MRS. SMITH MEETS CHIROPRACTIC
"What? You haven't had to take any medicine in 10 years?" Mrs. Smith was clearly surprised. "Why, how could that be?" She asked unbelievingly.

"That's right, Mrs. Smith. Shocking, isn't it?" Mr. Johnson smiled as he watched the effect his words were having on his next door neighbor.

"But, how could your family stay so healthy without taking any medicine?" Mrs. Smith insisted. Then suddenly she was smiling. "You know, you've got my curiosity aroused now."
"Chiropractic isn’t anything new or mysterious," Mr. Johnson explained. "You know, it’s been here since 1895. And since that time more than 500 insurance companies have come to pay chiropractic claims. The national government includes it in many of its programs too."

"But I haven’t heard much about it," replied Mrs. Smith somewhat doubtfully. "In fact, I’ve barely even heard the word. Just what is it, anyway?"

"Chiropractic is a health service, Mrs. Smith, that helps the body overcome pain or disease through its own natural resistance. And it does this by helping the nerves of the body to function more normally."

"But," objected Mrs. Smith, "what have your nerves got to do with disease?"

"Well, Mrs. Smith, let me ask you a question. What would happen if the nerves to your legs were cut?"

"I couldn’t move them," answered Mrs. Smith. "My legs wouldn’t work."

"That’s right. They wouldn’t work," agreed Mr. Johnson, "because they would not be getting any nerve supply. Did you know that everything in your body is connected to nerves? Just as your legs are?"

"Well, I guess I did," replied Mrs. Smith. "I never thought about it very much before."
"Here. Let's compare your body to a telephone system," suggested Mr. Johnson.

"Notice how the human brain is similar to the switchboard of a telephone system. They both send and receive messages. And then notice how the spinal cord of your body leads directly from the brain down your back just like the main cable of the telephone system leads out from the switchboard."

"Yes, I understand," said Mrs. Smith more interested now. "And the nerves leading from the spine to the organs of the body would correspond to the wires leading to the telephones."

"That's right, Mrs. Smith. And the organs and other tissues of the body correspond to the telephones," continued Mr. Johnson. "Now do you see how every part of your body is connected to your spinal cord by nerves? Just like the phones are connected to the main cable?"

There was a pause for a moment as Mr. Johnson noted the thoughtful expression on Mrs. Smith's face.

"I'm beginning to see what you're driving at," she said at last. "Just as the phones need the electricity from the wires in order to work properly, so do our organs and muscles and other tissues need the energy from our nerves to operate correctly."

"Exactly," smiled Mr. Johnson. "Now you've got the main idea about the nerve system. Every part of the body must have its proper nerve supply to function normally."
"Well, suppose some organ, say the liver, were not working right," resumed Mrs. Smith. "What would chiropractic do about it?"

"What does your telephone repair man do when your phone goes dead?" countered Mr. Johnson.

"Well, he usually inspects the wiring," Mrs. Smith answered, "to see if there is some interference in the line somewhere. And, come to think of it, he usually fixes it without even touching the telephone itself."

"That's right," agreed Mr. Johnson, "and that's exactly what a chiropractor does for your liver or any other part of the body. He checks to see if there is any interference to the nerves that go to that particular area. If there is, he removes it and you operate normally again."

"But," objected Mrs. Smith, "you say you don't use medicine. How can you free the nerves without medicine?"

"Look at this chart showing the spine, Mrs. Smith," said Mr. Johnson. "Notice that your backbone is really 24 smaller bones called vertebrae. And they fit together in such a way that they form small openings on each side of the spine. Do you see how the nerves come through these openings?" asked Mr. Johnson.

"Yes, I can see that," replied Mrs. Smith. "Wait a minute! Is this where the interference to the nerves takes place?" asked Mrs. Smith excitedly.

"Very good, Mrs. Smith. Exactly right. You see, sometimes these vertebrae get out of place a little bit—they subluxate—and interfere with the nerves coming through the openings."

"A pinched nerve!" exclaimed Mrs. Smith triumphantly.

"Right again, Mrs. Smith," chuckled Mr. Johnson. "And you can see how this can hurt the nerve's ability to carry its nerve energy to the body. As a result, some part of the body is going to suffer."

"Well, I can see now that taking medicine isn't going to remove that kind of interference," reflected Mrs. Smith. "You would have to move the vertebrae back into place, wouldn't you?"

"Yes. And that is what the chiropractor does. He moves the vertebrae back into place by applying pressure with his hands. In fact, the word 'chiropractic' means 'done by hand.'"
what causes disease?

"I notice you haven't even mentioned germs or virus," Mrs. Smith said. "Aren't they the real cause of disease? And don't you need medicine to kill them?"

