FIVE GREAT
CHIROPRACTIC
CONTRIBUTIONS
ENRICH MODERN SCIENCE

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BASIC TEACHINGS HAVE REVOLUTIONIZED MODERN APPROACH TO HEALING
The Modern Approach to Healing

Old as the world is, only in comparatively recent times have we human beings found out very much. Just a few thousand years ago primitive cave men were worshipping the sun, moon and stars. Many centuries later tribal medicine men and witch doctors were supposed to be able to cure or kill by mystic communion with the spirit world.

Even in comparatively recent times our knowledge has been very sparse. Only a few hundred years ago bloodletting was almost a universal cure for all ailments! Little was known about the process of digestion, the circulation of the blood, the nervous system, or behavior problems. Pioneers in these fields have, even in our own time, been subject to abuse and persecution because they dared to advance new theories at variance with long-cherished and erroneous beliefs.

Today we think nothing of living-room conversations about atomic energy. Yet in our own lifetimes many of us have seen the change-over from gaslight to electricity, from horse-drawn carriages to supersonic jet planes, from nickelodeons to talking Technicolor and home television.

Half a Century of Progress

Chiropractic has played a great part in the scientific revolution of modern times. Since the profession began 69 years ago, it has contributed new knowledge and new concepts to the modern study of health and disease.

Because of its great efficiency in making sick people well, there is a temptation to take chiropractic for granted. But the success of chiropractic is due to the fact that it has made five outstanding contributions to modern science. They are as follows:

Nervous System Is Supreme

1. Chiropractic has stressed, as a cardinal principle of its science, that disturbances of the nervous system are primary factors in the development of disease processes. The trend of recent scientific investigations throughout the world has merely tended to confirm the fact, well known to chiropractors, that the nervous system is the master system of the body.

Disrelation Causes Abnormalities

2. Chiropractic has established that anatomical disrelation can create functional abnormalities in the body. Everyone now admits there is a relationship between posture and health. This is new to many people, but not to chiropractors, whose science is based on the knowledge that a structural derangement may have far-reaching effects on general health.

Subluxations Occur Frequently

3. Chiropractors have emphasized, against the bitterest opposition of the medical profession, that spinal subluxations (minor displacements of vertebrae) occur frequently and are a specific cause of nerve irritation. This is a basic concept in a practical theory of disease. Yet it took years of hammering away, with thousands of clinical demonstrations, before medical journals began to report similar findings.

The Viscero-Spinal Syndrome

4. It was chiropractic which first established the existence of the viscero-spinal syndrome. This means that nerve irritation at the spine may lead to a disturbance in the function of one or more internal organs of the body. It is this concept,
underlying a chiropractic approach to many familiar ailments, which has led to such astonishing clinical success in treating these conditions. Yet this concept, too, has been resisted for years, only to be confirmed by recent research at various medical clinics.

5. Chiropractic has long taught that many bacterial infections are unable to develop in the body unless there is an improper functioning of the nervous system. This is why chiropractors so frequently are able to help people who have not responded to conventional modes of treatment. While medical men recognize the basic principle of "resistance" and natural immunity, they still persist in treating symptoms rather than underlying causes which result in "lack of resistance."

The chiropractic profession is naturally proud of its contributions to the science and art of healing. Chiropractors look forward to the day when more and more branches of the healing arts will avail themselves of these concepts and techniques for the greater good of all.
WHAT ARE THE KIDNEYS?

YOUR KIDNEYS are two reddish, somewhat bean-shaped organs about four inches long, situated near the spinal column just below the last rib and behind the peritoneum. The left kidney lies slightly higher than the right one.

Although but about four inches in length or ten cubic inches in total size, the center portion of each kidney is made up of a mass of tubules which, in the average adult, add up to the amazing total of nearly seven hundred thousand feet—over a million and a quarter feet in both kidneys!

In a 24-hour period, these tubules filter an average of 370 pints of water from the blood, purify it, and return it to the circulation, meanwhile extracting waste products which are moved into the outer portion of the kidney and forming an average daily three pints of urine.

From the kidneys' outer zone this urine passes into a small tube called "the ureter" and thence to the bladder, from which it is voided.

Obviously, any failure of kidney function means that these waste products, or some of them, instead of being discharged from the body, will be returned to the blood stream, creating a general toxic condition which requires prompt correction. Life itself is menaced when such a condition is severe, or when kidney failure is complete.

THRESHOLD OF RESISTANCE

Normally your kidneys are capable of performing their appointed functions in an amount sufficient for the daily needs of the body and can also accommodate a reasonable "overload" of work, but there are limits of capacity which some people often, or even habitually, exceed. They exceed their "threshold of resistance."

For example, overindulgence in alcoholic beverages; too much tea or coffee, especially with the evening meal; highly spiced foods; too much meat—all of these can create work beyond the capacity of the kidneys, and the wise person will avoid any such overindulgence.

However, all of the functions of the kidneys are carried on by the response of muscles, tissues, and cells to stimuli conveyed to them through an intricate system of nerves.

NERVES CONTROL KIDNEYS

These nerves furnish the power supply which enables the kidneys to function when they are free of impediment; but such impediment may occur, reducing the capacity of the kidneys to carry on their work, so that even their normal burden constitutes an overload.

A failure of kidney function in any form or degree is evidence either of an overload of work being placed upon them, or of some impediment to the transmission of vital energy which affects the trunk line of the nerves that serve the kidneys. In either case, such a failure calls for prompt chiropractic attention—prompt, because a continued discharge of wastes into the blood stream can rapidly infect the entire body.

And chiropractic, because it is the science that deals primarily with the nervous system, specializes in locating and correcting impediments to the free transmission of nerve energy, and, because it reaches the basic cause of the trouble, effects a true correction.

SUBJECT TO MANY DIFFICULTIES

Your kidneys are subject, either from abuse in the form of overloading them, or from nerve impingement and consequent failure, to receive inadequate vital energy; to inflammation; to changes in the walls of their arteries; to formation of tumors; formation of "stones"; or to a change in their normal position—"dropping." Dropped kidneys occur most often when there has been a material reduction in weight of
the body, resulting in a removal of the fatty tissue which supports them. This dropping usually brings a crease or "kink" in the ureter, which causes retention of urine or difficulty in urination.

Whatever the particular form of kidney disorder which may affect one, your chiropractor has been especially educated and trained to detect its nature and its cause, and to correct that cause, permitting nature to restore normal function.

STUDY OF NERVOUS SYSTEM
Your doctor of chiropractic has studied the nervous system for years, from its origin at the brain, through the main trunk following the spinal cord and each of its branches, emerging from between the various spinal segments to its myriad of terminals at some vital organ of the body.

He knows where an impediment to the free flow of vital energy to a particular part of the body may exist. More important, he knows how to remove such impediments so that nature may resume its normal course, and the organ its regular function.

CORRECTIVE DIET HELPS
Your doctor of chiropractic is adequately equipped to treat kidney conditions locally, through the use of natural diuretics and other natural means. He knows, too, both the principles and practice of corrective dietetics: to ease the burden upon the kidneys pending the full resumption of natural function, and the avoidance of "overloads."

