought to be called the father of mechanotherapy, for he not only put patients through systems of exercise which the patients performed, but where the patients were too weak for this he made the manipulations himself, much like the modern masseur or mechanotherapist would make them. And this he did without any correct knowledge of anatomy and the nervous system. And yet some of his results were almost marvelous. You ask how this could be? Can a false basis insure a correct result? No, but while Herodicus' knowledge of human anatomy, like that of Hippocrates and all other physicians of ancient days, was very limited and very imperfect, yet he did that which gave nevertheless results in many cases. By way of comparison, we might remark that Ptolemy, the great Egyptian astronomer, calculated eclipses of the sun and other heavenly phenomena as accurately as the best modern astronomers, and yet he considered the earth the centre of the solar system, with the planets all revolving around it, and was just as ridiculous in this way as the old southern Georgia or South Carolina cornfield Negro preacher who used to preach that famous sermon "De sun do move." Or of Eusebius, who taught that the earth was a square that slanted upwards from south to north, and therefore the rivers of Europe had swift currents, seeing they ran down hill, but the Nile had a very slow and sluggish current, seeing it had to run up hill.

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Following next came Serapion, who taught that in the treatment of disease we must depend upon experience alone, founding a sort of medical analogy, very imperfect, to be sure, and yet he was the father of our modern medical analogy, which is still very imperfect and very unsatisfactory, as no two human organisms are exactly alike, and any reasoning by analogy and comparison concerning them must necessarily be very uncertain. Some men, for instance, can with comparative impunity take into the system enough morphine, cocaine, nicotine, or other poisonous substance to kill a dozen men under normal conditions. And under absolutely normal conditions one man can stand much more than another. Even in edibles one man's food is another man's poison. Fruit for one, vegetables for another, and meat for still another.

So generations pass and ages come and go in the history of medicine, always uncertain and changeable, one school often contending with another. What is considered the "sumnum bonum" of all treatments at one age is repudiated by the next generation as the mistakes of a previous age. Hugo, speaking of the wrecks of ancient empires, says, "It is with a sort of amazement that we behold far back in that ocean of the past, behind those colossal billows the centuries, the foundering of those huge ships of state, of Rome, Babylon, Tarsus, Thebes, Nineveh, Egypt, under the terrible blast that came from all the mouths of darkness." And it is with no less amazement that we behold the sunrise, the zenith, and the going down of a thousand systems of medicine now slumbering amid the solitary ruins that mark the onward march of events. They have passed into history. Whatever elements of truth they contained have survived, not because they were in these systems, but because truth is eternal as the heart of God, as indestructible as the soul of divinity. Take a true man, and,

"Crush him to earth, crush him o'er and o'er,
As a man he'll rise and meet you as before."

So take a true principle. Cover it, cut it to pieces, burn it, smother it, bruise it, bury it, still it will arise, not for vengeance, but to bless those who have sought to exterminate it, and to make mankind better and stronger. Books, systems, by the thousands,

pass into dream, and are forgotten like ephemeral blushes on the bosom of the sea. Time bore them, and time can take them away. But every atom of truth, like a spark of divinity, gravitates to its own, and its own doth know it well, in "stately superstructure," "massy phalanx knit," standing amid wrecks as infinite as the earth.

But again to our subject. Among the Latin or Roman physicians of the Augustan age and early Christian era is the celebrated writer, Aulus Cornelius Celsus, who took to medicine as a pleasurable pastime. He expounded the doctrine of cause and effect, and taught that to cure disease the cause must be sought and removed. Had he known what nerves really were or are, and that nerves are responsible for all bodily action and function, and that the cause of disease could be removed by restoring normal nerve supply, he might have given the world a system of Chiropractic at that early age. But unfortunately it never dawned once upon his mind that impinged nerves could in any way affect those organs or parts of the body. He did not know what nerves are, nor anything scarcely about the brain or spinal column or cord. Nor could he look down the future and see a great light shining in the morning glory of the twentieth century when men and women with a simple thrust of the hand would be able to relieve pain and cure the worst of diseases; when a form of beauty should stand before the gaze of millions, uncrowned, because she hath no need of coronet, unvisored and unhelmed, because she is her own immortal defense, unplumed and unstarred, because her own intrinsic virtue shall enlighten the world, her heart a diamond tested by the scrutiny of friend and enemy, and in the fiery crucible of public test and trial where all dross and error are consumed.

By way of amusement, I want here to tell you of the celebrated compound of Nero's physician Andronacus, called Theriaca, which put the antidote of Mithridates completely out of use.

The Theriaca contained sixty odd ingredients, including many spices, some common simples, some gums or insipidated juices, of which opium was one. The meat and oil of vipers were put into it also, prepared by cutting head and tail from reptile, removing entrails, skin, and bones, and stewing the clean meat in aneth and

salt, and then kneading with the ingredients into dough or paste with bread crumbs, and made into tiny cakes. It was prescribed in all cases of poisoning, stomach troubles, asthma, phthisis, colic, jaundice, dropsy and swellings of every kind, blindness, convulsions or epilepsy, ulcers of any kind and every description, and every other known disease that flesh was heir to, with a list of as marvellous cures as could possibly be claimed by the manufacturers of any modern or proprietary medicines, surpassing the most ardent and enthusiastic claims made for Warner's Safe Cure, Pinkham's Vegetable Compound, Peruna, or Prof. Samuel's Eye Water, etc.

I mention this ancient remedy patent medicine to show you the vague and superstitious element of reverence held then for some men's concoction that perhaps (or better say certainly) had no more curative effect than a drink of water, but much more poison, no less than the superstition still dwelling in the minds of millions of the human race even when living in the full splendor of the ascending sun of the twentieth century with new-born civilization covering the earth as the waters cover the sea.

Another fact is brought to light by the study of the history of that age, namely, the persecution of drugless healers. The early Christians were drugless healers, not using medicine at all, but healing by faith. Celsus opposed the Christian religion, and gloried in the persecution and death of the early Disciples of Christ. And this same spirit has been manifest in almost every age of the world. Drugless healers have been persecuted and prosecuted. But now in Chiropractic, the wonder of all the ages, is found the drugless science so perfect, so powerful, so reasonable, that by its own intrinsic strength it is raising its banner in victory to the sky to wave it in triumph over the world.

Following Celsus is born Galen,* born A. D. 130, the most distinguished philosopher and voluminous writer and practitioner of medicine the world had known up to his age and time. It was he who first taught the proper positions and relations of the vertebrae and the spinal column, the examination of urine in certain diseases, value of foods, critical days in fevers, significance of the pulse, the character of the arteries, parasitic worms, etc. And it is said

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of him that in all his long and varied experience he never made a mistake in diagnosis

For the cure of the wife of the celebrated Boethius he received a fee of 400 pieces of gold. A man of high intellectual attainments, a great surgeon, as well as medical man, a philosopher, orator, and writer, a man of tireless industry, medium size, and temperate in all things, he lived to the age of 140 years, and was just as young when he died as he was when at the age of 28 he was traveling in all countries then known, and visiting and communing with all physicians he could find. During his life he wrote 500 treatises, many of them on medicine, but some of them on ethics, grammar, logic, and philosophy, and even on theology. He never grew old. His nervous system seemed to maintain its equilibrium perfectly. A great mind like Julius Caesar's, who seemed to know everything

Should not all men, with the spine kept normal, and through it the nervous system, like Galen live to the age of 140 years? The man who respects his own body and organs as he should, who knows how to eat, sleep, and drink, and who knows how to NOT smoke, or use stimulants or narcotics, will surely be young at 80, 90, or even 100 years. When the members of this class have learned to adjust themselves or one another, they will be living pictures of health. Those who are oldest will be no older than the youngest. Remember I have told you so, and I mean every word of it. I am just as radical and dogmatic here as the old minister who turned the pages of his Bible when reading his lesson before preaching where the mischievous boy had glued two leaves together, making it read, "And Noah took unto himself a wife 300 cubits in length, 50 cubits wide and 30 cubits deep, made of gopher wood, and pitched inside and out." After hesitating a moment, the old minister said, "Well, my brethren, I never saw this before, but I want you to understand that I believe every word of it."

So I want you to understand that there is no age limit in Chiropractic. With it we may live in perpetual youth. Like Moses and Galen, we may live away beyond the century mark with our faculties all unimpaired, never childish or grouchy, always young, bouyant, and strong.

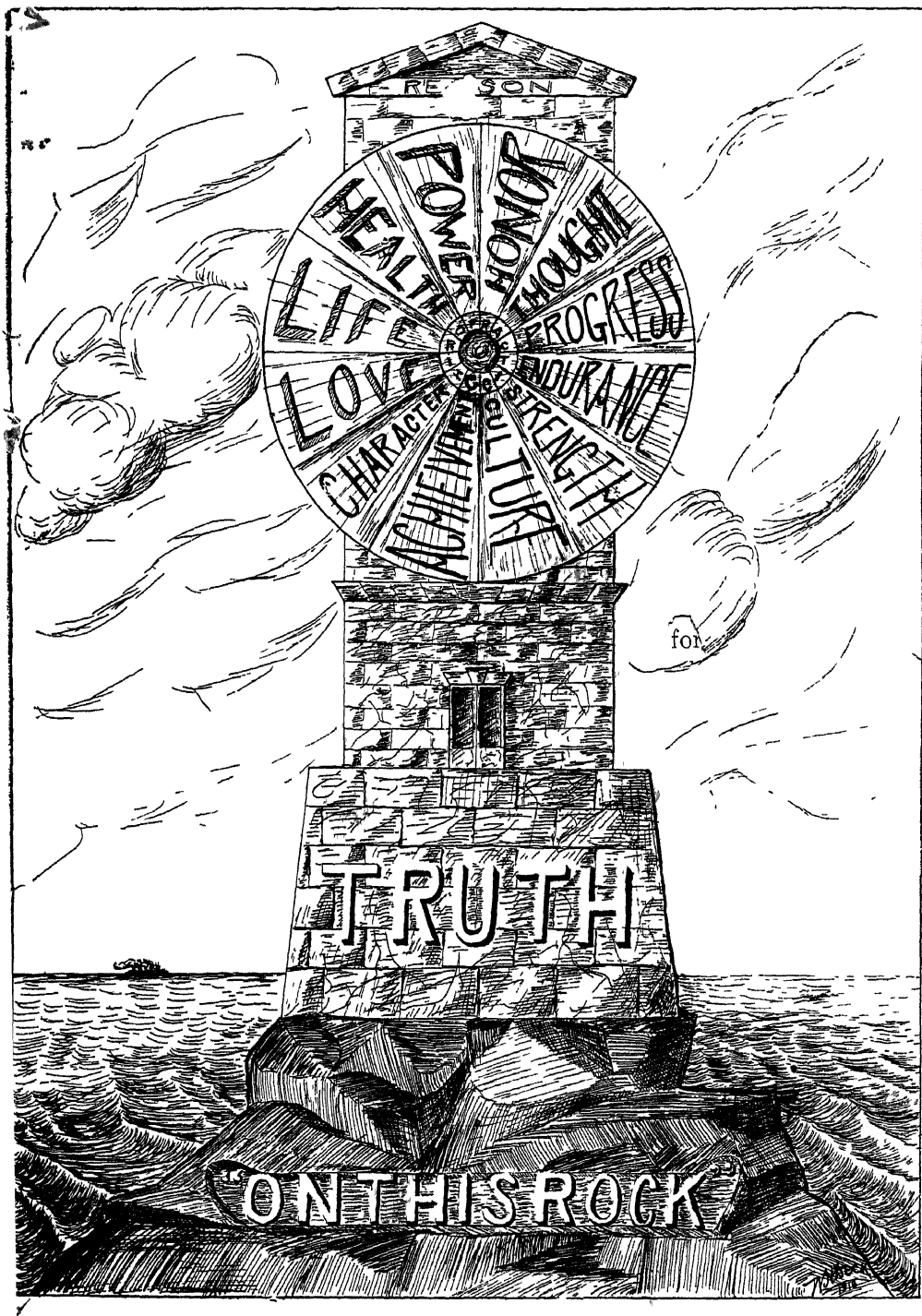
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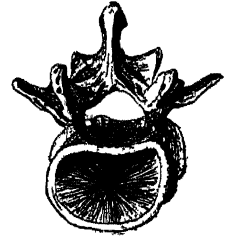
We had a student last year who was 74 years of age, not 74 years old, but 74 years young, as age is a condition and not the numbers of years lived. And there is no age limit to the one who wishes to rise high in the world. Great was the mistake of Dr Osler, who said a man must have realized his ambitions before reaching the age of forty, or he would never realize anything or amount to anything. But facts show that most of the great things accomplished have been accomplished by men above that age. No disparagement of youth, however, far from that. Some poets and orators have given the world great masterpieces while yet scarcely above twenty. And yet, as the ocean exceeds the streams that flow into it, as the mountain range exceeds its highest and greatest peaks, so the mighty grasp of minds that sweep the earth in study for a long generation or age is too wonderful for description.

And it was Osler who made another statement or confession, which was repeated a year later by our leading medical man or president, that it might not be amiss to quote in this address, namely, "That it must be admitted with humiliation after all the centuries of study and development medicine had taken more lives than it had saved." If this be positively true, it would make the science of medicine a matter of ridicule and scorn if it were not so serious a matter. And certainly if medicine could be reduced to a science, it ought, with so many centuries of work, to be approaching an exactitude now. And yet in its practice and application it is vastly different to what it was ten years ago, and ten years hence it will doubtless be vastly different to what it is now. Only a few specifics have been found. Quinine for malaria, sulphur for the itch, just a few specifics, and still the rule remains that "what is one man's food is another man's poison."

