THE
PRESENT DAY
DOCTOR
OF
CHIROPRACTIC

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WHY THIS PAMPHLET

The first study of this series on health and welfare appeared recently under the title "Health Service is a Basic Right of All the People." It touched briefly on all the healing professions. This present study seeks to amplify that part which dealt with chiropractic.

The author has examined the literature and experience in this field. He is convinced that what may have been characteristic in an earlier day is not so for today's trained chiropractor.

The way to insure against incompetence in any of the healing arts is to insist on rigid licensing and enforcement provisions by the States, and for the profession itself to continually improve its membership standards. This study is intended to acquaint the reader with the level of training and performance represented by that part of the chiropractic profession which embodies today's best attainments of the profession. This approach gives the standards whereby the public can judge the conduct of individual doctors, and sets the goals towards which the entire profession must move as its responsibilities grow along with the ever-wider acceptance of chiropractic by the public.

WHO IS THE AUTHOR—WHAT IS THE INSTITUTE?

The reader is entitled to know who wrote this pamphlet, for it represents judgments often unsupported by long or detailed citations, which the limited wordage allowed has made impossible.


Dr. Anderson is the executive director of the Public Affairs Institute of Washington, D.C., a nationally known non-profit research organization. The Institute publishes research studies on a variety of topics, chosen because they help people arrive at independent judgments on issues of importance to their welfare. The Institute does not assume responsibility for the facts and findings presented, which are solely the work of the individual making the study.
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THE DOCTOR OF CHIROPRACTIC

PRACTICING in the fastest growing branch of the healing profession, the doctor of chiropractic stands in his community today as a strong force in the prevention of disease and the cure of the sick. Several million persons have sought his professional skill over the years. Each year over 2,000,000 new patients seek the aid of 25,000 chiropractors.

Today's doctor of chiropractic is found practicing in most cities and many rural areas. He and his family are respected members of their community, taking active part in civic, church and service affairs.

This nearly 60-year-old profession has covered a span of time that has seen great changes wrought in the healing art. Its oldest branch, the practice of medicine, has developed from a limited knowledge of science and medicine to a profession involving a wide range of minute detail and specialization so intensive and exact that group practice is resulting. The medical profession decries the fact that the cost is frequently beyond the patient's purse. It bemoans the passing of the physician capable of looking at a whole patient and treating him as a whole person. For it knows that for most of the ills besetting mankind the general practitioner performs a most useful and needed service.

The doctor of chiropractic has come on the scene as this transition in medical practice has been taking place. His training and habits of mind force him to consider the whole patient, starting with the diagnosis of his problems and going on to their solution—the health of the patient—with care and concern which, while professional in the best sense of that term, is also friendly and cooperative.

Nature has endowed most of us with a remarkable body and nervous system. The average person goes
through life suffering only ordinary accidents and the usual run of sicknesses, with very few complicated diseases requiring the consultation and care of specialists or hospitalization. But we do need more often the attention of trained doctors who can ease our pains, catch little troubles before they become debilitating or killing diseases, and keep us strong and alert.

The role of the trained doctor of chiropractic in helping us overcome bodily pains and ills is therefore both large and growing in importance. He stands in the front line of defense, ready to detect by careful diagnosis any trouble while it's still small and manageable. He is quick to give treatments that relieve pain and suffering. His treatments are intended to send you back to your home or your job fit to work or play and ready to meet life's demands with a serene mind and strong body.

The present-day doctor of chiropractic is equipped both by training and experience to treat successfully many of the ills besetting mankind. Primarily certain legalisms, imposed by a competitive profession, limit the practice of the best-trained chiropractors. So that severe sicknesses and broken bones requiring surgery and medicinal treatment, have of necessity to be referred to other trained physicians whose legal rights and certain specialties are broader.

It is a far cry from that day more than half a century ago (in 1895) when D. D. Palmer, a non-medical man, treated Harvey Lillard who had lost approximately 90 per cent of his hearing and had been in this condition for twenty years. Finding a lump on the backbone, Palmer "adjusted" the area, and in what was regarded by many as a miraculous cure the patient's hearing was restored. Thereafter, his own medical physician made an examination and attested the full recovery of the hearing of his patient.

That no adequate scientific explanation of this cure was forthcoming at the time is explained by the state of scientific research then prevailing. That subsequent discussion seeks to establish as scientifically "impossible"
such a cure remains unconvincing because it does not alter the fact of the cure having taken place and testified to by reliable witnesses.

Small wonder that in this act and in the person of an enterprising man, Palmer, a profession was born.

Today, that profession is advancing very rapidly in terms of the number of its practitioners, increases in their professional training, broadening their license to practice, widening their experience and success in the prevention and treatment of disease, the promotion of hygiene and health and public welfare. No millennium has been reached, however, for the professional care of the ills of mankind does not stand still.