Your chiropractor is therefore your logical resource for kidney disorders, and the sooner you seek his aid the better.

See your doctor of chiropractic today if there is evidence, however slight, of kidney failure—for delay may be dangerous! His pleasant and soothing treatments will bring you immeasurable relief and gradually correct the cause of your condition.

IF YOU DO NOT ENJOY GOOD HEALTH CONSULT YOUR CHIROPRACTOR FIRST

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Chiropractic Corrects
Poliomyelitis

THE GREAT CRIPPLER

PREVENTION AND CORRECTION
Primary Causes of Polio

CHIROPRACTIC investigators concur in the opinion that there are three primary causes of polio. They are: **FATIGUE**: (overexertion in hard play or work, postural strain), **TOXEMIA** (adverse chemistry in the blood stream due to faulty diet and sluggish elimination), and **INJURY** (falls, bumps and shock, e.g., the plunging of an over-heated body into cold water). Years of investigation in thousands of cases led to the chiropractic determination that one or more of these factors is present in every case of polio.

NERVE IRRITATION BASIC CAUSE

Common in the experience of young children, falls—even the small ones which do not hurt enough to bring tears—can produce an imbalance of spinal segments severe enough to establish nerve irritation preliminary to polio onset. Fatigue also is commonly associated with polio and can be held accountable for the high rate of polio incidence through spring and summer months when children and grownups alike are prone to extend themselves in recreational pursuits. Nutritional deficiency naturally lowers the resistance of the body and the more quickly promotes nerve fatigue characteristic of polio. It is especially important for children to avoid extreme fatigue during the summer months.

CORRECTIVE TREATMENT

Adjustment of spinal distortion to reduce nerve pressure and irritation and promote nerve reactivation is pre-eminent in the distinctive chiropractic corrective procedure for polio. Since circulation is poor in all polio-paralyzed tissue, and must be regained to permit lymphatic drainage and prevent emaciation typical of chronic polio, deep manipulation of soft tissue in all paralyzed parts is highly essential.

DIET IS IMPORTANT

Diet is restricted to water until fever subsides. Fruit juices and solid foods are given as the condition warrants. Assistance to the eliminative process is important because the bowels and kidneys usually are affected to some extent by the paralysis. Physiotherapy is employed to provide extra warmth needed by paralyzed areas. Adjustments begin immediately, but otherwise complete rest in bed is ordered. Exercising of paralyzed limbs abed is encouraged commensurate with regained strength as the final step in muscle re-education. Prompt chiropractic care in acute cases brings quick and lasting results.

PREVENTIVE TREATMENT

To prevent polio, heed this advice: 1. Practice spinal hygiene. Periodic chiropractic spinal examination is important for all ages, but especially for children. Proper relationship of the vertebral elements promotes normal nerve function. 2. Don’t extend yourself at work or play during the spring or summer months. Build up to increased physical activity to preclude exhaustion and dangerous nerve fatigue. 3. Don’t expose yourself to undue cold or heat for nerve shock may result. Avoid the extremes of cold showers or hot baths after strenuous activity. 4. Maintain a diet rich in proteins and vitamins. 5. Rest during the day. Recline if possible.

TONSIL REMOVAL CREATES HAZARD

Even eminent medical authorities advise against wholesale removal of the tonsils—too many adverse results have been recorded. Even the medically dominated National Foundation for Infantile Paralysis recommends that parents avoid having children’s tonsils removed—during the “polio season”—as it has been determined that such removal definitely makes the child more susceptible to an attack of “polio.”
THE ROOSEVELT CASE IS TYPICAL
A distinguished case of polio illustrating the fatigue theory of causation was that of the late president of the United States, Franklin D. Roosevelt. Known better as a mental giant who could drive himself unmercifully, Mr. Roosevelt as a younger man also displayed seemingly boundless physical energy—until polio struck him down in his 39th year. The prehistory of his case shows this sequence of exhausting events: In August, 1921, Mr. Roosevelt returned home from a hard physical campaign in a fatigued state of mind and body. Instead of resting, he sought relaxation in a hunting trip which proved a strenuous outing, then hurried home to go through with an "open-house" event which called for an extension of himself in playing host to a large number of guests. Before he had a chance to restore his energy, a forest fire broke out in the vicinity and Mr. Roosevelt helped fight it. Afterward, he took a dip in the Bay of Fundy, ran all the way home and sat in his wet bathing suit working at his mail until a chill seized him.

POLIO IN BRIEF
Polio is defined as inflammation of the grey nerve tissue of the spinal cord and brain. The inflammation is caused by fatigue plus another factor such as injury to the spinal nerves or exposure to undue heat or cold.

SURVEY STATISTICS
A national survey by Science Sidelights attests to chiropractic efficacy in polio cases with these statistics: In 622 acute cases, complete recovery in 445 (71.5%). In 889 chronic cases, complete recovery in 257 (28.9%), marked improvement in 454 (51.1%), slight improvement in 100 (11.2%), no improvement in 78 (8.8%).

DON'T WAIT FOR POLIO TO STRIKE
Every precaution should be taken to avert an attack of polio. Foremost of the preventive measures is spinal hygiene. Expert correction of spinal imbalances caused by falls, bumps or postural strain lessens the chance of nerve disorder characteristic of polio. Chiropractic adjustments also offset spinal compression identified with fatigue.
How to Conquer

NERVE TENSION

SUGGESTIONS FOR RELEASING THE TENSIONS CREATED BY MODERN LIVING
How to Conquer Nerve Tension

MODERN, high-pressure living has created a marked degree of "nervous tension" in many otherwise healthy persons. If you are one of those who is on "edge" and cannot relax, follow these suggestions as they offer a prescription for recovery.

1. Sift out essential from nonessential obligations (you will think them all essential at first) and reject, turn down, back out of 50 to 90 per cent of the nonessentials.

2. For the time being, accept yourself as you are, not as you think you might, ought, or would like to be. Self-acceptance, limitations and all, is the beginning of contentment.

3. For the time being, anything that says "you must" to you, should be answered by a flat refusal. Don't do your musts.

4. Live in the present, from one day to the next. Refuse to think of the past, stop speculating, planning, or foreboding for the future. Defer decisions; allow time, the great solver of problems, to act for you. "A hundred years from now, what will this matter?" Say this over and over. Let it sink in!

5. Don't try to make mind or body work all the time. For every big effort you make or accomplishment you achieve you are entitled to an alternate period of temporary uselessness. You must learn to enjoy it.

6. The wisdom of humanity in these things is summed up in a number of sayings and slogans, some of which you should repeat to yourself when you confront a seemingly insoluble problem or a manifest shortcoming. "No man can do better than his best"; "A hundred years from now what will this matter?" Learn to shrug your shoulders instead of clenching your teeth. If you force anything, force a smile.