Still from it all will come some great truth. With throbbing brain and honest hand and heart, great efforts can never be lost. Sail on, O Ship of Truth, sail on!

"Shine on, bright star, the day draws ne
When none shall shine more fair than thou,
Thou born and nursed in doubt and fear
Shall glitter on the fairest brow."





Gilbert Patten Brown,
Ph. D., D. O., D. C.

Author,

Scientist,

Educator,

Essayist,

Poet,

Literary Critic and Philosopher of the Science

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Less medicine has been the cry for years. The less the medicine, the smaller the dose, the more powerful the effect. Carry the rule of the Homeopath a little farther, and give none at all, and according to that rule the effect would be still more powerful. And then just a little farther, make the back normal by spinal adjustment, and hence the nervous system normal, and you have perfect health without any medicine whatever, as has been shown in thousands and thousands of cases. And I want here to challenge the medical world (modestly and honestly, of course, not boastingly) to show where medicine alone has ever corrected a single abnormality of the back or body. Mechanical treatment alone can do this. And Chiropractic being the highest development of mechanical treatment, operating on the spine, where the great trunk nerves have their origin, and recognizing the well-known physiological fact that nerves are responsible for all bodily action and function, becomes the most reasonable of all methods of mechanical treatment, and the most potent of all means for the relief and cure of all bodily ailments, making the spine normal and keeping the man young.

Joseph Cook says

“Man’s life means
Tender teens,
Teachable twenties,
Tireless thirties,
Forcible forties,
Fiery fifties,
Serious sixties,
Sacred seventies,
Aching eighties,
Failing breath,
Then death,
Beneath the sod,
Flight to God ”

A beautiful gradation of human existence, but man should not ache at eighty, nor even at ninety, and should not have his wings

trained for his flight to heaven earlier than his 120th year, and then, like Galen or Moses, go with his faculties all unimpaired. Should the Master call today, I would rather say, "Lord, let me stay on earth yet a while longer." Not that I would be irreverent in the least. I want to be prepared when the summons really comes to go, but the earth is beautiful, and there are many things I want to do ere I leave its wondrous scenes.

But to our subject more closely again. And we must not prove wearisome to you, being admonished to be temperate in all things.

The Greeks, Romans, Egyptians, Arabians, and all other ancient nations had their physicians, who were always accorded a place of honor, and allowed to collect their fees, which were sometimes enormous, but usually held within proper limits, and still physicians often became very wealthy from no other source of income than practice of their profession. They have usually been a class of people who were trustworthy, and any physician who would betray the confidences of his patient is unworthy the name he bears. And the physician who does not consider his office as sacred a place as his home or his church should be debarred the practice. Let it not be said that any trust is ever betrayed by any physician. And let it not be said that any patient ever had cause to mistrust his physician.

A beautiful story is told of Alexander the Great. The king, being grievously ill, was attended by the royal physician. One day he received a note warning him that the physician would that day poison him with the potion he would give him as medicine. The king folded the written message and placed it under his pillow to await the arrival of the physician, who came in due time to the bedside of the afflicted monarch. As the physician handed the great king the medicine to drink, Alexander placed into his hands the note of warning, saying simply, "Friend, I trust thee," and drank the potion without hesitating a moment or doubting his physician in the least.

Every physician should so conduct himself professionally that his patient would have just as implicit confidence in him as the story represents on the part of Alexander the Great.

The value of the true physician to society and to the state can no more be estimated or measured than finite vision can look "through illimitable space and find the end of the infinite." Tall, Godlike, uncrowned, he stands an object of adoration, excelling in honor bright the men of all other professions, but the physician untrue to the confidence imposed in him deserves the scoffs and contempt of society and punishment by the state.

A word in passing as to the Arabian physicians, who during the middle ages became the most distinguished in the world. They founded great universities, and endowed them well. But everywhere was a lack of real knowledge of anatomy, here, as well as elsewhere, the great science of anatomy was in a very crude state of development. The Arabian physicians were forbidden by the prophet Mohammed to dissect the human body, and were accordingly forced to the dissection of apes and quadrupeds. However, the Arabian physicians studied pharmacy more than any others had previously done, as well as Botany and Chemistry, and added considerably to *materia medica*.

An account of these physicians and their contemporaries in other countries or nations would burden our address beyond your endurance for a morning talk. Superstition came in for a part at times, and it is said that devils and hobgoblins sometimes played their part, and played it well, as in the case of Paracelsus, who prayed for God to reveal to him the elixir of life, but being refused, said he would go in partnership with the devil, and learn the great secret of making people live forever. Then came his manufacture and use of alcohol, Paracelsus teaching that a dram (teaspoonful) three times a day would make men live forever. But Paracelsus himself was soon drinking it by the ounce instead of by the dram, and instead of three times a day forty times a day. He would make himself drunk before lecturing to his classes, claiming it made him more brilliant. He used magnetic stones also, and placed great faith in them. But he died young. His elixir of life, which the devil revealed unto him, took away the life he sought to preserve. So all foods and drinks that create abnormal conditions in the system will bring on disease and shorten life. No life was ever prolonged, nor mind was ever made better or brighter, no muscle ever made strong-

er, and no character ever made better by the use of stimulants, narcotics, or poisons of any kind

And the case of Agrippa the Alchemist is in point also, showing how largely the element of superstition entered into the lives of people Agrippa, on leaving home for a journey, forbade his wife to enter his study in his absence or let any one else have the key However, she let a young student, whom she liked well, and who advanced the strongest of reasons for going in, have the key and he entered the mysterious chamber, when a huge devil sprang on him and choked him to death, and when Agrippa returned a few days later he found a legion of devils playing leapfrog in his study, and tossing his books in every direction Agrippa succeeded in dispersing the smaller demons, forced the large demon to resuscitate the unfortunate youth whom he had choked to death, and walk with him all afternoon through the market place At sunset the body fell to the ground dead again, and the demon disappeared in a cloud

Agrippa was forced to Louvain on the charge of being too intimate or in too close partnership with demons, where he continued to invoke their aid to the end of his life He would sometimes meet them high up in dark and sooty chimneys whence emerging covered with soot he was more than once mistaken for the demons he was supposed to have talked to or communed with.

Just passing notices, you understand, of the superstitions of the times

And you will really find some degree of superstition among the people of the present enlightened generation. Dark, inhospitable, blighting, yet most living men and women still have some degree of superstition It may be of a harmless nature, like Napoleon Bonaparte putting the right shoe on first for good luck, but forgetting it on the morning of the fatal battle of Waterloo Or placing your shoes under the bed at night with the toes pointing backward from the foot of the bed to give pleasant dreams instead of nightmares and scary visions Or some other well known element of the old time folklore that just stays with humanity because we hate to give those old things up Or it may be some favored antidote for the nerves, stomach, or liver, not so good, of course, as a

good drink of water, but you have become used to it, and really think it does you good Just a little superstition; that's all Of course you don't ride the broomstick at night with the black man, or hunt witches in your sleep. but a few little fellows stand round about you, and you hold them dear for old acquaintance' sake

But how excellent is truth which makes men free Pure as the "fount of life that spirits drink," she measures "the soul's advance in virtue," and in her ponderous book writes sermons for eternity. No plume she waves, no coronet she needs, no banner she flourishes, rich in her own immortality, "the eternal years of God are hers," and she shall prevail Perfect, symmetrical, glorified, deified, she satisfies the greatest minds and gives strength to the mightiest souls, She speaks to the shining stars, the golden sun, to God himself She shakes off every dream of prejudice, because she needs only the impartial light of reality to segregate her immortality in the eternal calm of things that cannot be moved Ever restless, ever abounding, ever achieving, ever prevailing, she gives heavenly visions to all who seek her aright, and in endless procession leads mankind to conquest and attainment

A great minister (Philip Brooks) used to say that with men greatly advanced in spiritual life the soul could look out into the mysterious and unrevealed experiences of the everlasting world and behold the unspeakable things the inspired Paul spoke of when soul and body were for a time separated when the mob stoned him and left him for dead If that be true, no wonder the soul tembles before realities so vast that finite mind cannot behold them, or beholding, cannot lawfully utter them to the children of men Earth life behind, the vast, dim, pathless, unknown world of immortality before Thoughts too vast for contemplation So every truth is vast, and needs no partnership with error, and the man who learns the truths of any great work or profession is too great for time, and will help to fill eternity The ship they are building yonder in the harbor knows nothing of the storms she will encounter when she makes her ocean voyages, but when finished she will go forth to meet the storm and land her freight and passengers on the other shore And the man who builds by truth and law will be equipped for all things he may encounter in the voyage of life

History of Medicine

“O may we join the choir invisible
Of those immortal dead who live again
In minds made better by their presence,
In deeds of daring rectitude, in scorn
Of miserable aims that end with self,
In thoughts sublime that pierce the night like stars,
And by their mild persistence urge men’s minds
To vaster issues ”

We have another example, very remarkable in its nature, in the life of the Prince of Orange, whose soldiers were dying by the thousand of scurvy. The Prince sent his army physicians two or three small phials filled with a decoction of mamomlie, wormwood, and camphor. He had his physicians tell the soldiers that these had been obtained from the far east with great difficulty, danger, and expense, and that they possessed such virtue that two or three drops would imptegnate a whole gallon of water, and would cure any disease. So solemnly was this statement made that in taking a few drops daily the soldiers grew rapidly better and all were soon well. Pure suggestion you see and nothing else, a powerful instrument in the hands of any physician if properly used.

Personal magnetism and certain instruments are other examples. Some instruments may possess a slight degree of virtue in some cases but the good received is mostly through suggestion and faith and the giving up of the use of medicine where the body has been poisoned for a long time through its use.

In the 17th century Harvey made his celebrated discovery of the circulation of the blood. For this he was derided as crack-brained and arrogant. But most great discoveries and real advances have been opposed. Harvey’s contributions to medicine and surgery were very material and valuable to the advancement of the study of medicine and anatomy. Strange indeed that no one had previously known of the circulation of the blood when men were often seen to bleed to death. The life was in the blood as the Bible had said, but no one had known of the circulation of the blood.

History of Medicine

In 1635 King Charles I of England ordered him to dissect the body of Thomas Parr who died at the extreme age of 153 years. While yet a young man at the age of 81 years Parr married for the first time in life, and married again at the age of 120 years, and was still a young man. This man's diet had been coarse brown bread made of bran, rancid cheese, and sour whey. But when the Earl of Arundel carried him to London and feasted him on wine and high living he died. Harvey's post mortem examination showed the general soundness of his entire body, and that his death was caused by his change of diet at his extreme age. A continuation of his simple diet and simple way of living might have prolonged his life indefinitely beyond the great age of 153 years, at which period he was killed by the great duke by high living.

And what shall we say of the great host of physicians of all countries of mediæval and modern times? Only a little for the present. We have already exceeded a prudent length for this brief history. We may have occasion to speak of many of them in the course of the future lectures, but not today.

The eighteenth century marked the development of the theory of inoculation or vaccination for small pox. It had been observed that people who had once suffered with small pox were ever afterwards immune to the disease, which led to the theory that those who had never thus suffered might be made immune by the injection into the blood stream the virus from a cow thus suffering.

The word comes from "vacca," meaning "cow." The disease was communicated to milk cows by men who, without cleansing their hands after handling horses suffering from the disease known as "grease" or "farcy," handled the udders of cows in milking. Bulls, not being handled in this way, never have the disease.

Cows suffering from this disease often communicated it to milkmaids from handling the udder in milking, and thus having had an attack of smallpox did not suffer when an epidemic arrived. Those milkmaids with sores on their hands became affected more readily than others.

In 1768 Dr. Edward Jenner in England began the first agitation of this theory, and about 1786 made a vaccination of a young man named James Phipps who afterwards died of tuberculosis of the

lungs or pulmonary consumption. A little later than this Dr. Jenner vaccinated his own son, who likewise died of pulmonary consumption.

Glanders, Farcy, and Grease are three manifestations of the same scrofulous and tuberculous disease in horses that are the equivalent of the tubercular troubles in human beings.

Just as in the time of Jenner, pulmonary consumption or tuberculosis follows in the track of vaccination, and has been on a steady increase from day henceforward to the present time, and will so continue until an indignant public awakes to see the awful crime of the centuries that has taken millions of lives that had just as well been spared.

In England and other countries that adopted vaccination in its early history, there was an alarming increase in deaths from tuberculosis traceable to no other possible cause. Even if vaccination had prevented the spread of smallpox, these other disorders were infinitely worse.

But in Japan, England, and elsewhere where the vaccination has been most common, there have been the greatest epidemics of smallpox in its history, while tuberculosis, syphilis, cancer, etc., have increased at a rate that has been absolutely alarming. Statistics are full in proof of all we here say.

Vaccination we believe never prevented a single person from having smallpox, never prevented an epidemic of the filthy disease, but has continually aggravated it, caused innumerable other or more dangerous and fatal maladies, and has been one of the worst curses of this or any other age in the history of medicine.