"They certainly do seem to be a part of the process," answered Mr. Johnson. "But let me ask you a question, Mrs. Smith. Why is it that doctors don't catch all the diseases that their patients have?"

"Well, I don't know . . ." Mrs. Smith seemed to hesitate.

"Let me ask another question, then," Mr. Johnson continued. "Suppose there are five people in a room and one of them has a cold. Why is it that three of the others probably won't catch the cold?"

"Well, I suppose their resistance is higher than the others," Mrs. Smith suggested. "That does have something to do with it, doesn't it?"

"That's right, Mrs. Smith," agreed Mr. Johnson. "Natural resistance has a lot to do with both preventing disease and getting well if you are sick. Everybody in that room was exposed to those germs. But the people whose organs and tissues were functioning normally, protected themselves—without any medicine."

"And to function normally you need proper nerve supply," interrupted Mrs. Smith. "Now I'm beginning to realize the importance of the nerves in keeping healthy."

"Yes, the nerves are very important in maintaining resistance," Mr. Johnson continued. "Sleep, good food, exercise, and the right mental attitude are important too. But without the right nerve supply, you can not maintain high resistance. And that's the whole secret of chiropractic. It helps your body build its own natural resistance so it protects itself."

what is the scope of chiropractic?

Again there was a pause as Mrs. Smith seemed to be digesting these new ideas.

Mr. Johnson was rolling up the charts he had been using when Mrs. Smith said, "You know, I had heard that chiropractic was pretty good for back trouble, crick in the neck, or headaches. But according to what you have been saying, it has a much broader scope than that."

Mr. Johnson nodded in agreement. "That's right, Mrs. Smith."
Most people go to a chiropractor the first time for some back trouble. And then they discover that other problems can be helped, too. I remember the first time I went," Mr. Johnson smiled. "I had a catch in my back and was hurting something awful. Well, not only did my back recover, but as I continued, I noticed my digestive upsets were much improved. My sinus trouble and colds responded very well, too. That's how I learned that chiropractic can help any part of the body that is controlled by nerves."

"And that's just about everything, isn't it?" laughed Mrs. Smith.

**what does a chiropractor do?**

"Well, suppose I went to a chiropractor for this liver trouble of mine," Mrs. Smith inquired. "Goodness knows, I've been doctoring it long enough. Just what would he do?"

"The first thing he would probably want to find out is whether or not your case could be helped by chiropractic. He would want to find out what previous symptoms, diagnosis and treatment you have had. And then he would want to take an x-ray of your spine to see if there is any evidence of nerve interference."

"Would he have to x-ray me?" Mrs. Smith interrupted. "I'm a little leery of x-rays—they do cost money, you know."

"Yes, they do," agreed Mr. Johnson. "But let me ask you this, Mrs. Smith. Would you want to make a new dress without a pattern to go by?"

"Well, no, of course not. I'd have to have a pattern," she admitted. "I see what you mean. The doctor wouldn't want to treat a spine without knowing just exactly what it was like."

"That's right, Mrs. Smith. He can help you more if he has an x-ray of your spine to go by."

"Then after the x-ray I suppose he would examine me some more?" she asked.

"Yes, he would," Mr. Johnson replied, "and he might send you to a lab for some further tests if he thinks it is necessary."

"I see," Mrs. Smith said thoughtfully. "And you say the treatment is given by applying pressure with the hands?"

"That's right. And in most cases there is little or no pain during the spinal adjustment," explained Mr. Johnson.

"About how many adjustments do you think I would have to take?" she asked.

"That's a question you'll have to ask the doctor," laughed Mr. Johnson. "But seriously, that will depend on what the x-ray shows, how long the trouble has existed, and other factors which he will explain to you."
what kind of training?

"Just one more question, Mr. Johnson, and I'll promise not to ask any more," said Mrs. Smith smiling an apology. "What kind of training do doctors of chiropractic receive?"

"I'm glad you asked that one, Mrs. Smith," replied Mr. Johnson. "The modern chiropractor receives four years of training in chiropractic and in the basic sciences besides the prior college work required by many states. In fact, the number of classroom hours spent in his schooling equals that of most medical students."

"Does he serve an internship?" Mrs. Smith inquired.

"Yes indeed. He serves his internship in the clinic operated by the chiropractic college," replied Mr. Johnson. "And one more thing that most people don't know. Did you know that in many states, chiropractic students must pass the same Basic Science examinations as medical students?"

"I certainly wasn't aware of that!" exclaimed Mrs. Smith. "Thank you so much for taking time to explain it all to me. It surely has been interesting. I believe I'll make an appointment for tomorrow morning. Can you recommend a chiropractor for me?"