7. The mind has a trick or two it pays to understand and discount. To find out your "index of self-absorption" or excessive "I" sensitiveness, a common underlying difficulty in these patients, listen to the frequency with which you say "I" as you talk. If you lead too often with that word, practice getting outside yourself, viewing your world with detachment, as if looking at it as a parade going by—as a spectator, not a marcher.

The mind has a habit of trying to blame its distresses on the body. This exaggerates or even actually produces bodily symptoms, and definitely makes certain conditions worse. For example, an itch may be as much as 75 per cent an expression of mental pain, anxiety or tension, rather than trouble in the skin itself.

To deal with this tendency, understand that it exists, and then practice throwing your mind off the track, turning away from the symptom sharply, with a mental gesture of dismissal. For example, an itch can often be stopped in its beginning this way, and broken up or reduced in intensity after it does get started. The mind can be flicked on and off like an electric light switch, with practice.

8. There are two ways of relieving the built-up internal feeling of strain which everyone under tension, anxiety, pressure, or uncertainty can recognize. It is impossible to think of anything involving action even though one does nothing, without some muscle or muscles tightening and changes taking place in glands, circulation, breathing, etc. To keep thinking of action or the need to act ultimately exhausts you like actual doing. This affect-effect relation can be turned about, and by thinking "let-go," you can make tight muscles relax, thus allowing you to rest. Even more strikingly, you can make muscle action influence the mind, can reduce tension and make your mind smile and relax by forcing the muscles of your face into a smile—can even start sleep by closing the eyes and imitating the breathing of sleep.

Certain common signs of tension every patient should learn to recognize in himself, and thereupon he should ask himself the relaxing question: "A hundred years from now—" and tell his muscles to relax. These signs are:

(a) A heightened pitch and loudness of your voice.

(b) "Washboard forehead"—the pulling of the eyebrows up into the hair-line. Frowning is all right—you have the proposition under control. Pull your eyebrows down and smooth your forehead and you will begin to relax.

(c) Posture signs—after you lie down in bed, test your neck and shoulders, chin, hands, for tightness and see if the small of
your back touches the bed and your feet are relaxed. Sleeping "on the head and heels" is a common expression of tension, and you should practice "letting go." Do you lean back in your chair? Try it for better relaxation.

9. The control of tension cannot be completely accomplished by a change of mental attitude plus relaxation. The energy which piles up back of an obstacle or problem in some persons, or which is just put out like electrical energy from the emotional centers of the brain in others, is too great simply to be controlled by an order to cease, stop, let go, lie down. It must be drained off by some simple and safe form of physical action—by the use of the long muscles of the body and the small muscles of the hand and eye. Just plain walking remains the simplest, cheapest, and most effective method of physical action. Walking, swimming, surf bathing, mountain climbing, rowing, all have the qualities necessary for tension discharge. To discharge tension most effectively, the chosen method of exercise should:

(a) NOT have a competitive score-keeping or winning element in it. The moment the necessity of achieving a goal or winning a victory enters the picture, the effect desired is largely lost.

(b) NOT have a time schedule attached. A time schedule is one of the "musts." An hour a day, perhaps, but not a schedule of arrival and departure.

(c) NOT have a purpose—to run an errand, to "take exercise" as a duty or obsession, etc.

The "therapeutic walk" for muscular release must not, moreover, be accomplished by thoughts of the past or the future. While it is in progress one must live only in the present. And one must focus the attention on things that take him outside himself. Hence walking out of doors, cross-country if possible, watching the birds, the grass and trees, or if in the city, the life about one, is the proper method. Be careful about professionalizing a hobby or restoring undesirable tension elements by exhibiting and competing. Cabinet making, wood carving, all forms of painting, sketching designs, knitting and weaving; house carpentering and gardening with one's own hands—these have the elements for release of nervous tension.

These excellent suggestions are offered by your doctor of chiropractic. You will find he has many others that will provide a practical solution to your health problems. Consult him and you will soon know again the joy of living a productive, happy life in this modern world.
DIGESTIVE DEFECTS
ARE CORRECTIBLE
Who Wants to "Half Live"?

DIGESTIVE DEFECTS create a sort of half-life. In addition to the suffering, the sharp pangs of "heartburn," the gnawing ache of ulcers, and the many other ills associated with digestive upset, there is an inability to eat normally. The natural appetite cannot be satisfied with the coexistent fear that certain foods may precipitate acute upsets, nor can the demands of nature for a well-balanced diet be met.

IT'S NOT ALWAYS THE STOMACH

When digestive disorders "lay one low," we are prone to consider it as "stomach trouble." It may be, and often is, just that. Equally frequent, however, the ailment may have its origin in another part of the digestive tract, of which the stomach is only a member.

THE NORMAL DIGESTIVE PROCESS

The stomach is a pear-shaped sac capable of holding about one quart. By contractive action, it further breaks up food particles swallowed after chewing, and thoroughly mixes the various foods, adding the gastric juices which further the digestive process, splitting the complex food substances into more simple chemical fractions which can be absorbed by the body.

After the partially digested food is discharged from the stomach, the digestive process continues through almost the entire length of the intestinal tract, which averages upward of 25 feet in most people. The pancreatic and intestinal gland secretions, which further break down the food structure, and the bile, which assists absorption of useful parts thereof, all are added to the food mass in the upper intestine.

TWO ACTIONS ARE ESSENTIAL

It will be seen that two principal functions must follow the eating of a meal if digestion is to proceed properly: the muscular contraction or mixing and propelling process, and an adequate flow of digestive juices.

Both of these functions depend upon the stimulus of nerve action. Improperly functioning nerves, either underactive or overactive, are responsible for many digestive disorders which are not directly attributable to unwise diet.

Most such disorders are a product of reduced nerve function, but stomach ulcers may be due either to under- or overactive nerves; the latter found in the hyper-irritable stomach due to overactivity. But when lowered nerve function reduces the normal resistive power of the stomach tissue and thus allows infection, we have the curious situation of digestion of the stomach itself by its own juices!
When such normal functioning has been renewed, the effects previously experienced will disappear—very quickly in the average acute condition—somewhat less so in a chronic disorder; but persistent treatment will usually bring a complete correction.

CHIROPRACTIC SERVICE IS COMPLETE

Your doctor of chiropractic will also assist you in the formulation of a proper diet, both as a temporary means of reducing the work load on the digestive system, pending full resumption of normal digestive action, and for a more permanent means of helping to avoid recurrence and for contributing to a healthier body.

See your doctor of chiropractic when digestive disorders make their first appearance. Do not permit an acute condition to develop into a chronic disorder!

DIET ALONE IS NOT THE ANSWER

It should be obvious that crackers and milk or similar diets are not the answer to this trouble. These are only temporary expedients designed to offer the digestive tract the least possible work—more or less in the hope that the condition will correct itself. That seldom happens, as statistics show a high incidence of recurrence in peptic ulcer cases.

Normal nerve function is the first requisite for normal digestion. Any digestive irregularity is evidence that there probably is interference somewhere along the line of nerve supply from the brain to the digestive tract, and this must be corrected before nature can restore normal function to these organs.