It has diseased and dwarfed the lives of innocent children, mentally, morally, and physically. It has crippled, stunted, weakened, and otherwise made useless the lives of millions of adults who might otherwise have served the world in useful capacities. It has brought the worst forms of disease civilization has ever known, such as consumption, cancer, syphilis, scrofula, locomotor ataxia, paralysis agitans and other forms of paralysis, and today holds the medical profession in a grip that it were apparently worse than useless to undertake to break, and absolutely suicidal on the part of any bold advocate of freedom from their own ranks with

mighty hand and bleeding heart to even undertake to lift the veil or sever the chain

In the British army the standard of size and height has been lowered three times since the introduction of vaccination, and other civilized countries the same, and yet people will not see the truth. A few of their greatest medical men have seen the truth, and pointed it out, but it has as yet apparently done no good. The evil prevails more terribly than ever before.

We could say much more, but we reserve it for a special treatise on the subject, wherein we will show all men that the curse of vaccination is beyond anything yet dreamed of, and can only be swept away by an indignant public aroused and active in its own interests

An English poet beautifully said,—

“Princes and kings may flourish and may fade,
A breath can make them, as a breath hath made,
But a bold peasantry, their country’s pride,
When once destroyed can never be supplied”

And may we not say today,—

Error and crime may flourish and may fade,
A Breath can make them, as a breath hath made,
But a freeborn people, their country’s pride,
When once aroused can never be defied

Along with the awful crime of vaccination have been others that have spread less fully, but fraught with more or less evil. Men have sought cures for consumption from extracts from earth worms, and have made fortunes before the errors have been exposed.

Others have found the world’s greatest panaceas in the serums from the backs of turtles, as in the case of the historic visitation of Dr. Friedman to this country, who was shrewd enough to secure millions of dollars for his rights in America, but, fortunately, nobody cares for the affair any more

History of Medicine



DOCTOR OLIVER WENDELL HOLMES

This most distinguished physician and literary man was born at Cambridge, Massachusetts, August 29, 1809, the year marking the birth of Abraham Lincoln, Queen Victoria, William E Gladstone, and just three years earlier than the birth of the author's father

Doctor Holmes distinguished himself as a physician and writer for many years. He was one of the first great men to attack medical tradition and practice

It was he who made the celebrated remark that the human race would be benefitted if all medicines were cast into the sea, but expressed his great pity for the fishes

There ever have and ever will be liberal minds in medicine, surgery, and in all other therapies. Great minds must be liberal and progressive. This is true in drugless therapy also. In our own great science and sciences we have minds comprehensive and minds narrow. Only the comprehensive will achieve success

It is to be regretted that greatness cannot always prevail, and it is to be hoped that this spirit will grow into all developments until its comprehensiveness will invest all things

But with the army work in the great world war just brought to a close, there has been the exemplification of the serum more serious and terrible than the dark delusion of small pox vaccination, if allowed full swing in the future

In this we allude just briefly to the typhoid serum injected into the blood of the best soldiers the world has ever known, resulting in more deaths than enemy bullets and weapons were responsible for

At one time more than three thousand soldiers were brought to the hospitals in Washington, D C , from near by camps suffering from pneumonia caused by this typhoid serum injection.

From this horrid injection develops Spanish Influenza, followed by pneumonia and death in a terrible percentage of cases The country lost more than half a million lives that might just as well have lived to enrich the country and defend it if another terrible war should occur

And a most startling comment on it all is that statistics show that it never in the least degree prevented typhoid fever, their being of this fever more in those camps that were the most particular to inject every soldier

Another fact will stand out very clearly here, namely, that cases of Spanish Influenza treated by drugless physicians all over the country recovered with comparative certainty, it being the rarest thing for one to die under drugless treatment The author had many score of exceedingly grave cases, and never lost one. He wanted to publish his manner of treating to the world, showing how treatment could be given in the home by parents to their children, but the papers, fearing, we presume, that some form of free advertising was hidden in what we were doing, refused the publication

As to a deadly propaganda of the enemies of humanity in this country before we entered the war, with a view of weakening and destroying as many of our soldiers before they could reach the battle fields, we reserve this proof for a future book Meanwhile others agitate the public mind along this line, and have it ready for a greater battle than one ever fought with gun or bayonet.

History of Medicine

But there have been gains in operative surgery that have astounded the world. No thinking mind can deny these, and no sane man would want to deny them. Their number is legion, and great surgeons have come into public notice thru army work and in sanitariums, and the world owes them a debt of gratitude it will take a long time to pay.

Let honor be given to honor is due, and let every profession stand or fall by the record it makes. The physician who saves life deserves the lasting gratitude of the community where he ministers to human needs, and an appreciative community will show this debt paid to the last farthing.

In the army service, too, our drugless physicians were able to serve humanity most nobly. In the terrible conditions following hardest fought battles, when soldiers were chilled nearly to death, unable to speak, shocked by shell and shot, the drugless physicians more quickly restored to safety than any other kind.

Among these noblest defenders of human rights, the author had several graduates who made records any one might be proud of, and Great Britain said at one time she wished she had ten thousand Chiropractors for her army.

These words speak volumes, and the growth of the work will continue. The good from every source will be recognized. Let no great truths be obscured by harsh criticism.

"Neither death nor life, nor principalities, nor powers, nor things present, nor things to come, nor any other creature," can ever be able to separate the work of the really good physician from the heart of humanity. "In it it lives and moves and has its being."

The unfortunate struggle between the different branches of the healing art, let us pray, will disappear, and in fullest glory of day all good things be realized.

Now this history, if we may call it such, of the growth of the science of medicine, has not been intended as a disparagement of either medicine or surgery, but to show you the uncertainty, variability, and frequent harmfulness growing out of this uncertainty and changeableness of one of the oldest professions known to mankind, and also to show you some of the struggles that have always existed between the medicine and the non-medicine physicians.

There have always been men and multitudes of men who opposed the use of poisonous drugs for the cure of disease, the drug men contending that one poison would counteract the effect of another, and the non-medicine men insisting that while such might be the case in rare instances, nevertheless such could not be regarded as forming a curative system, and no one would exclude antidotes for poisons, antiseptics in surgery, etc., but for the multitude of ailments that assail mankind there must be some means of removing the cause in order to have some system reducable to a science.

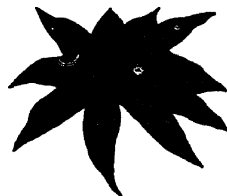
And today we are to begin to instruct you in the science that does this more than any science or system the world has ever known. Osteopathy, Magnetic Healing, Christian Science, etc., have all played some part in taking the mind away from drugless medication, but Chiropractic, so definite and comprehensive, has in a few years brought the world to recognize the fact that nerves are responsible for all bodily action and function, and that to remove the cause of disease it is necessary to restore normal nerve supply to the parts effected, and this may be done by a simple thrust of the hand at the point of impingement at the spinal chord or column.

Revolutionary in its nature, resourceful in its results, astounding in the certainty to relieve and cure diseases, Chiropractice is rapidly extending her tenets all over the world. Already a mighty factor, the people of the next generation will see her work the wide world over, and witness the monuments of her excellence in all countries of the world. She challenges the older modes and systems to show that during the past thousand years they produced one-half the real cures in the so-called incurable diseases that Chiropractic has produced in the few short years of her professional career. As Sampson rent the lion, and had nothing in his hands, so Chiropractic has taken the very diseases that other means have been absolutely impotent to relieve or handle, such as consumption, locomotor ataxia, typhoid and scarlet fevers, paralysis, sciatica, ulcers, etc., and with nothing in her hands has demonstrated the rapid, sure, and permanent cure of all these fatal and dangerous ills.

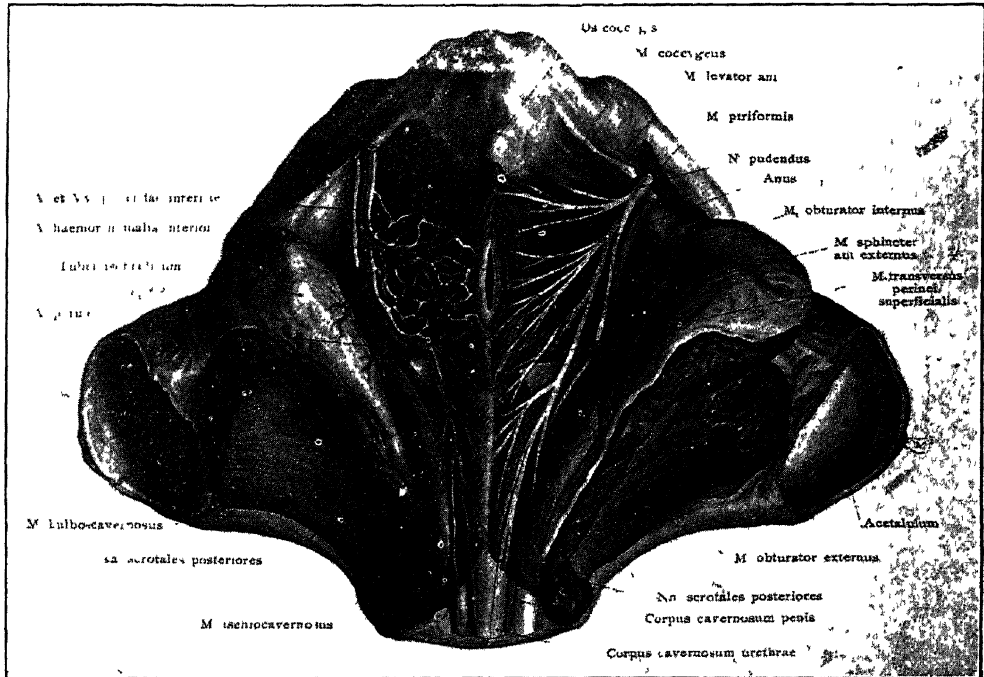
And it will not not, I trust, be thought an idea or position too imaginary to be advanced that all the theories and systems of the past have been a great mass accumulating through all the centu-

ries, out of which should come the mighty potency, the giant athlete of modern therapeutics that should in a few years attain its full stature, and give the world what it has waited for many centuries and sought for so continuously, which like the answer to prayer has come, not in the expected way, but in the way that best should serve humanity. As a boy approaching manhood realizes the struggles that have made him a man and fitted him for manhood, and with confidence challenges the untried years before him, so the healing art has come through many centuries of toil and struggle, and is now ready to battle for her existence and the continuance of her progress. The old shell is left behind. The soul of all that is great and good struggles to be free and to make greater conquests

The issue is a certainty, and must be fought to a finish, and the conquest will be the enrichment of the world. The man has outgrown the clothes he wore while a boy, but the health and manhood he obtained while wearing them should be his eternal legacy. The world has outgrown its old clothes, but the jewels gathered in the old pocket - will endure forever, and will ornament the newer clothes that must henceforth be worn. And the gem of great price, worth all the others, is the system of Chiropractic so lately found and polished into a lustre that is shining everywhere - shining in the well understood mystery of the great light, like the blazing sun in his golden chariot, or the truth shining in the face of God



Hisroty of Medicine



A cut omitted from earlier pages, presented here as a study of the nerves, muscles, and other structures of the pelvic region. A cut of this kind, fully lettered as this is, gives its own best explanation. Study it well. You will be repaid.

SPINAL CONCUSSION

In this brief presentation we do not go deeply into any system of theoretical reasoning. In our own study and development, we have worked out all things fully, or as fully as the present state of the science will admit. Spinal Concussion is not yet completely developed, but many of its principles are as definitely determined as those of any other science, and in the pages we here present, we are sure of our ground at every step. The large works of Dr. Abrams, and the few other published works as yet published on the subject, have all been carefully read and freely consulted before writing these pages. Everything we here state has been tried until we can vouch for its absolute truth. Nothing shall or will go forth from our hand that has not been tried to a demonstration. The reader need not have the least doubt in the application of the principles we here state. We are sure that no misleading statement is made herein, and that spinal concussion applied as herein directed will prove one of the most powerful adjuncts to drugless therapy available at the present time, and once tried its efficacy will never again be doubted.

So condensed have we placed this treatise that it will be possible for the practitioner to learn practically by heart, or to so quickly refer to it that a relief will be felt from the arduous task of reading through the larger works referred to above. Yet we recommend the works of Dr. Abrams to all who wish to read the history of the science completely, as well as for the application made by that developer. The writer refers also to his own work on the Science and Application of Chiropractic, in which a number of pages will be given to the science of Spinal Concussion, and applications given throughout the work.

APPARATUS NECESSARY FOR SPINAL CONCUSSION

Concussion may be made with the hand. For this place one hand, spread out flat and palm down, over the region to be concussed. Then make the concussion blows with the other hand, with the striking hand shut up in fist form, striking down with

Spinal Concussion

the soft or little finger side of the hand. In this way make the concussion at the different points needed according to instruction given in the following pages.

Concussion may also be made with the pleximeter apparatus. This consists of a small wooden mallet and heavy piece of rubber or a piece of heavy felt or flannel cloth folded several times. This method, as well as the preceding, is effective, and good results will follow, but may seem crude and awkward. We have had good results with these methods, but of course prefer to use more scientific apparatus.

Dr. Abrams has manufactured a large concussor run by the electric current, and can be regulated for either a slow or a rapid movement. Dr. Gregory also manufactures a large office concussor to be run on the electric current. This we have used in our own office with the greatest satisfaction. The cost is seventy-five dollars. Also a portable size for fifty dollars. These are all good machines for the current.