But what can be declared with conviction is that the present-day doctor of chiropractic is licensed by each state as qualified to treat his patients and is doing so competently. That with the years his qualifications will grow, his training broaden, his license become more inclusive, and his successful treatments increase. With the evidence before us, as presented in this brief study, it is clear that the present-day doctor of chiropractic is a force for good in promoting the health of his community.

THE ROOTS OF CHIROPRACTIC

Ever since the dawn of history man has applied himself to the discovery of causes and treatment of disease. In the process, philosophy, science and art have combined to create various systems of diagnosis and treatment. The system of chiropractic, like the system of medicine, has its roots in these ancient efforts to establish a "system" of healing.

Half a thousand years before Christ, the Greeks believed the secret of life lay in the blood. Later, (some 200 B.C.) Greek scholars Erasistratus and Herophilus shifted the emphasis to the nervous system. Then Hippocrates, widely heralded as the father of healing and the source of the Hippocratic oath that long has governed the professional conduct of the physician, advanced our knowledge of health, disease and treatment. His admonition: "Look well to the spine for the cause of
disease” indicated an awareness of the importance of this region of the body that others before and since then have all-too-often neglected.

History records that the Dark Ages blacked out most of the scientific findings and theories of this early golden age of learning, until the renaissance of the Middle Ages rediscovered this lost culture. There followed a whole series of reaffirmations of Hippocrates' admonitions, each with its own particular emphasis. The great French philosopher, Descartes, living over the span of the last of the 16th and first half of the 17th centuries, advanced his theories emphasizing the importance of the nervous system working through the body's muscles as a major influence in the body's reaction to its environment.

When the imaginative D. D. Palmer, the “father of modern chiropractic,” discovered by practice the importance of these theories, small wonder that he went to the Greek originators for the word to describe this rediscovered form of healing. Because the spinal condition and nerve sources of trouble could be reached best, in his view, through manipulation, he named the art of healing thus created “chiropractic,” a composite of the Greek words “cheir” and “praktikos,” meaning in substance “efficient hands.”

With its roots in ancient study, today's chiropractic is a system of treatment and healing premised on the theories that much disease is caused by interference with the function of the nervous system; that structural maladjustments which cause nerve irritation and lower body resistance are a common though not exclusive cause of disease. Consequently, today's chiropractor seeks through treatment of his patients to achieve the proper amalgamation of the following:

1) specific adjustment therapy to achieve normal nerve function; 2) nutrition and dietary guidance to restore normal chemical balance in the body and correct faulty nutrition; 3) physical therapy to help restore normal physiological functions of the body; and 4) psychoso-
matic counseling to help the patient achieve a proper balance between the mental, emotional, physiological and mechanical aspects of his person in order to get and keep normal health.

Here is a broadly based system of healing, having its roots in ancient wisdom, tempered by modern scientific discovery and applied with the understanding gained through modern education and training under expert supervision.

BACKGROUND AND TRAINING

The doctor of chiropractic comes from a middle class background. He is what we call “average American”. Being in a relatively new profession, there has not been the time for father-son inbreeding that characterizes so much of the medical profession. This presents certain advantages, for the doctor of chiropractic comes from a home similar in most respects to that of the patient he treats. The understanding is immediate. This has a beneficial effect on the treatment of the conditions of his patients. It also has a bearing on the charges made, which he keeps modest and within the means of his patients as compared with the often high fees charged by the physicians whose high overhead and scarcity of competition pressure them to demand “all the traffic will bear”.

Today’s prospective doctor of chiropractic cannot enter upon his professional training without having had basic general education through high school. In twenty-four states two years additional general college education is required. Thereafter, in 51 of the 55 jurisdictions (states or provinces) of the United States and Canada which recognize chiropractic as a profession, four years of professional schooling is necessary to qualify for the license examination.

The official organization of the profession, the National Chiropractic Association, has made notable progress in improving the educational standards, accrediting as “approved” certain chiropractic colleges that maintain the full requirements of the profession. In this respect
the chiropractic profession has made more rapid progress than did its older cousin, the profession of medicine.

It was only in 1910, some 44 years ago, after many decades of the existence of medical schools, that the fearless educator Dr. Abraham Flexner completed his research in medical education for the Carnegie Foundation. He condemned medical education in the United States as unworthy, a hazard to the sick, declaring that over three-fourths or 120 of the then existing 155 medical schools should be closed as unfit to train physicians. Diploma mills and poorly equipped, poorly taught schools were the order of that not-too-distant day.

How is it with the schools training for chiropractic? Eight colleges are fully accredited now. This means that they must give a minimum of 4,000 academic hours of training under professional instructors in a standard four year course. Recommended by the National Chiropractic Association is a minimum of 4,400 hours of such training and instruction, and this is becoming the standard. Several other colleges are in existence but have not met the standards required for accreditation by the National Council on Education of the NCA.