CHIROPRACTIC HAS THE ANSWER

Chiropractic is the science specializing in restoring normal nerve function, and, consequently, the logical corrective method for digestive disorders.

Your doctor of chiropractic is trained and equipped to locate impediments to normal nerve function, and to remove them. His ministrations result in the restoration of the natural flow of vital energy over the nerve trunks, and this, in turn, brings about a normal functioning of the muscles, cells, glands, and tissues served and controlled by these nerves.
Save those tonsils for better health!
Save Those Tonsils!

The first thought of many parents, when tonsillitis strikes their children, has been: "Perhaps they should come out?" This thought was fostered by what is now openly admitted to have been misinformation and a mistaken attitude on the part of those who once advocated tonsillectomy at the slightest provocation, or none at all. There are some who still profess to believe the tonsils useless appendages, best removed at the slightest sign of infection, or even without it, as a purely precautionary measure. These are now in a dwindling minority, and are called "tonsil snatchers" by the more conscientious members of their own profession.

Chiropractic Attitude Unchanged

Chiropractic has reason to take pride in the fact that its position in the matter has been consistent and unchanging for over sixty-five years—in fact, since the discovery of chiropractic.

That position has been this: that although nature may make "mistakes" in individual instances—some children, unfortunately, are malformed at birth—but such "mistakes" are NOT, as one might say, put into "mass production." There is NO organ or part of the body, including the tonsils and the vermiform appendix, that has not been put there with a definite purpose and function to perform, even though some may not be aware of its precise function. Therefore, the body will be in some way handicapped or crippled by the removal of any organ or part. Consequently, no operation for the removal of ANY organ should be performed unless it is absolutely unavoidable.

Tonsils Are Protective "Traps"

The tonsils are a part of the lymphatic gland network, their purpose being to "trap" infection before it can reach the gastro-intestinal or respiratory systems, and to destroy or divert it into channels where it cannot affect the more important parts of the body.

Two of the major portals of entry for infection of the body are the gastro-intestinal and respiratory tracts. The infectious material initially enters these two tracts by way of the nose or through the mouth. In either case, a ring of tonsillar (lymphatic) tissue must be penetrated before the digestive or respiratory systems can be reached. What the average person calls his "tonsils," are two prominent members of this tonsillar ring, which actually is comprised of seven tonsillar masses of lymphatic tissue.

Tonsillitis is a soreness or inflammation of the tonsils, due to a lack of proper function, bacterial invasion, or both. It is evidence of one of two things: an excess of infectious material trapped by the tonsils, or a deficiency of nerve energy controlling the tonsils. Your doctor of chiropractic can readily determine the cause and correct it efficiently and pleasantly.

Chiropractic "Opens" Nerve Channels, Restores Normal Function

The chiropractic approach to tonsillitis is the same in either case—to "open" the channels providing the nerve energy which enables them to perform their work. When this is done promptly, at the onset of an attack of tonsillitis, the tonsils will quickly step up their function, the infection will soon be neutralized, and the throat will return to normal.

Proper chiropractic care, provided at the onset of tonsillitis attacks, will eliminate the necessity for surgical treatment. More important, it will permit the patient to retain the complete set of safeguards which nature provided. Sometimes local infections, such as decaying and abscessed teeth,
or infected sinuses, can cause recurrent tonsillitis. In the first instance, the chiropractor will advise dental attention; in the second, his work will be directed toward clearing up the sinus condition as well as the tonsillitis.

OPERATION? ONLY A LAST RESORT!

Does this mean that tonsils should never be removed? Unfortunately, it does not. There are times when the doctor of chiropractic is confronted with cases which have been neglected to such an extent that infection has progressed too far. Nothing but the removal of the tonsils will clear up this condition. In such cases, the chiropractor must advise prompt operation, and refer the case to a surgical specialist. When a doctor of chiropractic gives this advice, which he will not do unless he is certain no other course will suffice, it should be heeded immediately. However, such advice needs to be given in less than five per cent of cases.

TONSIL REMOVAL CREATES "POLIO" HAZARD

Now, eminent medical authorities advise against wholesale removal of the tonsils—too many adverse results have been recorded. Even the medically dominated National Foundation for Infantile Paralysis recommends that parents avoid having children's tonsils removed—during the "polio season"—as it has been determined that such removal makes the child more susceptible to an attack of "polio." The sensible procedure, then, is to avoid removal of the tonsils if at all possible.

CHIROPRACTIC CARE IS MOST EFFECTIVE

Your doctor of chiropractic is well qualified to advise you on all of these matters. However, before hygiene, diet, elimination and the natural resistance to disease can be correlated, the integrity of the controlling power—the nervous system—must be insured. Chiropractic offers a ready solution to this problem.
So you have an allergy?

CHIROPRACTIC CORRECTS ALLERGIES
RESTORES NORMAL TISSUE RESISTANCE
So You Have An Allergy?

If, at certain seasons of the year, you are subject to frequent and uncontrollable tendencies to sneeze, accompanied by an almost constant watery discharge from your nostrils, reddened eyelids with occasional weeping, you possibly have hay fever.

Hay fever is one of several different types of allergies, which plagues many thousands of persons each year with its unnecessary discomforts.

Does that knowledge make you feel better? Apparently it is supposed to do so, for in some cases, victims seem almost proud as they say—"Oh, NO—I'm allergic to THAT!"

WHAT IS AN ALLERGY?

What is an ALLERGY? A recently published article states: "An allergy is a disorder or sensitivity which some persons develop to normally harmless things like pollens, food and dust." And a dictionary states: "the condition of being sensitive to substances which, in similar amounts, do not affect others."

The first quotation says, in part—"some persons develop (sensitivity) to normally harmless things" and the second "sensitive to substances which . . . do not affect others."

LOWERED TISSUE RESISTANCE

So, the person who is allergic therefore has a weakness—a lowered tissue resistance—in his physical make-up. Things which are good and wholesome to nonallergic persons are toxic to the allergic. There is no difference between the "things"—the difference lies in the persons. So, inescapably, we get to the basic fact: The allergic person has a weakness; he is, in other words, a sick person—suffering from lowered tissue resistance.

As noted before, allergies are of many kinds. Hay fever, an allergy associated with the respiratory system, and hives, with the eliminative system, are the most frequent and best known. But some allergy victims cannot sleep on ordinary pillows; others cannot wear anything containing rubber; certain soaps and cosmetics affect some; again, certain clothing dyes or acid fruits affects others, etc.

RUNNING AWAY CORRECTS NOTHING

There are sections of the country where, in the reasonably recent past, the railroads leading north scheduled extra trains for certain dates in late July or early August—the months when goldenrod and ragweed were due to mature. Every victim financially able fled to a section where these plants were unknown, abandoned their business for a matter of six weeks or more—until the first frost killed the pollen. Those who could not afford the loss of time or financial cost remained home and suffered.

The allergy—because it was called an allergy—was accepted as something inevitable. Nothing could be done about it. But had they understood that an allergy was a physical weakness or illness, and as such correctible, other courses might have been followed.