RATES OF APPLICATION

A general rule is that slow strokes are soothing in nature, while the rapid are exciting and more stimulating. If, therefore, some center is to be concussed for sedative effects, make the strokes slow and in an interrupted manner. If some center is to be concussed to stimulate, let the strokes be rapid and interrupted at the proper periods. Nerve pressure, also, will stimulate for about thirty seconds, and will then begin to act the other way.

If we wish to stimulate some center by concussion, we should make the strokes rapidly, say ten to twenty per second, continuing for thirty to forty seconds at that center. Then either cease for a like period or pass for concussion to some center needing the concussion. If several centers all need the concussion, pass alternately from one to the other. For instance, if we want to strengthen and regulate a weak but rapidly beating heart, we should make rapid concussion over the seventh cervical segment or vertebra for thirty to forty seconds, after which pass, say, to the twelfth dorsal to concuss for some trouble of the prostate.

Spinal Concussion

gland Then return to the seventh cervical for the rapid concussion to that region for another period of thirty or forty seconds Several centers may come in for concussion before returning to the seventh cervical However, remember that if we are concussing for a bad heart, we should return to the seventh cervical more often than to the other segments

Concussion is always better if applied after the spine has received proper adjustments Much good may be accomplished by spinal concussion alone, but a much greater good may be accomplished by first adjusting the spine, and in a shorter period of time.

ORIGIN AND EXIT OF SPINAL NERVES

The spinal nerves all have their origin somewhat above the point of exit from the spinal cord. The following rules will lead you out for this origin very accurately.

For the upper four cervical nerves, subtract 1 from the number of the nerve Thus the root origin of the third cervical nerve is at the second cervical segment

For the nerves from the fourth cervical down to the sixth dorsal nerves subtract 2 from the number of the nerve Anywhere in this region the root origin will be found to be two segments above the point of exit

For the lower six dorsal nerves subtract 3 from the number of the nerve, making the root origin three points above the exit of the nerve

The Lumbar Nerves have their root origin at the region of the tenth and eleventh segments of the dorsal region of the spine

The Sacred Nerves originate at the segments of the eleventh dorsal to the first lumbar segments

CONCUSSION OF THE FIRST AND SECOND CERVICAL SEGMENTS

This stimulates the centers of origin of the upper four cervical nerves, and has a very powerful effect on the Pneumogastric

Spinal Concussion

Nerves and the Phrenic Nerves, as well as upon all the Cranial Nerves As the Viscera of the body are reached by the Pneumogastrics and the Phrenics, these viscera are all affected in some measure by concussion of the first and second cervical vertebrae

Concussion of this region will have a powerful effect upon the eyes and the ears, will affect the action of the heart, making it regular and rapid. Will brighten the memory, nourish the brain, cure vertigo, tone up most of the internal organs of the body, and cure pain in the viscera as well. A very important point for concussion

Concussion of this region will also control fever to some extent, and may be used in every form of fever, but the general adjustment for typhoid is all-powerful, and concussion is not generally needed

CONCUSSION OF THIRD CERVICAL

Concussion of this segment gives strength to teeth and gums, and will assist in the cure of any disease of those organs Will stimulate and quicken the action of the heart Will also strengthen the action of the lungs

Concussion of this region, as well as the first and second cervicals. must be undertaken carefully, as it may overstimulate the brain This, however, is not alarming, as any fainty feeling will very soon pass away, and renewed strength ensue

CONCUSSION OF THE FOURTH AND FIFTH CERVICAL

Concussion of this region will prevent and check hemorrhage of the lungs in consumption and other troubles, and tone the lungs and speaking apparatus, helping some forms of asthma Is an aid in the treatment of exophthalmic goitre Will also stimulate the adrenal glands through the Phrenic Nerves Nose bleeding of any origin whatever may be stopped either by adjustment or concussion of this region

Spinal Concussion

We have known cases of hemorrhage from the lungs to be stopped in a few minutes where hope had been despaired of under older forms of treatment. The action is nothing less than marvelous, and should be made full use of in these extreme cases, as well as in cases not so serious.

THE SIXTH CERVICAL VERTEBRA

A great aid to the voice and speaking apparatus, and goitre or any kind. Stimulates the heart also, as well as the stomach and the lungs, gives steadiness to the head, and strength to the arms. Increases the general temperature of the body.

SEVENTH CERVICAL VERTEBRA

Concussion of the seventh cervical vertebra is very important for all heart weakness. Overcomes dilation and leaky valves of the heart very quickly, making the organ steady and strong. The most important heart strengthening center of the entire organism. Greatly constricts the blood vessels throughout the organism. Will abort many bad colds, stop sneeze, cure la grippe and kindred troubles. A great aid in most forms of asthma, in connection with cervical region up to middle. Has a very marked effect in the reduction and cure of exophthalmic goitre. Will resuscitate drowning or fainting person very quickly. Will relieve angina pectoris. Will give warmth to cold extremities. Prevents and cures aneurism, hardened arteries, and tones up the entire circulatory system. For any heart trouble whatever this center must not be neglected.

When we consider the great variety of diseases that may be successfully treated from this region, we but see the possibilities of the developments yet to come.

Among the hitherto incurable diseases so easily handled from spinal concussion of this region are Diabetes Insipidus, Diabetes Mellitus, all heart weakness, Whooping Cough, Asthma, La Grippe of every kind, Spanish Influenza, Aortic Aneurism, etc.

Spinal Concussion.

Truly a great center for spinal concussion See fuller treatise on this subject as laid down in the chapter in this book on Nerve Distribution, under sub-heading of Seventh Cervical

FIRST AND SECOND DORSAL VERTEBRAE

Spinal Concussion or Pressure in this region will inhibit and strengthen the action of the heart, stimulate the action and substance of the lungs, contract the muscles of the eye, and seems to give tone to the sigmoid flexure of the colon Will strengthen the action of the heart, as in case of seventh cervical, but not in so marked a degree

THIRD DORSAL VERTEBRA

Concussion or pressure of this region, as in the preceding, will inhibit the action of the heart Will stimulate the solar plexus and the stomach and the throat Will dilate the cardiac orifice of the stomach and contract the pyloric orifice, relieving any choking sensation in the throat Of considerable importance to all the organs mentioned above Not advisable in consumption

FOURTH DORSAL VERTEBRA

Concussion or pressure properly applied to this region will stimulate the entire central nervous system, strengthen the heart muscles, making that organ beat more steadily and more slowly Stimulates the spleen and enriches the blood May be safely given for the heart, though not so strengthening as concussion of the seventh cervical for that organ

FIFTH DORSAL VERTEBRA

Concussion of this region will very greatly affect the solar plexus and all organs receiving smaller plexus branches from this

Spinal Concussion

great plexus Will stimulate the liver and the pancreas in particular Will greatly dilate the pyloric orifice of the stomach, enabling that organ to more readily drain the digesting substances into the duodenum Under this action the stomach will assume a position more nearly vertical, and its walls contract more than otherwise in its peristaltic action.

SIXTH, SEVENTH, AND EIGHTH DORSAL VERTEBRAE

Concussion of this region will stimulate the Lesser and the Least Splanchnic Nerves, and will therefore increase the vital forces of all the organs supplied by these nerves, and will constrict them Will dilate the lungs, and will be useful in some forms of lung troubles, where dilation of those organs is desired Will increase the action of the kidneys, particularly if tenth and eleventh segments are alternately concussed

NINTH DORSAL VERTEBRA

Concussion of this region will dilate the gall bladder and the gall duct, and becomes a very important treatment for gall stones and troubles of either the gall bladder or duct Will tone and constrict the bladder Concussion and adjustment of this region is a powerful treatment for some stubborn cases of asthma, as well as lung and bronchial troubles

TENTH AND ELEVENTH DORSAL VERTEBRAE

Concussion of these vertebrae will dilate the blood vessels throughout the body, and all the viscera, making intestinal digestion more active, will make the blood richer in red corpuscles, and will overcome constipation. A very powerful treatment for the viscera of the body, but fraught with danger in cases where aneurism exists or where heart is weak and dilated In such

Spinal Concussion

cases, the seventh cervical should be alternately concussed with this if it be desired to concuss this region

TWELFTH DORSAL VERTEBRAE

A most important segment for concussion, as enlarged prostate will reduce very rapidly from it. Old cases of enlarged and painful prostate gland will become normal in size and function in so short a time as to amaze you. Concussion of this region will also stimulate all the viscera of the pelvic cavity, and by constricting the sphincter muscle at the neck of the bladder will go far toward curing incontinence of urine

THIRD TO FIFTH DORSAL VERTEBRAE

Concussion of this region as a whole will contract and stimulate the abdominal viscera, including the stomach, liver, spleen, pancreas, intestines, and will increase the amount of blood to the lungs, and make the circulation more perfect.

FIFTH TO EIGHTH DORSAL VERTEBRAE

Concussion of this region will stimulate and contract the kidneys, mesentery, omenta, increase the circulation to and through the lungs, will dilate the pyloric orifice of the stomach and contract the cardiac orifice, and becomes important for some kinds of stomach trouble

THIRD TO EIGHTH DORSAL VERTEBRAE

Concussion of this region will dilate the lungs, contract the viscera of the middle and lower abdominal cavity, give more blood to the lungs, will prevent and overcome hernia in the inguinal region. A peculiar effect of concussion of this region is the reduction of fat or adipose to the organs of the abdominal region

Spinal Concussion

It becomes important in the reduction of fat Concussion here, with proper adjusting, will rapidly reduce flesh where there is too much adipose.

NINTH TO TWELFTH DORSAL VERTEBRAE

Concussion of this region will dilate the heart and the aorta, and should not be made where aneurism exists, or where there is weakness of the heart in any way Will dilate the stomach, spleen intestines, kidneys. Always concuss cervical seven before and after concussing this region where any heart weakness exists Take no risk, and no harm can follow

FIRST, SECOND, AND THIRD LUMBAR VERTEBRAE

Concussion of this region will constrict all the abdominal viscera Will correct or allay hemorrhage of the uterus, will contract and strengthen the sphincter muscle at the neck of the bladder, and cure incontinence of urine and other disorders of the bladder, and will contract the stomach, liver, spleen, and the intestines, and tone and strengthen the walls of the colon Concussion of the second lumbar vertebra will elicit all these phenomena more decidedly than the other segments here named Marvellous results sometimes follow concussion of this region

FOURTH AND FIFTH LUMBAR VERTEBRAE

Concussion of this region will give tone to the bladder, will give strength to the legs, and will greatly aid all rectal troubles where there is too much weakness of sphincter muscles, pile tumors, and similar troubles or disorders

THE SACRUM

We know from experience that concussion over the sacrum has a most decided effect on the rectum, bladder It should not

Spinal Concussion.

be overlooked in the treatment of rectal disorders of all kinds. Very excellent results are often obtained through concussion of this region

CENTERS FOR CONSTRICTION AND DILATION OF THE VISCERA OF THE BODY

ADRENALS or SUPRARENAL CAPSULES These glands may be constricted by concussion over C 7, D 5, 6, L 1, 2, 3. May be dilated by concussion over D 10, 11

AORTA. Concussion over C 7 for restriction in the thoracic and abdominal regions, D 2 to 8 for the abdominal portion, and L 1, 2, 3 will restrict the walls of the abdominal aorta. The aorta may be dilated by concussion over D 9, 10, 11, 12, and will also dilate the heart. Should be given with care unless we wish to dilate the heart, which is sometimes desirable

ANEURISM Concussion over C 7 will cause the most decided restriction or constriction of the heart and the aorta of any center in the entire organism. May also concuss D 2 to 8 in connection with C 7 for best results. Concussion of L 1, 2, 3 will also help through vaso-motor system of organs of abdomen. Concussion of D 9, 10, 11, 12 will cause dilation of the aorta

APPENDIX For constriction concuss C 7, L 1, 2, 3. For dilation and relief of appendicitis concuss D 11

BLADDER Concussion over L 1 or 5 will contract the walls of bladder. Concussion over L 1, 2, 3 will constrict and stimulate the walls and blood vessels of the bladder, which may be done also by concussion over D 9. May be dilated by concussion over D 10, 11 region

BLOOD PRESSURE High blood pressure may always be relieved by concussion of C 7. May also be relieved by concussion of D 2 to 4. If heart is weak, concussion of C 7 is specially indicated. Blood pressure may be increased by concussion of C 3, 4

BRAIN To contract blood vessels of brain, concuss C 7 or C 2

Spinal Concussion

BREASTS To stimulate the secretion concuss D 3, 4 To diminish same concuss C 7

CARDIAC ORIFICE OF STOMACH. To contract, use spinal concussion over C 7, D 1, or D 5, or pressure on D 5 These latter two will dilate the pyloric orifice To dilate the cardiac orifice, concuss D 3

COLON. To stimulate, concuss D 2 to 8 To constrict, concuss L 1, 2, 3 To dilate, concuss D 11

EARS To stimulate, concuss C 2, or all upper cervical vertebrae To diminish, give pressure over third thoracic or dorsal nerves

EYES To stimulate, concuss C 1, 2, C 7, D 2, 3, 4 The latter dilates the pupil

HEART. To restore beating of heart, concuss C 7, or C 1 or 4, or D 2 or 4 To contract, concuss C 7, the most powerful of all centers for this purpose. To dilate, concuss D 9 to 12 To accelerate, concuss C 3, 4. To inhibit, concuss D 2

KIDNEYS To contract, concuss C 7, D 6, 7, 8, L 1, 2, 3 To dilate, concuss D 10, 11 This latter will cause albumen to form in the urine.