CORRECTIBLE THROUGH CHIROPRACTIC

One highly practical course is a resort to chiropractic treatment. This involves recognition of the fact that such weakness—lowered tissue resistance—inevitably implies a failure of some bodily function; certain muscles, glands or other tissues are not performing their normal tasks, and this means derangement or irritation of the nerves which supply their power and control their action.

In the case of hay fever or other respiratory manifestations, the nerves leading to the respiratory tract are involved. In hives, or "strawberry rash," the nerves supplying both the digestive and eliminative tracts are affected.
It is the special work of the doctor of chiropractic to locate and correct any abnormal condition which interferes with the free and normal transmission of nerve energy. He can locate and correct the points of nerve irritation, skillfully and effectively, and restore normal function.

RESTORING NORMAL FUNCTION

Once the impediment to nerve transmission has been located and removed, a normal flow of nerve impulses again reaches the affected tract, and gradually complete normal function will be resumed.

This does not mean that a hay fever sufferer can make one visit to a doctor of chiropractic and then pluck and sniff a goldenrod with impunity. It will take some time for nature to rebuild the tissues, and until complete normal function has been restored, the usual precautions should be observed to avoid the things to which one has been allergic. But this should be borne in mind—merely avoiding the “infection” and, in effect, “running away” is no corrective. Unless normal nerve function to the tissues involved is restored by chiropractic, one can spend a lifetime remaining allergic—or becoming worse.

The incidence of asthma, a quite serious and sometimes fatal respiratory disorder, is very high among those who suffer from hay fever. One condition may predispose to the other.

WHY SUFFER ANOTHER DAY?

If you suffer an allergy—of any kind—the logical thing to do is to see your chiropractor; let him remove the nerve irritation and restore normal nerve function which will enable the tissues to build up normal resistance to any foreign substance. Abide by his instructions while the nerve channels are being reopened and the affected tract is being brought back to normal function, and you will soon forget that you were once an allergic sufferer. Consult your doctor of chiropractic today and learn how and why it can be corrected—pleasantly and permanently.

IF YOU DO NOT ENJOY GOOD HEALTH CONSULT YOUR CHIROPRACTOR FIRST

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Chiropractic for Gastric Ulcers

ABOUT twenty-five centuries ago, a boy in Sparta won everlasting fame by capturing a live fox on his way to school and stuffing the animal into his shirt.

Afraid to admit an infraction of school discipline in having brought a "pet" to class, he suppressed all evidence of pain when the fox began to nibble on him. Not until he dropped, dying or dead, were his teacher and fellow pupils aware that he had been literally eaten alive.

NEEDELESS TO SUFFER

True or false, this is the legend which has brought to the present day the expression "Spartan" as a synonym for courage, stoicism, and ability to suffer quietly.

The only essential difference between the Spartan boy and the modern-day victim of gastric ulcers is that the latter's suffering results from what might be termed "an inside job." In both cases the victims are literally eaten alive.

WHAT IS A GASTRIC ULCER?

In structure, the human stomach resembles a sponge—but one composed of mucous membrane, the same moist delicate tissue as the lining of the nostrils, the mouth, and throat.

An ulcer is an open sore which does not tend to heal. Raw and painful upon contact at any time, it is especially so when it occurs in the mucous membrane lining of the stomach. That is why the victim of gastric ulcers suffers unbearable torments if he eats solid foods.

MISTAKEN IDEAS ABOUT ULCERS

Popular misconceptions of gastric ulcers are that their cause is shrouded in mystery; that they affect only those under constant mental strain, and are cured only by very strict diet and complete relaxation.

None of these ideas happens to be entirely true. There is a very logical explanation of the cause; any person in any walk of life may be affected, and diet cannot cure—it merely reduces irritation.

THE FACTS ARE——

The cells and tissues which make up the stomach are mostly muscular in nature. Their muscular action—comparable to squeezing or grinding—necessary to the digestive process, is activated and controlled by vital energy delivered to the muscles through the nerves.

When the flow of nerve energy is normal, the stomach and its digestive action will likewise be normal. But if, due to impediment to normal nerve function, this flow of energy is increased or diminished, digestive action cannot be normal. Nerve irritation is, without question, the most common cause of ulcers.

OVERACTIVITY OR UNDERACTIVITY

There is much evidence that most gastric ulcers are the result of overactivity of the stomach. In such cases, the mucous membrane lining becomes raw and inflamed, consequently weakened, and eventually it ruptures—the beginning of the ulcer.

However, when lowered nerve function reduces the normal resistive power of the stomach tissue and thus allows infection, we have the curious situation of digestion of the stomach by its own juices.

DUODENAL ULCERS ARE SIMILAR

It might be noted at this point that everything here stated is equally applicable to duodenal ulcers which are essentially the same condition. The chief difference is one of location. The duodenum is the portion of the intestine attached to and immediately below the stomach itself, and is equally important in the digestive process.

DIET ALONE CANNOT CORRECT

Although dietetic measures and relaxation alone cannot correct the nerve condi-
tion responsible, they must be employed to avoid aggravation. Chain smoking should be avoided.

But these healing processes cannot begin until the fundamental cause of the ulcer—the abnormal flow of nerve energy to the stomach tissue—has been corrected.

A CASE FOR CHIROPRACTIC

It is, therefore, a case for your doctor of chiropractic.

For the chiropractor, and he alone, has studied and specialized in the maintenance and restoration of normal nerve function, which is a prerequisite of health.

Consult your doctor of chiropractic promptly if a sharp, gnawing pain follows your meals, especially if it persists.

Your doctor of chiropractic is best qualified, educationally and therapeutically, to provide the swiftest, most efficient means of needed relaxation, correcting the nerve irritation and restoring normal function.

CHIROPRACTIC PLUS DIET

He knows, too, the measures necessary to reduce irritation, ease pain, and speed recovery while normal function is gradually being restored, and, with your co-operation, will carefully direct the diet to that end.

But first and foremost, his efforts will be directed toward the most speedy restoration of normal nerve transmission.

Maintaining the mechanical integrity of the body, free from spinal defects and postural distortions, is the first requisite of health procedure.

SEE YOUR CHIROPRACTOR NOW!

You'll find it much easier to consult your doctor of chiropractic about your ulcer—gastric or duodenal—than it will be to emulate the stoicism of the Spartan. He will provide the essential relaxation and specialized diet so necessary for corrective treatment. Why not see him at once and enjoy relief from those gnawing, distressing pains?

IF YOU DO NOT ENJOY GOOD HEALTH... CONSULT YOUR CHIROPRACTOR FIRST

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CHiropractic Corrects

"Tractor Back"
and other
Farm Injuries

Modern methods correct tractor
back, farm and garden injuries
A New Ailment—"TRACTOR BACK"

TRACTOR BACK is a relatively new, yet common, ailment among our farmers causing much discomfort, pain and many lost working hours. It is an occupational disease, and, naturally, is confined mostly to the agricultural population.