LIVER To contract, concuss C 7, D 4, L 1, 2, 3 Pressure at the same regions will produce the same effect To dilate, concuss D 11.

LUNGS To contract, concuss C 3, 4, 5, C 7 Latter should not be persisted in if patient is suffering with tubercular troubles. To dilate, concuss D 5, 6, 7, 8

PROSTATE GLAND. To contract or reduce, concuss D 12.

STOMACH To contract, concuss D 2, or L 1, 2, 3 To dilate, concuss D 11 To cause to assume a more vertical position, concuss D 5. This will contract the cardiac orifice and dilate the pylorus Raising the hyoid bone will cause the same phenomena

THYROID GLAND To constrict, concuss C 7, or C 3, 4, 5

UTERUS. To constrict, concuss L 4 region.

CENTERS OF REFLEX ACTION

ADDUCTOR REFLEX May be elicited by the sinusoidal

Spinal Concussion

ACHILLES REFLEX The reflex of foot may be elicited by sinusoidal stimulation at sacrococcyxigeal and lumbar region. Concussion of L region partially does the same

BICEPS, TRICEPS, and Wrist Jerk may be elicited by concussion or current applied at C 5, 6

EPIGASTRIC REFLEX Elicited by concussion or sinusoidalization of D 7, 8, 9.

CREMASTERIC REFLEX Elicited by concussion or sinusoidalization of L 1, 2, 3

GLUTEAL REFLEX. Patient on side Concuss any of the lumbar vertebrae, but more strongly by the fifth L vertebrae

BABINSKI REFLEX. Elicited by sinusoidalization of L 3, 4. The toes flex dorsally in this reflex.

PECTORAL REFLEX. Patient on side Arms slightly elevated Concuss or sinusoidalize D 3 to 6

PLANTAR REFLEX Evoked by stimulation of first and second sacral segments

QUADRICEPS REFLEX. Elicited by concussion or sinusoidalization of L 2

SCAPULAR REFLEX To elicit, concuss or sinusoidalize C 5

PALMAR REFLEX Best elicited by applying interrupting electrode over C 6

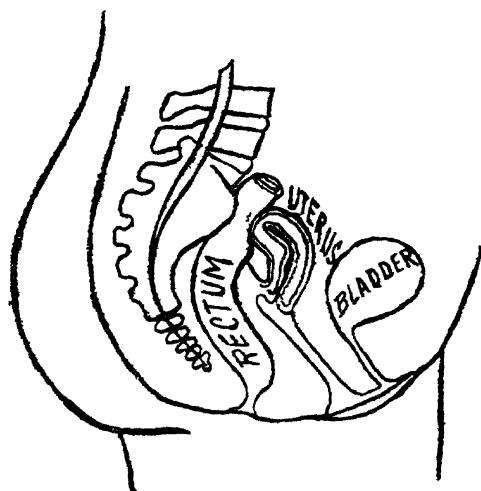
STOMACH REFLEX Elicited by concussion or sinusoidalization of C 7

LUNG REFLEX. Elicited from C 4, 5 Infallible for bronchial asthma

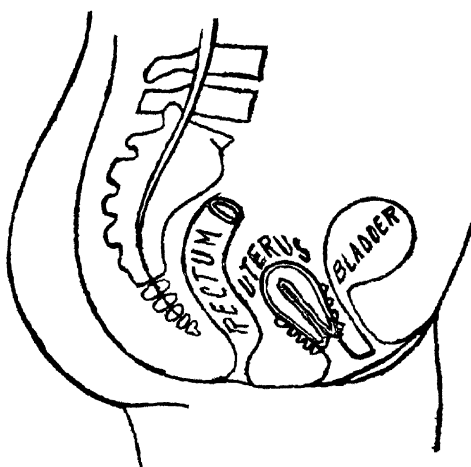
HEART REFLEX Concuss C 7.

One reflex must be considered when making another. For instance, immoderate concussion of C 7 for weakness of the heart has been known to cause tubercular troubles of the lungs This could be prevented by concussing D 5, 6, 7, 8, 9 properly while giving the treatment by concussion.

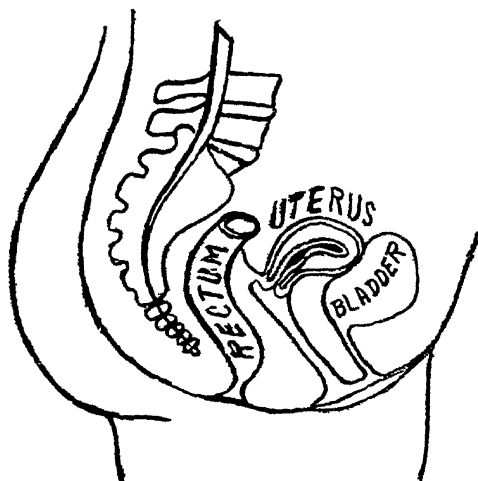
Consider well all parts affected by the concussion you give, and never give concussion of any region that would injure any other region or organ without giving the necessary treatment to strengthen the other part so as to counteract these weakening influences



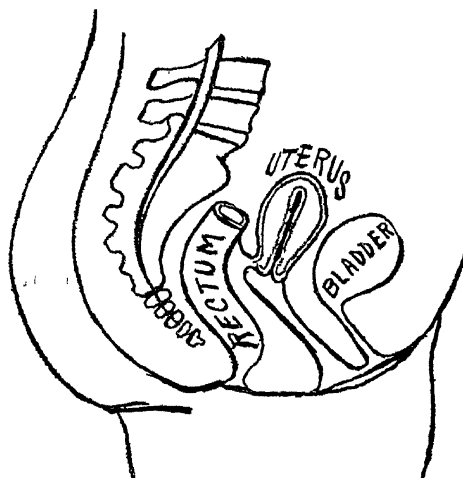
RETROVERSION



PROLAPSUS



ANTEVERSION



NORMAL UTERUS

Spinal concussion is all powerful to restore all abnormal conditions of the uterus to the normal Concuss lumbar 1, 2, and 3 for five to seven minutes daily May adjust lumbar 3 region One of the marvels of spinal treatment

Where to Adjust, Concuss, &c

The Chiropractor should make a careful examination in each case, and adjust wherever abnormal conditions may occur. In the treatment of all disorders it must be understood that in addition to the specific treatment indicated below, the case may require whatever other treatment may be indicated. It must also be remembered that subluxation affecting some organ does not always come from exactly the same place, as, for instance, the liver may become diseased from a subluxation at either the 6th, 7th, or 8th dorsal vertebra, as there is a strong nerve supply from each of these regions to the liver, and a lighter supply from the regions above or below this. Hence, for instance, in treating diseases of the liver, if the operator should find the lesion at the 6th or 8th dorsal instead of the 7th, as pointed out in the following pages, let him be sure to adjust where the lesion does occur, and let him bear the same principle in mind in treating other disorders.

Abscess

Of appendix—L 2, 4

Brain—C 1, 4

Breast—Local zone

Gums—C 4

Larynx—D 5, 10, C as indicated

Liver—D 7

Lungs—D 3 to 5

In the treatment of any abscess, adjust D 10 in connection with the region indicated above.

If abscess occurs on any organ or part not enumerated above, adjust so as to give best nerve supply to the part involved.

Aching, Pains—D 4, 6, local zone. Pressure along all the transverse processes of the dorsal and lumbar region, Press and massage the sacrum, May use the warm magnesia bath 20 minutes or longer; If pain is about the vagina or the other viscera or the bowels, rectal dilation will be a marvellous help in giving relief.

Acne—D 6, 10, local zone, magnesia bath or sponge

Acromegalia—C 1 to 4

Adrenal Glands—D 9, 10

Actinomycosis—D 10 to 12

Where to Adjust, Concuss, &c

- After Pains—L 2, 4, Concuss L 1, 2
Ague—C 5 or 6, D 6, 8, 10; Concuss L 1, 2, 3, magnesia bath.
Alopecia—C 1 to 4; D 5, 10; proper local applications
Alveolar Pyorrhea—C 4, D 5, 10
Amblyopia—C 4.
Amenorrhea—L 2 to 4.
Anemia—D 5, 7, 10 Concuss C 7, D 10
Anteflexion—L 2 to 4, Concuss L 1, 2
Aneurism—D 2, 4; Concuss C 7
Angina Pectoris—D 2, 4, Cautiously concuss D 9, 10, 11, 12
Animal Parasites—D 5, 7, 10, Elsewhere as indicated
Ankle Clonus—L 4, 5.
Anorexia—D 5
Anosmia—C 3
Anteversion—D 6, L 2, 4, Concuss L 1, 2, 3
Aortic Aneurism—D 2, Concuss C 7
Aphasia—C 1, 4, D 1 to 6 region, Concuss C 1 to 3, Dilation
Apoplexy—C 1, Elsewhere as indicated, Bath, Dilation
Appendicitis—L 2, Concuss D 11; Dilation
Arm—Lower Cervical, or D 1 or 2
Asthma—
 Bronchial—D 2, Concuss C 4, 5.
 Pulmonary—D 3, Concuss D 3 to 8
 Cardiac—D 4, Concuss C 7
 General—D 6, Concuss C 7; D 3 to 8
 In all cases use Dilation if rectal muscles seem involved
Addison's Disease—D 5, 7, 10, Diet, Baths, Dilation
Ataxia, Locomotor—C 1, 7, D 1, 2, 10, L region, Dilation,
 Concuss D 10, Stretch spine; Magnesia bath
Ascites—D 10; L 1, Elsewhere as indicated, Concuss C 7, D
 2 to 8, Dilation, Baths
Atrophy—D 5, 7, 10, and local zone
Baldness—C 1 to 4; D 5, 10, Proper local applications
Barber's Itch—C 4, D 10, Baths
Barrenness—L 2, 4
Bearing Down Pains and Sensations—D 6, 10, L region
Bell's Palsy—C 1, 4; D 6, Baths, Dilation

Where to Adjust, Concuss, &c

Bile Duct—D 5 to 7; To constrict duct, concuss D 9, To dilate, concuss D 1

Blackheads—D 10 and local zone, Baths, Diet.

Bladder—D 10, L 1 region, Concuss L 4, 5; Concuss Sacrum; Dilate

Blindness—C 1, 4, D 5, 10; Concuss C 1, 4, 7.

Boils—Local zone, Magnesia application

Brain—C 1 to 4, Elsewhere as indicated; Baths

Breathing—C 4, D 2 to 6 as needed; C 5 to 7 may be involved.

Breath, Bad-Smelling—C 4, D 5, 10, Keep teeth clean.

Brick-Dust Sediment—D 5, 10, 12; L as indicated; Baths.

Bright's Disease—D 4, 6, 10, 12, Diet or live on milk, Baths; May fast absolutely in this trouble

Bronchitis—Lower C and upper D regions, Baths

Bubo—L 2, Baths

Buzzing in Ears—C 1

Calculi—

Biliary—D 6 to 8

Renal—D 10.

Calf of Lower Leg—L 4, 5

Cancer of Skin—Local zone

Cancer of Stomach—D 5, 10

Cancer of the Liver—D 6 to 8, 10

Cancer of the Pancreas—D 7, 8, 10.

Cancer of Intestines—L region.

Cancer of other organ or part—Local zone and D 10

Cancer may sometimes require the cancer paste to kill it

Cancrum Oris—C 4, D 6, 10

Cataract—C 1, 4, D 10, Magnesia wash, Saline solution, Concuss C 1 to 3

Catarrh—

Of Head—C 1, 4

Larynx—C 4, D 5

Bronchial—D 1, 2

Lungs—D 3

Stomach—D 5

Intestines—D 8 to 12, L 2

Where to Adjust, Concuss, &c

- Colon—L, 2, 4
Bladder—L, 1.
Other Organ or Part—Local zone
May use the magnesia sulphate baths in any case of catarrh.
Carbuncle—Local zone, Baths and local applications
Cerebritis—C 1, 2, D 5
Cerebro-Spinal Meningitis—C 1; D 6, 10, Elsewhere as indicated; Dilation, Hot applications
Chicken Pox—C 5, D 5, 10.
Child-Bed Fever—L region.
Chill—C 1; D 6, Dilation
Chlorosis—C 1, D 7, L region; Baths, Dilation; Concuss D 10.
Choking—C 5 to 7; D 1 to 5; Baths.
Cholera, Asiatic—D 6, 12; L 2, Baths; Dilation
Cholera Infantum—D 10; L 2; Baths; Dilation
Cholera Morbus—L 2 to 4; Dilation; Baths
Chorea—C 1, D 6; L region; Dilation, Baths, Concuss D 10.
Chordee—D 10, L region, Baths
Cirrhosis of the Liver—D 6, 7, 8, Concuss D 4 to 7, L 1 to 3.
Clap—L 2, 4; Injection in acute cases
Clergyman's Sore Throat—C 4 to 7, D 5, Compresses
Club Feet—L region; Massage and adjust ankle
Cold Feet—D 6, 10; L region, Dilation if indicated.
Cold Hands—Lower C or upper D, Concuss C 4 to 6 or 7
Colic—
 Gastric—D 5
 Hepatic or Biliary—D 7.
 Intestinal—D 8 to 12; L 2 to 4
 Renal—D 10
 Uterine—L 2 to 4
All forms of colic are often helped by rectal dilation
Colitis—D 12; L 2 to 4; Dilation
Color-Blindness—C 4
Coma—C 1, 4, D 4, 6; Baths
Congestion—
 Cerebral—C 1, 4
 Spinal—D 6, Elsewhere as indicated

Where to Adjust, Concuss, &c

Pulmonary—D 3.

Biliary—D 7.

Renal—D 10.

Elsewhere—Local zone.

Concussion of C 7 is usually helpful

Rectal Dilation is usually good

Consumption—D 3, 5, Elsewhere as indicated; Baths, Dilation; Diet, Exercise

Constipation—D 7, 10; L 2, 4, Diet; Exercise, Dilation, Concuss D 11, L 1 to 5.

Convulsions—C 1, D 6, 10, Elsewhere as indicated; Diet; Baths, Dilate

Coryza—C 1, 4, D 5 or 6, 10; Bath, Sugar Cure, Concuss C 7

Costiveness—D 10, Dilation; Diet.

Cough—

Throat—Lower C, D 5.

Bronchial—D 1 or 2

Lung—D 3.

Diaphragm—C 4; D 5

Bath; Dilation, Diet, Concuss C 7

Cramps—

Arms—D 1, C 5 to 7

Stomach—D 5; Concuss D 5, 11

Diaphragm—D 5; Concuss D 11.

Bowels—D 12 region; L 2 to 4, Concuss D 11

Legs—Lower L region

Heart—D 2 to 4; Concuss D 8 to 12

In most cramps of internal organs, Dilation gives sure relief.

Cretinism—C 1, 4; D 5, 10, Elsewhere as indicated, Baths; Dilation

Croup—D 5, C region, Baths, Compresses.

Cross-Eyes—C 4, D 5, 10.

Cystitis—L 1, D 10 if indicated; Dilation

Dandruff—C 1, D 5, 10, Local application

Deafness—C 1 to 4, D 5, Candy cure, Dilation in rare cases

Dengue—C 1, D 4 to 10 as indicated, Baths

Where to Adjust, Concuss, &c

Diabetes Insipidus—C 1, D 6, 8, 10, Baths, Diet, Concuss C 7
Diabetes Mellitus—C 1, D 6, 8, 10, Baths; Diet, Concuss C 7.
Diarrhoea—D 5, 10, L 2, 4, Diet, Dilation

Digestive System—D 5, Elsewhere as indicated, Diet or fast:
Dilation

Diphtheria—

Catarrhal—C 4, D 5, Baths or packs; Dilation

Croupous—C 4; D 5, Baths or packs—Dilation

Malignant—C 4; D 5, Baths or packs, Dilation

Dipsomania—C 1, D 5; Baths

Disease, Addison's—D 5, 7, 10, Diet; Baths, Dilation.

Diseases of the Ankle—L 4, 5, Adjust the ankle, and massage

Diseases of the Arm—C 4 to D 4, as indicated.

Diseases of the Bladder—D 10, L 1, Concuss D 9, L 4, 5

Diseases of Children—Adjust, Bath; Dilation, as indicated.

Stomach—D 5.

Liver—D 7.

Kidneys—D 10.

Bed-Wetting—L 1

Infantile Paralysis—C 1, D 4, 6, 10 L region. Dilation

Other troubles—As indicated

Diseases of the Ear—

Aching—C 1, 4, Compress and warm applications

Ear-Wax, Hard—C 1 region, Work muscles

Ring in the Ear—C 1 or 2; Concuss C 1 to 4, Dilate

Auditory Canal—C 1, 4

Middle Ear—C 1 to 4

Roaring Sounds—C 1; Dilate

Catarrh of Ear—C 1 to 4; D 10

Deafness—C 1, 4, D 5, Concuss C 1 to 3, Dilation

Puncture of Drum—C 1, 4

Deaf Mutes—Sometimes helped by adjusting upper C
region; D 5

Many diseases of the ear are helped by warm applications
and exercise to the ear

Diseases of the Esophagus—C 4, D 5

Diseases of the Eye-Ball—C 4, D 5

Where to Adjust, Concuss, &c

Diseases of the Eyelids—D 10

Diseases of the Eyesight—C 4

Diseases of the Gums—C 4, D 10.

Diseases of the Heart—C 1, 4, 6, D 2, 4, Dilation; Baths

Concussion in Heart Diseases—

For vaso-constriction, myomotor action, Acceleration—
C 3, 4

To strengthen heart action—Concuss C 7

(This also excites myomotor action, and causes vaso-constriction)

To inhibit the heart action—Concuss D 2

To constrict the Aorta—Concuss D 2

(This will cause myomotor action also)

For reflex of dilation of heart and aorta—Concuss D 8 to 12.

Diseases of the Hip—L 2 to 5, Bath.

Diseases of the Kidneys—D 10 to 12.

Diseases of the Ankle—L 4, 5, Bath, Massage

Diseases of the Knee—L 4, 5

Diseases of the Large Intestine—L 2, 4

Diseases of the Larynx—C 4, D 5

Diseases of the Liver—D 7 region; Concuss D 3, 4, Dilation

Diseases of the Lungs—D 2 to 6; Attitudes, Exercise, Bath,
Dilation.

Diseases of the Ovaries—L 3 region

Diseases of the Pancreas—D 8 region

Diseases of the Peritoneum—D 10 to 12, L 2

Diseases of the Pharynx—C 4; D 5

Diseases of the Pleura—D 3 region as indicated

Diseases of the Prostate Gland—L 4, 5; Concuss D 12; Bath,
Dilate

Diseases of Rectum—L 4, 5, Concussion, Dilation

Diseases of the Scalp—C 1, 2, D 5, 10; Baths; Vibration

Diseases of the Sexual Organs—L 2 to 4 region

Diseases of the Shoulder—Lower C or Upper D

Diseases of the Small Intestine—D 7 to L 2 as indicated

Diseases of the Spleen—D 6, 7, or 8, as indicated.

Diseases of the Stomach—D 5

Where to Adjust, Concuss, &c

- Diseases of the Suprarenal Capsules—D 9, or 10
Diseases of the Teeth—C 4, D 10
Diseases of the Throat—C 4, D 5
Diseases of the Thymus Gland—D 5
Diseases of the Thyroid Gland—C 5; D 5
Diseases of the Ureters—D 10 to 12
Diseases of the Urethra—L 2 region
Dizziness—C 1, 4; D 5
Dreams—C 1, 4, D 5, Attitudes
Dropsy—D 6, 10; Elsewhere as indicated, Bath; Dilation; Diet.
Dropsy of the Brain—C 1, D 10
Duodenal Ulcer—D 8 to 12
Dysmenorrhea—L 2 to 4
Dysentery—D 10, L 2, 4
Dyspepsia—D 5, 7, Diet
Ear troubles—C 1 to 4, D 5 region, Concuss upper C.
Eczema—D 5, 7, 10, Local zone, Baths; Dilation, Violet Ray.
Emesis—D 5, Elsewhere as indicated
Emissions—L 3 region
Enteralgia—L 2, Elsewhere as indicated
Enteritis—D 10; L 2, Rectal Dilation.
Entero-Colitis—D 10; L 2, Dilation
Epilepsy—C 1, L region; As indicated, Dilation
Epistaxis or Nosebleed—C 4 on side opposite the hemorrhage
Epithelioma or Skin Cancer—Local zone, Diet; Baths or
Paste.
Eruptions of Skin—D 10, Local Zone, Baths.
Erysipelas—Local Zone, Baths, Compresses
Eustachian Tube—C 1 to 4, D 5 region, Upper D region
Eyeball—C 1, 4; D 5, Concuss Upper C
Eyeball, Tremor of—C 4; D 10
Eyes, Crossed—C 4, D 5, 10
Eyes, Diseases of—C 1, 4, D 5, 10
Eyesight, Failing—C 4, D 5
Facial Paralysis—C 1, 4, D 5 or 6, Dilation
Facial Spasm—C 1 to 4; D 6
Fallopian Tubes—L 3 region

Where to Adjust, Concuss, &c

Farsightedness—C 4 region

Female Troubles—L 3 region, as indicated, Dilation

Fever—Spinal Hot Box, D 10.

Breakbone or Dengue—D 4 to 10 and elsewhere as indicated

Catarrhal—C 1, 4; D 5 or 6, 10

Cerebro-Spinal—C 1, D 6, 10, Dilation, Compresses

Hay—C 1, 4, D 1 or 2, Dilation, Concuss upper C and C 7.

Lung—D 3, 10; Jacket or Plaster on Chest, Baths

Malarial—C 5 region, D 6, 8, 10; Concuss L 1 to 3

Relapsing—D 6, 8, 10

Remittent—C 1, 5; D 6, 8, 10

Rheumatic—D 5, 7, 10, Local Zone; Baths

Scarlet—C 4; D 5, 7, 10, L region as indicated, Sponge Baths.

Spotted—C 1, D 6, 10, Elsewhere as indicated, Dilation; Hot application

Thermic—C 1, D 4, 6, 10; L region as indicated

Typhoid—C 1, 5, D 4, 6, 8, 10, 12; L 2, 4, Dilation, Baths

Typhus—C 1, 5 region, D 5, 7, 10, 12; L 2, 4; Dilation; Baths

Yellow—D 5, 7, 10, L 2 region, Dilation.

Fibroid Tumor—L region or Local Zone, Diet; Dilation, Compresses or Packs, Concuss L 1 to 3

Fissure of Anus—L 4, 5, Dilation, Magnesia Applications

Floating Kidney—D 6, 10, Diet, Baths

Frequent Urination—L 1 region, Concuss L 5 region

Frequent and too full Urination—D 10, L 1 region, Concuss L 5

Gall Bladder—D 6 to 8 region, Baths

Gall Duct—D 6 to 8 region, Baths

Gastric Ulcers—D 5 region

Gas in Stomach—D 5 region, Dilation; Baths

Gastric Juice—D 5 region

Gastritis—D 5 region, Dilation; Baths

Genital Organs—L 2, 4, Dilation

Glossy Skin—C 4, D 6, 10, Dilation

Where to Adjust, Concuss, &c

Goitre—C 5 or 6 region, D 4; Concuss C 7

Gonorrhea—L 2, 4, Dilation, Baths; Diet

Gravel—D 10, L 1, Diet.

Gums—C 4, D 10

Hallucination—C 1, 4, Baths, Diet

Hands—D 1 region, 10

Hay Fever—C 4, D 1, 2, Dilation.

Headache—

Bilious—D 7

Neuralgia—C 1

Congestive—C 1 or 4.

Sick—D 5

Renal—D 10

Periodic—L 3 region

Nervous—D 6.

In nearly all cases adjust C 1 or 4 in connection with other movements

Rectal Dilation is often a very powerful adjunct in stubborn headaches

Heartburn—D 5

Heart Disease—C 1, 4, 6, D 2, 4, Dilation; Baths, Concuss C 7

Dilation—C 1, 4, 6; Concuss C 7, D 4

Aneurism—D 2, Concuss C 7

Fatty Degeneration—D 2, 4; Concuss C 7; Diet, Baths.

Hypertrophy—D 2, 4; Concuss C 7.

Palpitation—C 1, 4; D 2, 4; Concuss C 1, 2, 7, D 1, 2; Dilation

Dropsy—D 4, 10; Concuss C 7.

Heat Rash—D 6, 10, Baths

Hematuria—D 10 or L 1, as indicated.

Hemorrhage—

Cerebral—C 1

Nasal—C 4

Bronchial—D 2.

Stomach—D 5

Intestinal—D 8, 10, L 2, Concuss L 1 to 3

Where to Adjust, Concuss, &c.