Most farmers have experienced, or sooner or later may experience, the painful results of this disabling condition caused by high-speed mechanized farming. The symptoms are: lower-back pain, sacroiliac strain, severe pains between the shoulder blades, stiff neck, and headaches. These handicapping disorders generally strike during the busiest farm seasons.

HOW "TRACTOR BACK" ORIGINATED

Thirty years ago, the farmers who suffered this ailment were rare, and a few who did could definitely trace their trouble to a specific accidental injury.

Let us analyze the situation. Thirty years ago, there were few tractors. The work was done by horsepower at a slow speed. Two good horses could practically guide themselves. The driver could relax, look straight ahead, and not concentrate as much on his work as a tractor operator must do.

A good day's work in the field was nine to ten hours. Modern mechanized farming has changed all of this. Now farming is a high-speed, huge, specialized business.

MUSCULAR SYSTEM IS FATIGUED

Today's farmer isn't satisfied to work ten hours. He has lights on his tractor and works 17 to 18 hours. He wouldn't work his horses more than nine hours, yet he will work himself twice as long. The tractor is tireless. The farmer thinks he can take it, and drives his body beyond human endurance. The muscular system becomes fatigued from the bouncing, jolting, and concentration. The machinery behind and the tractor in front require continued alertness. The body posture required to manipulate all the machinery, so different from the horse-drawn equipment, puts the entire human mechanism at a disadvantage.

NERVE PRESSURE MUST BE CORRECTED!

There is no relaxation. High speed, long hours, and taut nerves result in tiring muscles to such an extent that the whole skeletal framework finally sags, causing nerve pressures and the usual train of results—lower-back pain, shoulder pains, neckaches, and headaches.

Unquestionably, the canvas and leather belts and girdles, worn by many tractor operators, are of some value. However, even that type of support cannot make up for proper body mechanics, which is lost when the muscular system sags because of overwork and overstrain.

SPINAL CHECK-UP IMPORTANT

The tractor is the best friend the farmers and the chiropractors have. The farmer cultivates more land in less time, thereby making more money. The chiropractor is busy taking care of the farmers with tractor backs, and thus increases his practice. Every farmer using a tractor should check with his doctor of chiropractic at least twice a year for his own comfort and well-being, thereby obtaining relief from pain and distress, as well as avoiding many chronic ailments in later life.

It is true that implement manufacturers are inventing better and more convenient models of machinery that will enable the farmer to do even more efficient work. But until manufacturers realize that human tissue and energy cannot compete with steel and gasoline, the farmer will have to rely on correct body mechanics through scientific chiropractic adjustments to keep him in fit condition to operate his modern big business—the farm.
See your doctor of chiropractic for that soothing, corrective treatment that will bring comforting relief from distress of "tractor back" and kindred ailments.

**GARDENING, TOO, BRINGS TROUBLES**

Rakes, spades, hoes and other gardening tools are innocent enough in appearance. But use them the wrong way and they can quickly become instruments of torture.

Thousands of gardening novices learn that lesson every spring.

**ACHING BACKS AND MUSCLES**

Without a doubt, the great American hobby of planting seeds and wondering what will come up between the weeds has "doubled" up more people in one season than the post-war housing shortage.

Gardening does afford healthful, un-fatiguing exercise if the gardener knows what his joints are for and uses them properly in the various chores concerned with the project at hand. Otherwise, the bending, twisting and pulling involved can make big men weep from woe and supple young housewives pull themselves painfully about like arthritic octogenarians.

**CHRONIC DISORDERS MAY RESULT**

Some novices are lucky to escape with nothing more than an aching back, a stiff neck and muscle kinks in their legs and arms. Not unusual is the onset of chronic disorders resulting from vertebrae being pulled out of relationship in the spinal column, affecting the function of vital nerves, and disturbances in the balance of the pelvis and sacroiliac joint.

**CORRECTIVE RELIEF IS NEEDED**

Your doctor of chiropractic can readily "iron out" the kinks and relax your sore and tense muscles with his specific adjustments and soothing manipulations. You will be pleasantly surprised from your first visit. His is the practical—the chiropractic—approach to your problem. Why not see him today?
HOW TO ATTAIN

Normal Blood Pressure

NORMALIZE YOUR BLOOD PRESSURE BY RESTORING NORMAL NERVE FUNCTION
HOW TO ATTAIN
Normal Blood Pressure

THE OLD SAYING about the "happy medium" goes at least double for the blood pressure. For the "happy medium" of normal is best for comfort, for health, and for life. What is "normal"? Roughly speaking—it approximates, in the adult, half his age plus 100. Adjustments, upward or downward, are made for height, weight, sex and general build of the body, so no precise rule can be given for all persons, but your individual normal will be reasonably close to half the age plus 100.

HOW CLOSE TO NORMAL IS YOUR BLOOD PRESSURE?

How close is your actual blood pressure to your normal? If you do not know, your chiropractor is the person to ask for he can determine both the facts and what to do about them if there is a serious deviation from normal. Accurate measurement of your blood pressure can best be determined by having it checked at least three consecutive days under nearly the same conditions and time as possible.

IT'S ONLY A SYMPTOM

Abnormal blood pressure, by which we mean either a rise or decrease from average, is only a symptom and not a disease, but it is one of the most important of all indices of internal body condition.

A very small deviation upward, or a somewhat greater one downward from normal, is to be expected, and is not significant of any dangerous internal development. But a deviation to the extent of about 5% above, or 15% below normal, persistently found, is a sign of some abnormality which should be located and promptly corrected.

LOW PRESSURE

Low blood pressure may be associated with anemic conditions, a weak heart action, certain glandular disorders, weakness of the blood vessels or with one of a great number of other causes. Low blood pressure usually results in poor circulation of the blood, producing such symptoms as cold feet, tiredness upon awakening or upon the slightest exertion—a considerable and quite needless discomfort.

HIGH PRESSURE

High blood pressure is associated mostly with conditions more dangerous to life. Prominent among them is arteriosclerosis (hardening of the arteries), a condition eventually fatal if allowed to progress.

High blood pressure is also associated with certain diseases of the kidneys, or may result from overindulgence in alcoholic drinks, or too much meat. Whatever its cause, it should be detected and corrected as promptly as possible. High blood pressure, too, often results from hypertension, which is caused by nerve irritation and sometimes creates a fluctuating or variable blood pressure. This condition can readily be corrected and controlled by your doctor of chiropractic.

THERE'S ALWAYS A CAUSE

It should be kept in mind that any serious deviation from normal in blood pressure is due to some very definite cause. In some cases this cause may be dietetic, but much more often it will be due to some condition arising from an abnormality of nerve function or a combination of both.

Arteriosclerosis, for example, is a condition in which the walls of the arteries thicken and lose their elasticity and the ability to expand and contract at need. Calcium is often deposited in the diseased blood vessel walls and thus the vessels become hard, very inelastic and subject to rupture. In such a condition the heart is obliged to work harder to force the blood through the circulatory system, resulting in the high
pressure, and in time this may lead to enlargement of the heart.

NERVES CONTROL ARTERIES

Normal elasticity of the arteries, along with all other arterial functions, is controlled by the nervous system, and either high or low pressure is, therefore, indicative of a failure of normal nerve function. It has been determined that most cases of hyper-tension are the result of nerve irritation.

The basic correction, naturally, requires a restoration of normal nerve function; a removal of interference, wherever it may occur, which has been responsible for an abnormal flow of nerve impulses.

CHIROPRACTIC CONTROLS NERVES

This is the work of the doctor of chiropractic—the professional man especially well-trained to do this. Chiropractic, consequently, offers the most comprehensive and complete means of properly normalizing the blood pressure, through correction of the cause of the internal condition, incipient or developed, of which it was a symptom.

In some cases special dietary instructions may be necessary, notably in overeaters or drinkers in the case of high blood pressure, or, in low blood pressure, those of too light an appetite or who are unwise in selection of their foods. Your doctor of chiropractic will readily suggest the correct dietetic changes needed in such cases.

KEEP INFORMED AND STAY WELL!

Every adult, from the age of thirty upwards, would be wise to make it a point to visit his chiropractor and have his blood pressure checked at least twice a year. If any serious deviation from normal is found, steps for its correction can, and should, be taken immediately.

Relaxation is important, too, in the treatment of high blood pressure, and your doctor of chiropractic is an expert in correcting nervous tension.
YOU CAN CONTROL

OBESITY... AN

ABNORMAL CONDITION—

with

PROPER DIET AND ESSENTIAL
NORMAL NERVE FUNCTION—
Tired of Being "Overweight"?

HOW OFTEN have you heard some "stout" person say: "I just don’t know what to do! No matter how little I eat, it seems to turn into fat!" Of course it does! The obese patient is the victim of an abnormal condition, not to be corrected by merely reducing the food intake. The next time you hear such a remark, answer helpfully by saying: "You should see your doctor of chiropractic!" In a sense, obesity is the result of eating more food than the body requires, though very rarely is it simply a result of actual overeating.

Some individuals can maintain a normal weight level with a total food intake of six to eight pounds daily, while others will persistently put on weight while consuming only three to five pounds per day.

GLANDULAR MALFUNCTION FREQUENT

Almost 95% of all cases of obesity rest upon a basis of disturbed metabolism. This may take the form of improper digestion. In such cases the digestive system fails in its function of breaking down the food; undigested masses proceed into the intestine and the fats are taken up by the intestinal wall, eventually finding their way into the tissues and being deposited under the skin as a layer of adipose tissue.

Or there can be glandular malfunction—an insufficient thyroid secretion of thyroxin, the substance that "burns" fats and sugars, to convert them into energy. At times the pituitary gland is at fault.

In any of these cases, almost any amount of food is too much—but one must eat to live, so if the basic trouble remains uncorrected heart trouble may ultimately ensue.

It is not due to prejudice or caprice that insurance companies either reject entirely or "uprate" the fat person as a risk. Cold statistics prove that persons materially overweight average shorter lives than those of normal or less than normal weight.

Obesity is not merely unsightly, uncomfortable and expensive. It is in itself concrete evidence of defective bodily function, a danger to health and to life itself.

CHIROPRACTIC CORRECTS CAUSE

Therefore, the fat person has numerous reasons for wanting to do something to correct his condition and the one who tells him to see his chiropractor is doing him a friendly, kindly service, because the doctor of chiropractic is the person best equipped to get at the real cause of the trouble, to correct it, and to guide the victim back to his normal size, weight and health.

Improper functioning of the digestive system, of the thyroid gland or of the pituitary glands all have a common cause. Whichever of them, or whatever combination of them it may be that is at fault, the original trouble can be traced to some impediment of the nerve supply to one or two or all of them.

NORMAL NERVE FUNCTION

Insufficient vital energy is reaching the affected part to provide its muscles, tissues or cells with power properly to perform its work. Such impediment must be removed, normal nerve function restored and vital energy permitted to flow freely to the organ it serves, to restore normal action there before the abnormal absorption of fats will cease, or before sane dieting will have much value.

When such normal functioning has been resumed, then there is a period wherein the diet must be adjusted so that just a little less than the body actually requires should be eaten, while this deficit is being made up by drawing upon the store of body fat. This is the second, not the first phase of the proper handling of obesity.
GRADUAL REDUCTION IS BEST

The more experienced and the more skillful your chiropractor, the more slowly will be the reduction. Under some circumstances he may permit a loss of as much as two or three pounds a week—seldom, if ever, more than this.

In others he will want to adjust the food intake so that reduction may not exceed from 12 ounces to one pound a week. Whatever speed of reduction he elects, you may be assured he has a good reason for his action.

Too few persons suffering from obesity understand the true nature of their condition, and too many of them want to take off weight, right now—this very minute! There are means of doing so—if one insists—and some will employ them if the victim so requires, but not the competent doctor of chiropractic.

REVERSING BODILY METABOLISM

Your doctor of chiropractic understands, first of all, that in handling obesity, he is dealing with a disease condition, and not administering a beauty treatment, so please keep that in mind.

He must, to handle this condition properly, gradually reverse the bodily metabolism, and it must be done gradually to avoid severe, sometimes fatal shock to the system. Consequently, one who suffers obesity and who sees his doctor of chiropractic about it may not see immediate results.

CORRECT CAUSE—DIET LATER

But, as untold numbers of fat people have found out for themselves—without knowing why—dieting, unless it approaches actual starvation, which is dangerous, is of little avail until the basic cause of the trouble has been corrected. Only the doctor of chiropractic directs his work to the restoration of a normal flow of vital energy over the nerves. And only this normal flow of vital energy can restore normal function to body processes regulating weight.
LEARN HOW CONSTIPATION CAN BE CORRECTED THE NATURAL WAY!


**Constipation Can Cripple!**

**ANY OPINIONS** prevail regarding constipation. The average layman considers it one of those things which happen every now and then, easily corrected; nothing to worry about. The doctor knows better, and some who know it best consider it a very serious matter indeed. It has, in fact, become known as the great "American disease."

One quite famous specialist went so far as to proclaim, in effect: "There is only one disease—constipation! Other conditions stem from it."

**NEITHER EXTREME IS RIGHT**

Both extremes are wrong. Constipation IS serious; if neglected it CAN lead to endless other troubles, so should be avoided, if possible, and corrected properly and speedily when it occurs.

On the other hand, there are a host of other conditions not associated with constipation, so it is NOT the only disease—merely one of the most common.

**JUST WHAT IS IT?**

Just what is constipation? It is the difficult passage of hard, dry stools, resulting in delayed or incomplete passage of wastes.

To understand it, one should consider the gastro-intestinal tract as a whole. We eat or drink, and what we so consume enters the mouth and is thoroughly masticated or chewed to pulverize the food and mix it with the saliva. This produces a soft mass or bolus which may be easily swallowed and easily acted upon by the digestive enzymes. In the mouth, ptyalin, the digestive enzyme of saliva, initiates the digestion of carbohydrates which continues until neutralized by the hydrochloric acid of the stomach.