- Kidney—D 10; Concuss C 7, D 12
Bladder—L 1
Uterine—L 4, Concuss L 1 to 3
Rectal—L 5; Concuss L 4, 5
Lungs—D 3; Concuss C 4, 5, 7
Haemoptysis (or Bleeding of the Lungs)—D 3; Concuss C 4, 5, 7.
Hepatitis—D 6 to 8 as indicated.
Hernia—
 Inguinal—D 10, 12, L 2, 4
 Umbilical—D 6, 8.
 Diaphragm—D 6, 8
Hiccough—D 5 or 8, and sometimes C 4
Hip Joint—L 2 to 5; Baths
Hives—D 5, 10, Baths
Hoarseness—C 4, 7, D 5, Concuss C 7
Hydrocephalus—C 1, 4; D 5, 10
Hyperesthesia—D 6, Elsewhere as indicated
Hyperpyrexia—D 6, 10, Spinal Hotbox; Elsewhere as indicated.
Hypersecretion—
 General—D 6, 10
 Pharynx—C 4, D 5
 Nasal—C 4
 Stomach—D 5
 Kidneys—D 10
 Other Organs—As indicated
Hypertrophy—Local Zone and D 10
 Heart—D 4, 10
 Arm—D 1 region.
 Leg—L 5 region
 Abdomen—D 5, 7, 10, Concuss D 3 to 8
 Face—C 1 to 4
Hysteria—C 1; D 6, Dilation.
Icterus or Yellow Jaundice—D 7 region, Elsewhere as indicated
Inflammation of the Brain—C 1 and C region, Dilation; Baths

Where to Adjust, Concuss, &c

- Influenza—C 1, 4, D 5 or 6, 10, Concuss C 7
Insanity—C 1, 4; D 2 to 6, Elsewhere as indicated, Dilation;
Baths
Insomnia—C 1, D 6; Baths
Intestinal Obstruction—L 2, 4, Elsewhere as indicated; Dila-
tion, Concuss D 1
Intestinal Hemorrhage—L 2 region, Concuss L 1, 2, 3;
Dilation
Involution of Womb, Failure of—L 2 to 4, Concuss L 1 to 3;
Dilation
Impotency—L 2, 4; Dilation, Baths
Itch—D 5, 7, 10; Local Zone, Solution, Baths, Violet Ray
Itching Genitals—L 3 region, Baths, Violet Ray
Iritis—C 4; D 5 to right, Compress
Jaundice—D 6, 7, 8, 10
Keloids—Local Zone; Solution; Salves, Vibration
Kidney Diseases—D 10 region
Kidney, Floating—D 10 region
Knee, Housemaid's—L 4, 5, Compresses
Kneejoint Diseases—L 2 to 5 as indicated; Baths
Lachrymation—C 1 to 4
La Grippe—C 1, 4, D 5 or 6, 10; Concuss C 7, Baths
Laryngitis—C 4, D 5, Compress
Larynx Diseases—C 4, D 2, 5; Compress
Lead Poison—D 5, 7, 10, L 3 region, Elsewhere as indicated,
Dilation
Leanness—D 5, 7, 10, Elsewhere as indicated, Diet, Concuss
D 10.
Leucorrhœa—L 2, 4, Diet, Dilation, Baths, Concuss C 7
Lids of Eyes, Granulated—C 4, D 5, 10
Liver Diseases—D 7 region
Lockjaw—C 1 to 4, Adjust the jaw
Locomotor Ataxia—C 1, 7, D 1, 2, 6, 10, L region; Dilation;
Concuss C 7, D 9, 10, Stretch Spine, Baths
Loss of Memory—C 1, Baths
Lumbago—L 1 region, Compresses.

Where to Adjust, Concuss, &c

- Lung Diseases—D 3, 5, Elsewhere as indicated; Diet; Exercise, etc
- Lung Fever—D 3, 10; Jacket on Chest; Baths
- Malaria—C 5, D 5, 7, 10; Baths
- Mammary Glands—D 3 to 5.
- Measles—C 4, D 3, 6, 10; Elsewhere as indicated.
- Meningitis—C 1; D 6, 10; Elsewhere as indicated; Dilation; Hot application.
- Menopause—C 1, D 6; L 3 region; Elsewhere as indicated, Dilation, Baths
- Menstruation—L 2 to 4, Dilation; Baths.
- Mental Depression—C 1, Elsewhere as indicated
- Milk, Abnormal Flow—D 3 to 5
- Morphine Habit—C 1, D 5, Baths, Fast
- Mouth Diseases—C 4, D 5, D 10
- Mumps—C 4, 6; D 5
- Nasal Catarrh—C 4; D 5 to left, Sugar cure
- Nasal Polyp—C 4; D 5 to left
- Nephritis—D 10 region, Baths
- Nerve Collapse—C 1, 4, D 5, Baths, Dilation.
- Nervousness—C 1, 4, D 6; Baths, Dilation
- Nipples—D 3 to 5; Baths
- Neuralgia—Local Zone
- Neuritis—Local Zone
- Neurasthenia—C 1, 4, D 6, Baths; Dilation
- Non-Union of Bone—Local Zone, Baths
- Nosebleed—C 4
- Obesity—D 5, 7, 10, Baths, Diet, Concuss D 8
- Obsession—C 1; D 6, Dilate
- Obstruction of Intestines—L 2 region, Dilation, Baths
- Ocular Vertigo—C 1, D 5
- Oedema—Local Zone, Baths
- Opium Habit—C 1, D 5, Baths, Fast
- Ovarian Diseases—L 3 region, Concuss L 1 to 3, Compresses
- Oxaluria—D 5, 8, 10; Baths.
- Pain—Local Zone, Baths; Dilation
- Painful Menstruation—L 2 to 4; Baths, Dilation.

Where to Adjust, Concuss, &c

- Pallor of Skin—D 5, 7, 10; Elsewhere as indicated; Baths, Dilation, Concuss D 10.
- Palpitation of Heart—D 4, Concuss C 7, D 1, 2, Dilation
- Palsy—Local Zone; Concuss D 11, Stretchèr, Dilation
- Pancreas—D 7, 8
- Pancreatic Cancer—D 7 to 8 region
- Pancreas, Cyst—D 7, 8; Fast or Diet
- Pancreatic Calculi—D 7, 8, Baths, Diet or Fast
- Paralysis Agitans—D 6, 10; Elsewhere as indicated, Dilation, Baths, Stretch
- Paralysis, Facial—C 2, 4; Dilation, Stretch neck
- Paralysis, Monoplegia—C 1; D 6; Local Zone, Elsewhere as indicated, Dilation.
- Paralysis, Haemoplegia—C 1; General, Baths, Dilation
- Parotid Glands—C region, D 5
- Pellagra—D 6, 10, Spinal "Hot Box", Elsewhere as indicated, Baths, Diet
- Pericarditis—D 2, 4, 6, Baths, Diet
- Peritonitis—D 8, 10, 12, L 2 region, Baths, Dilation
- Pertussis or Whooping Cough—C 4 or 5; D 5 to right, Concuss C 7
- Phthisis—D 3, 5, As indicated, Baths, Dilation, Diet, Exercise
- Piles—L 4, 5 region, Dilation, Concuss L region and Sacrum
- Pleura—D 3 region, Baths
- Pleurisy—D 3 region; Baths
- Pneumonia—D 3, 10, Baths, Plaster or Jacket
- Poison—D 5, 7, 10, Local Zone, Baths; Fast
- Polypi of Ear—C 1, 2
- Pregnancy Disorders—D 5, 7, 10, L 2 to 4, Baths
- Pirolapsus of Womb—D 2, 4, Concuss D 8 to 12 and L 1 to 3
- Prostate Gland—L 3, 5 region, Concuss D 12; Dilation
- Psoriasis—D 5, 7, 10, Local Zone; Solution, Baths, Violet Ray
- Puberty—D 5, 8, 10, L 2, 4, Dilation
- Pupil of Eye—C 4 region
- Quinsv—C 4, 7; D 5 to right, Baths or Compresses

Where to Adjust, Concuss, &c

- Rachitis—D 5, 8, 10, Elsewhere as indicated; Dilation.
Rash—D 6, 10, Local Zone
Rectal Fistula—L 2, 4; Dilation, Diet; Concuss L region and Sacrum
Rectal Prolapsus—Lower L region, Dilation
Rectal Ulcers—Lower L region; Dilation
Relapsing Fever—D 6, 8, 10.
Renal Calculus—D 10
Renal Colic—D 10
Renal—Congestion—D 10; Concuss D 6, 7, and L 1 to 3; Baths
Renal Tuberculosis—D 10 region; Baths; Compresses.
Retinitis—C 4; D 5.
Retroflexion of Womb—L 2, 4; Concuss L 1 to 3.
Rheumatism—D 5, 7, 10, Local Zone, Dilation, Baths, Diet
Rheumatism, Chronic—D 5 or 6, 7 10; Dilation, Baths; Diet or Fast
Rheumatism of Muscles—D 6, 10; Elsewhere as indicated; Dilation, Fast
Rheumatism, Inflammatory—As indicated, Baths; Dilation; Diet
Rotheln or German Measles—C 4, D 5, 10; Baths, Concuss C 7.
Salivation—C 4, D 5
Scalp Tenderness—C 1 to 3
Scarlatina—C 4, D 5, 10, L region as indicated, Baths
Sciatica—D 10, L 2 to 5; Baths; Dilation
Scurvy—C 4; D 5, Diet
Seborrhea—D 6, 10, Local Zone; Diet, Baths
Seminal Emissions—D 6, 10, L 4, Dilation, Baths
Sexual Weakness—L 2 to 4, Dilation, Baths
Sexual Imperfection—L 2, 4; Dilation, Concuss D 12
Sexual Desire, Loss of—L 2, 3, 4; Baths; Dilation; Concuss D 12
Skin Diseases—D 5, 7, 10; Baths, Dilation
Sleeplessness—C 1; D 6, Baths
Small-pox—C 5, D 6, 10, Magnesia applications
(Easily handled in the discreet form, dangerous in confluent

Where to Adjust, Concuss, &c.

and malignant forms.)

Smell, Lack of—C 3 or 4.

Sneezing—C 4; Concuss C 7.

Softening of the Brain—C 1, 4, D 6, 10, Baths, Dilation.

Somnambulism—C 1; D 6, Diet

Sordes—

Of Teeth—C 4; Diet; Wash

Of Ears—C 1.

Of Scalp—C 1 to 3

Other Parts—As indicated

Sore Throat, Clergyman's—C 4, 5, or 6; D 5, Concuss C 4, 7
C 4, 7.

Special Senses—

Taste—C 1 to 3; D 5.

Hearing—C 1, 2; D 5; Concuss C 1, 3

Eyes—C 4; D 5, Concuss C 1, 3.

Feeling—Local Zone.

Speech—C 5 or 6; Dilation.

Spasm—D 6; Local Zone

Of Larynx—D 5.

Esophagus—C 5; D 5

Stomach—D 5.

Colon—L 2 to 4.

In most cramps or spasms, Dilation is a powerful adjunct.

Spleen—D 6 to 8; Concuss C 7, D 3, and L 1, 2, 3

Spotted Fever—C 1; D 6, 10; Elsewhere as indicated, Dilation, Hot application.

Sputum—C 4; D 5.

Squinting—C 2 to 4; D 10; Dilation.

Stomach Diseases—D 5 region

Stomatitis, or Inflammation of the Mouth

Apthous Type—D 5; Wash Mouth

Parasitic Type—D 5; Diet

Catarrhal Type—D 5, Diet, Wash.

Mercurial Type—C 4, D 5; Diet, Wash

Ulcerative Type—C 4, D 5; Wash; Diet

Gangrenous Type—C 4, D 5; Wash; Diet

Where to Adjust, Concuss, &c.

- Concussion of D 5 always good
Stone in Bladder—D 10; L 1, Diet; Dilation
Stoppage of Menstruation—D 6; L 2, 4
Strabismus—C 4; D 5, 10, Elsewhere as indicated
St Vitus' Dance—D 6, 10; Concuss D 10, Baths, Diet, Dilation.
Summer Complaint—D 10, L 2 region, Concuss L 1 to 3; Dilation; Diet.
Sweating—D 10 region, Baths.
Syphilis—D 5, 7, 10, L 2, 4, Diet, Baths, Dilation
Tapeworm, or Toenia—
 Toenia Mediocancellata, from Beef.
 Toenia Solium, from Pork
 Toenia Bothriocephalus, from Fish
 Toenia Echinococcus, minute, in Dogs, and also in Man
In all cases adjust D 5, 8, 10, 12; L 2, 4, Fast.
Drink tea made of pumpkin seed.
Taste, Loss of—C 1 to 4; D 5 to right
Tears—C 1 to 4.
Teeth—C 4.
Teething—C 4; Diet
Temperature, Sub-Normal—C 1; D 4 to 10; Concuss C 7, Dilation.
Temperature, Abnormal—See Fevers
Throat Diseases—C 4; D 5, Hot applications.
Thyroid Gland—C 5 or 6, D 5; Concuss C 7, D 2; Applications
 plications
Tic Doloieux—C 4, Elsewhere as indicated; Applications, Dilation.
Tinnitus Aurium—C 1 to 3.
Tonsilitis—Lower C region, D 5
Trichina—D 5, 7, 10; L 2, 4; Fast
Tuberculosis—D 3, 5, Elsewhere as indicated, Baths, Dilation, Diet; Exercise
Tumors—Local Zone; Baths, Applications
Typhoid Fever—C 1, 5; D 4, 6, 8, 10, 12, L 2, 4; Dilation, Baths, Fast.

Thymus Gland—D 1, 2, 5

Ulcer—Local Zone

Duodenal—D 6, 8, 10

Gastric—D 5, 10.

On Head or Face—C 1 region, D 10

On Leg—L 5 region; D 10.