When sufficiently masticated, the food is swallowed and begins its passage down the throat and esophagus and into the stomach. In its passage through the mouth the taste buds react to its flavor, and their reaction alerts the pylorus, a valve at the end of the stomach, which temporarily closes.

**BILE, THE NATURAL LAXATIVE**

When digestion has proceeded as far as it may in the stomach, the pyloric valve relaxes and the partially digested food, now a grayish fluid, begins its passage into the duodenum, which is the initial part of the small intestine and continuous with it. It is here the opening from the bile ducts from the liver and the pancreas are located. Bile is a natural laxative, facilitating progress through the intestines, and is also essential for absorption of fat and certain fat-soluble vitamins, such as vitamin A.

**WASTE ENTERS THE COLON**

The fluid material next leaves the small intestine by way of the ileocecal valve to enter the cecum, or large dilated portion of the large intestine or colon. The colon resembles an inverted letter "U" or arch, with ascending, transverse, and descending portions. The primary function of the colon is to remove the excess water from the waste and thus concentrate it to a normal, soft stool. A normal growth of bacteria (baccillus coli) in this region completes digestion of a few otherwise indigestible foods, which are thus absorbed, and also aids in fermenting and reducing the waste.

It should be obvious that correct intestinal function is therefore dependent upon the muscular action which forces the mass forward in stomach and intestines alike, upon the delivery of the secretions from the pancreas, glandular wall, and bile ducts, and, upon proper nutrition.

**NERVES CONTROL INTESTINAL FUNCTION**

The action of the muscles and glands is controlled primarily by the nerves. Constipation may therefore be consequent upon impaired nerve function. It can arise from
an unwise overloading of the digestive system. It can be caused by an unwise selection of foods and a low intake of pure water. It can come from irregular living habits, and also as a consequence of some disease condition of a portion of the tract which reduces the ability of the body to perform these functions.

It can be seen, therefore, that constipation is by no means a simple problem. It can be a disease in itself, the symptoms of another disease, or the cause of several other serious conditions. Serious effects to the general system are possible when a putrefying, fermenting mass of waste is permitted to gather and remain in the intestines hours or days longer than normal.

CHIROPRACTIC—THE BETTER ANSWER TO THIS PROBLEM

Because the science of chiropractic is based upon the removal of impediments to the flow of vital energy over the nerve trunks and the proper control of nutrition, the chiropractor is the logical resort for the correction of constipation.

AVOID CATHARTICS!

Above all, avoid cathartic drugs. They are dangerous in themselves or permit harmful side reactions. Their outstanding danger proceeds from a lulling of one's vigilance. To remove, by physiological shock, the waste which one obvious attack of constipation has permitted to accumulate does not at all answer the problem. The responsible conditions remains, though not so obvious for a day or so. Only by determining and correcting the cause can constipation truly be corrected. And, we submit, the trained doctor of chiropractic is best qualified to handle all the ramifications of this condition.
Chiropractic corrects

HOW BACK AND LEG PAINS ARE RELIEVED BY MODERN METHODS
How Chiropractic Corrects Lumbago

LUMBAGO is usually considered a distinct disease condition. Actually, it is but a form of muscular rheumatism (a low-grade inflammation). It is called “lumbago” when the condition is localized in the back between the lower ribs and the hips—the lumbar region of the spine. The same condition may occur higher up, between the ribs, whereupon it is given the name “pleurodynia.” Lower down, in the hip region and thighs, it is called “myalgia.” All three names refer essentially to the same painful condition, varying only in location. What is said here regarding lumbago applies to both pleurodynia and myalgia.

INFLAMED NERVES AND MUSCLES CAUSE INTENSE PAIN

Lumbago is a low-grade inflammation of the muscles and their sheaths. This inflammation naturally extends to the terminal endings of the nerves controlling these muscles, which makes movement of these structures extremely painful—so much so, that the victim is unable to use the affected muscles in any way. It is usually impossible, except with great pain, even to roll over in bed.

Since lumbago usually follows overstrain of the involved muscles, or exposure to cold, there is a general tendency to place the entire blame for the condition upon the strain, or the cold. In the case of severe muscular strain, this may be correct, but in the case of exposure to cold, most frequently blamed, one fact is completely overlooked—the fact that many other muscles, which also suffered the same exposure, remain unaffected. Why? Obviously, some other factor is involved.

WEAKENED NERVE SUPPLY IS BASIC TROUBLE

Chiropractic contends—and its results prove—that this factor is interference with the nerve supply to the affected muscles. This weakens them, and makes them easily subject to the effects of the strain, or exposure, while adjacent muscles, receiving a normal supply of vital nerve energy, remain in normal condition.

Therefore, the approach of the doctor of chiropractic is that of removing nerve irritation and restoring normal nerve function. This, in turn, combats the inflammation and pain. Until normal nerve transmission has been restored, there can be no complete correction of the causative factor. Rest may reduce the pain, heat applications and massage help, but the inflammation and causative nerve irritation persist. In time, the condition may become chronic. For this reason, it is highly important that proper corrective steps be taken promptly at the onset of any acute attack of lumbago, pleurodynia or myalgia. Do not wait in the hope that the pain will vanish of itself.

BACK TROUBLES ARE THE SPECIAL PROVINCE OF THE CHIROPRACTOR

Since these conditions arise in the back, they are particularly within the scope of chiropractic, the science dealing thoroughly with the human spinal column and the nerve trunks departing therefrom.

Chiropractic care is basic; it goes to the seat of the trouble, rather than merely treating the effects. Chiropractic "opens" the nerve channels by correcting nerve irritation and restoring normal nerve function, which allows the healing processes of nature to proceed unhindered. Inflammation is reduced from the beginning, and is gradually brought to an end. Under such care, the attack ends quickly in its acute stage, and thus never develops into a chronic condition.

Consult your doctor of chiropractic for quick and lasting relief.

CALL YOUR CHIROPRACTOR PROMPTLY!

If lumbago strikes you, call your doctor.
of chiropractic promptly! This will insure the earliest possible ending of the pain, and your early resumption of normal activities.

The question which naturally arises at this point is: What about chronic conditions which have already developed? These, too, respond to chiropractic, though naturally, more slowly. When competent chiropractic care has corrected the nerve irritation which made the original acute attack possible, healing forces of nature are able to restore a normal elasticity of the affected muscles.

**CHRONIC LUMBAGO RESPONDS—BUT TAKES LONGER**

Due to the months, or even years, that these muscles have been in an abnormal condition, response may not be immediate, but over a period of time they will resume their normal function. As the normal state of the musculature is approached, the intermittent attacks of pain, characterizing the chronic state, will diminish and eventually cease altogether.

Your doctor of chiropractic has successfully handled hundreds of similar cases that failed to respond to other healing methods.

**WHY SUFFER LONGER?**

If you suffer from chronic lumbago, pleurodynia or myalgia, see your doctor of chiropractic. His soothing treatments and corrective adjustments will offer you a pleasant surprise, since from the first treatment you will notice welcome relief and the cause of your pain and suffering will be gradually corrected.

Why delay? Why not see him TODAY?