In all cases external use proper dressing, and Baths

Uremic Convulsions—C 1, 2, D 6, 10; L 2 region, Baths;
Dilation

Urine, Frequent or Abundant—D 10, L 1; Concuss L 2, 4, 5

Urine, Suppression—D 10, L 1, Magnesia Applications

Urination, Frequent—D 10, L 1; Concuss L 2, 4, 5

Urine Cloudy—L 1 region

Uterus Disease—L 3 region

Uterine Hemorrhage—L 3, Concuss L 1, 2

Uterine Tumors—L 4, Concuss L 1, 2, 3, Baths and Appli-
cations

Uvula—C region 1 to 3; D 5; Concuss C 7

Vaccination—C 5; D 5, 7, 10, Baths; Diet

Vaginal Hemorrhage—L 3, Concuss L 1, 2, 3

Vaginal Catarrh—L 3; Concuss L 1, 2, 3

Valvular Diseases of the Heart—D 2, 4, Concuss C 7, Dila-
tion, Fast, Baths

Varicella, or Chicken-Pox—C 5, D 5, 10

Variola, or Small-Pox—C 5, D 6, 10, Magnesia Applications
Easily handled in discreet form, but dangerous in confluent
and malignant forms

Varicose Veins—L region, Concuss C 7 and L 1, 2, Baths

Varicose Ulcers—L region, Concuss C 7 and L 1, 2, Baths,
Applications

Varioloid—C 5, D 6, 10, Magnesia Applications

Version of the Womb—L 2, 4; Concuss L 1, 2, 3

Vertigo—C 1; D 5

Vocal Chords—C 4 to 6; D 2, 5

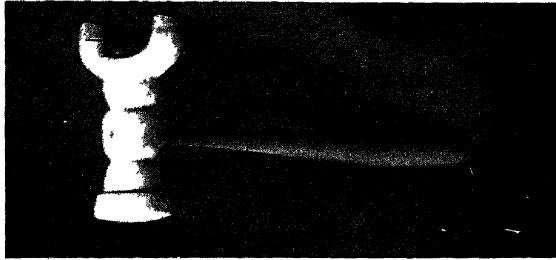
Voice, Loss of—C 1, 5 or 6, D 2, 5, to right

Vomiting in Pregnancy—D 5, L 2, 4

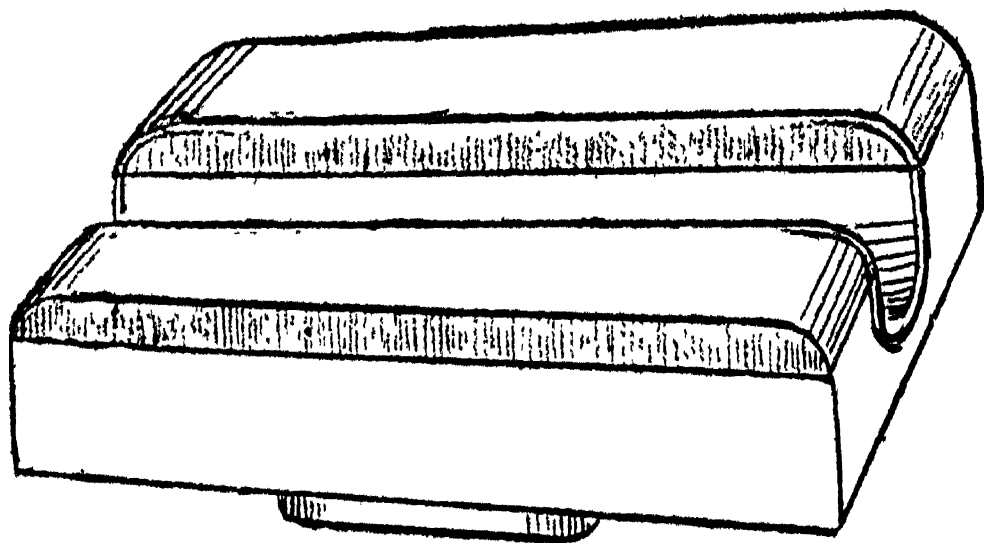
White Spots in Throat—C 4, 6, D 5, Applications

Where to Adjust, Concuss, &c.

Womb Diseases—L 3 region, Douches; Concuss L 1, 2, 3.
Whooping Cough—C 4, 5, D 5 to right; Baths, Concuss C 7
Worms—D 5, 8, 10; Elsewhere as indicated
Writer's Cramp—Lower C, Upper D, Concuss C 7; Dilation
Wounds—Local Zone, Magnesia Dressings
Wrinkles—General Treatment, Magnesia Solution
Wryneck—C region as indicated, Applications
Yellow Atrophy of Liver—D 6 to 8
Yellow Fever—D 5, 7, 10, L 2 region, Dilation



This little mallet is of a good shape for use in spinal concussion. It is made of solid wood, tipped with rubber, and may be used to concuss either the spinous or the transverse processes. Of use where the large office concussors cannot be carried. Every physician should be provided with all such instruments.



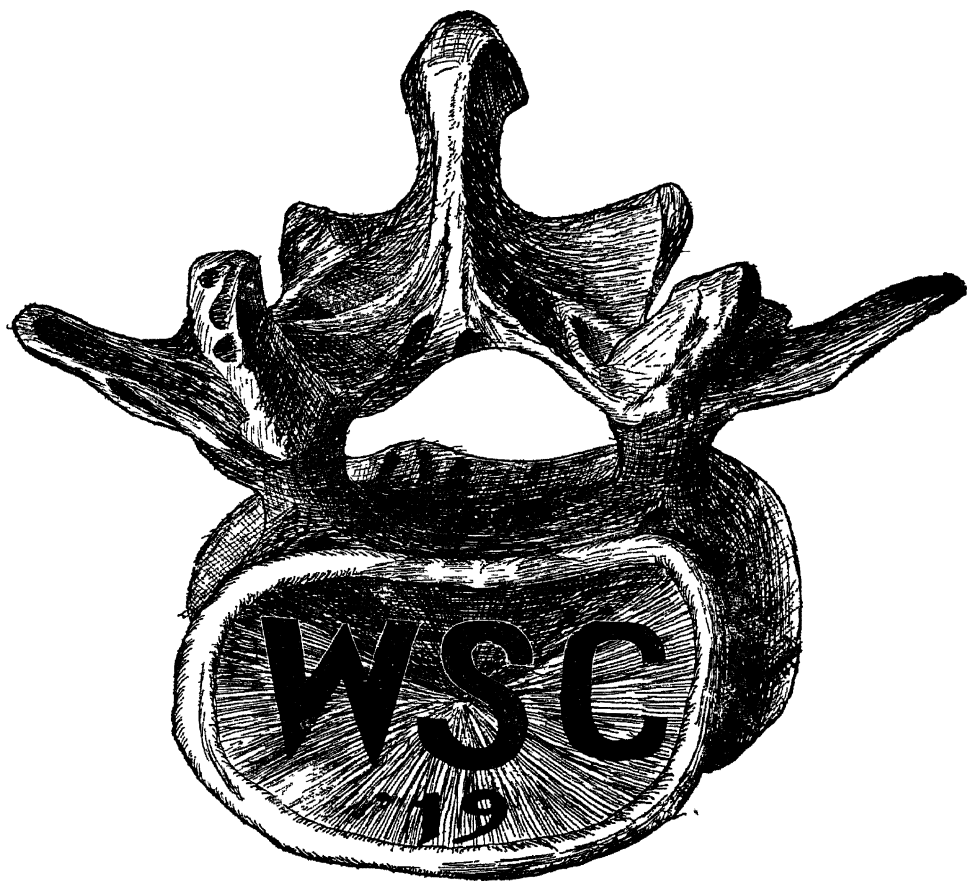
This cut represents a little apparatus that may be used very successfully in adjusting vertebrae that are so far misplaced in an anterior position as to render it impossible to make the correction by the ordinary methods of adjusting

We will say, for instance, that the fifth dorsal is very much anterior, so that we are unable to correct it by adjusting the regions above and below. Now, place this piece of pine board on the spine so that the excavated portion will receive the spinous processes of the fifth dorsal and the spinous processes just above and below.

With patient preferably in the upright position, place one knee on this excavated board. Then place a towel or strap around to the front just below the sternum where the fifth ribs join the sternum, and with knee held firmly against board give a quick backward pulling thrust with the towel or strap.

It will seldom be necessary to use this method, but will be found to be very very effective in extreme cases.

Any one can make or shape the little board, which should be about six inches long, about two inches wide, and about one inch thick, with the excavated portion about three quarters of an inch in depth. May pad with rubber or felt to make it softer.





A most extraordinary method to stop hiccough, no difference how long it has continued, nor how serious it has become. Press the forefinger of each hand firmly against the middle of the neck. Make a similar firm pressure with the ring finger of each hand just where the trapezius or large muscle of the shoulder enlarges outward from the lower portion of the neck. Press firmly in here to inhibit the action of the Pneumogastric and Phrenic nerves for only a few minutes, when hiccoughing will all be gone.

We have known cases to be stopped where the spasmodic jerks had been going on for more than three days under the regular treatment medical, and death was thought to be at hand. A short period of five to seven minutes has saved the life. Have sent students to hospitals where the third and last day had been reached, and life has been saved and health restored. Have phoned the message to cases where it was impossible to attend, and some good nurse or attendant has saved the life.

You cannot value this little affair too highly. Money can not name its value. Use it where ever it may be indicated, and you will say its value is beyond any nameable price. And so simply anybody can operate with certainty.

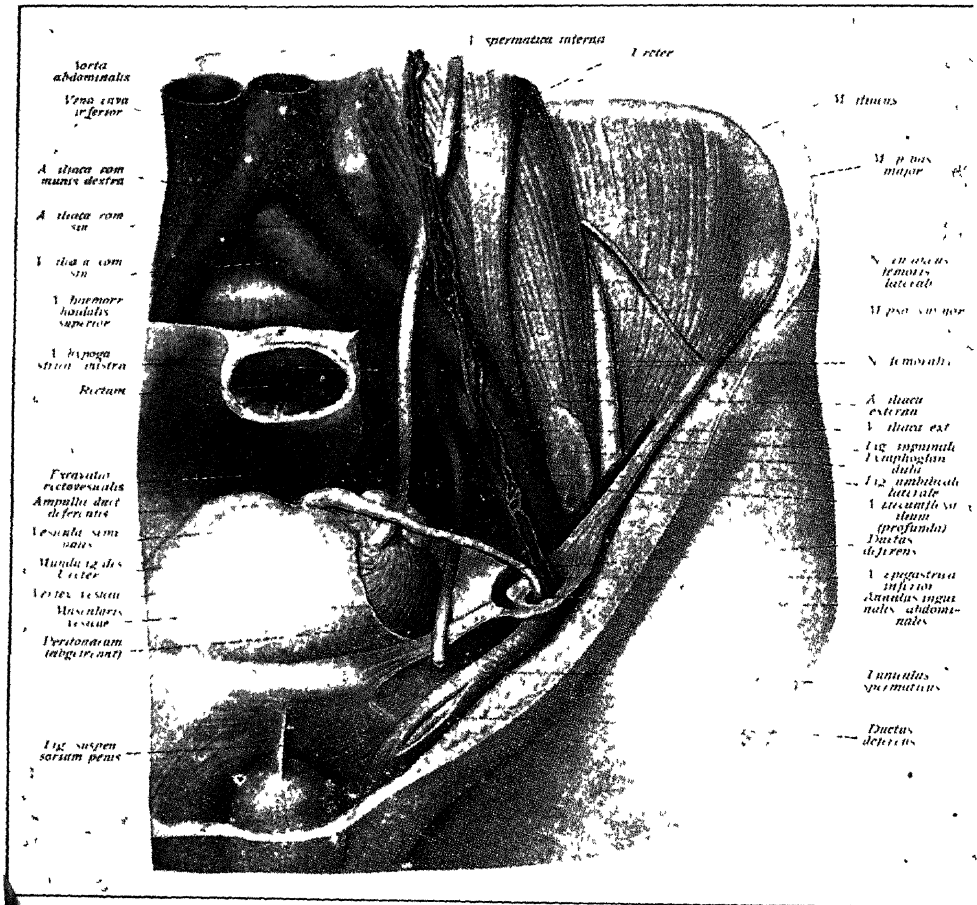
There will never be a failure. The author's experience has extended too far to leave any doubt whatever. There has never been a failure to his knowledge, and he is sure there never will be a failure where the application is made as directed here.

Read the above carefully, and see the cut here presented



This picture shows another way to relieve hiccough, and a most thoro way also. It is indeed very simple in its application. Just press with one finger in each ear, forcing the little front protuberance or tragus into the auditory canal or tube leading inward. This procedure will very quickly stop the hiccough even where it is of long standing and has become very serious.

We would hesitate to say this is as effective as the pressure on side of the neck and trapezius muscle, but it has worked wherever we have tried it out. It is so easy of application that any one can use it without calling the assistance of another, and it will work every time.



Another good picture, in which a view may be had of many veins arteries, blood vessels, and glands

CHIROPRACTIC

saves the sick, efficients the well, intensifies the nervous system, strengthens the body, prolongs the life and makes it worth living

increases circulation, deepens breathing, stabilizes metabolism, prevents age by continuous life growth, gives strength to all parts.

regulates blood pressure, equalizes temperature, drives out doubts and fears, brings in the greatest mental impulses and accomplishments.

restores perfect health, best ways of living, happiest times, greatest freedom from poisons, principles that are eternal as truth itself

increases mental activity, happiness in home and office, sacredness in dealings with others, honesty in all purposes, unselfishness always

restores prolapsed conditions to normal, crooked formations to the beauty of perfect alignment, aching and swollen joints to ease and comfort.

cures inflammation, muscular contraction, cramps in limbs and organs, unnatural desires, vicious thoughts, deeds, words and actions

cures typhoid, scarlet, and other fevers, locomotor ataxia, diabetes, heart disease, paralysis, rheumatism, asthma, Spanish flu etc
relieves away nervous tension, brain fag, pains in head, nausea from stomach, fading appearance from face, doubtful expression from eyes.

helps in all acute and chronic diseases, atrophy, hypertrophy, hay fever, tuberculosis, epilepsy, insanity, dropsy, cystitis, appendicitis

restores vigor, ability, sturdy forces, courage to do, making failure impossible, love of humanity, with invincible desires to heal

CHIROPRACTIC