What does your present-day doctor of chiropractic cover in his course of training? Remember this—the graduate of an accredited chiropractic college is as well qualified to practice his healing art as the graduate of an accredited medical college is qualified to practice medicine as his form of the healing art. Often, too, they both have to pass the same state board examinations in the basic sciences to obtain a license.

During his four years of training, the present-day doctor of chiropractic takes 740 hours of instruction and laboratory work in anatomy, including embryology and histology; 240 hours of physiology; 180 hours of biochemistry; 520 hours of pathology and bacteriology; 200 hours of public health and hygiene; and 1960 hours in diagnosis and treatment following the principles and practice of chiropractic, including such subjects as roentgenology (X-ray), neurology, pediatrics, geriatrics, der-
matology, obstetrics and gynecology, first aid and other clinical subjects.

Not all doctors of chiropractic have had all this training in modern colleges under expert instruction; as not all doctors of medicine have had its equivalent in a modern medical college either. Older men who practice successfully in both professions of the healing art are not thereby dismissed as inadequately equipped. For schooling is but one form, a quicker and probably surer form, of acquiring competency in the healing arts. But the school of experience has well compensated these older doctors, as their professional practice and standing in their communities amply prove.

The present-day doctor of chiropractic is not only well equipped in the basic sciences, classroom and laboratory study of his profession, but undergoes many hours of practice under supervision before being graduated. This is the counterpart to what happens with the medical students who must depend on hospital internships for their bedside training, a projection into the modern day of the apprentice system which has proved so invaluable in providing competency. In addition, the more advanced training centers have added clinical training and strong pressure is underway to admit chiropractors to service in public and veterans hospitals.

LICENSING

The public's assurance of the professional competency of practitioners in the healing arts is sought through a system of licensing by the several states. This system is likewise a protection sought by practitioners themselves, not only for themselves but for their patients.

Doctors of chiropractic were quick to seek to be licensed, but as with other branches of the healing art, they found organized opposition to their attempts to become legally licensed to practice. It was not until 1913-15, some eighteen years after the discovery of chiropractic, that two states, Kansas and North Dakota, passed laws licensing the practice of chiropractic.
There followed years of political struggle, with chiropractors and their patients seeking licensing laws pitted against the powerful political forces of the regular medical profession and its drug, hospital equipment and general advertising allies. The fighting was duplicated in one state after another as the organized medical profession retreated reluctantly against the advancing force of the newer profession. Until now (1956), all states except New York, Massachusetts, Louisiana and Mississippi grant licenses to qualified doctors of chiropractic to practice their profession.

In the four states which have not yet licensed doctors of chiropractic, the demand for their services grows yearly. This, despite the active opposition of members of the older healing art and often a policy of repression, if not extermination, on the part of some officials. Yet, the number of patients and doctors increases. So that prosecution under the medical practice statutes, which are not designed to cover chiropractic and hence are not applicable, proves impractical. The profession has gained such public acceptance that full protection of the law through the granting of a license following evidence of adequate training and examination seems only a matter of time now.

The experience has been for the opposition by the entrenched medical-drug group to the licensing of chiropractors to give way in the face of the growing demand of patients who have benefited by chiropractic treatment. Satisfied patients have always been the best fighters for fair and equal treatment of chiropractors.

Famed medical leader of the colonies, Dr. Benjamin Rush, while a signer of the Declaration of Independence, protested its failure to include a provision for medical freedom, saying,—“To restrict the art of healing to one class of men and deny equal privilege to others will constitute the Bastille of medical science.” This is the spirit in which the successful struggle for licensure has gone forward.
New York State has long been held as the most lucrative plum in the basket of the regular medical profession. It is now at a point in its political experience where it is unlikely that the million patients of over 2,000 chiropractors will any longer allow these doctors to be denied their license to practice their form of the healing art. Legislation to accomplish this nearly passed a few years ago. It was avoided by the appointment of a legislative commission to study and report. This commission took much testimony and then recommended a measure to license doctors of chiropractic. Only a last minute political “runaround” prevented the bill from being acted upon.

While there is still some “politics” in the issue in New York, so far as the facts are concerned they are all in. No new commissions need to study and report them. It is only a matter of time, probably just a short time, before the legislature and governor of that great state put this particular bit of ancient political controversy behind them by following the example of 44 other states in licensing doctors of chiropractic to perform legally that branch of the healing art for which they are qualified.

Any unbiased appraisal of the situation leads to one conclusion. That one of the important steps in insuring competent, qualified, trained and experienced practitioners of any of the arts of healing is to require licensing and supervision by a state. Further, that only through the standards laid down by the licensing body, and the policing of these standards by the recognized profession itself and its state board, is the patient protected as fully as possible against malpractice, incompetence, bungling and worse. This has been the history of all the healing arts, dating from the time that local barbers and blood-letters were prevented from practicing surgery and drug store proprietors were limited in giving medical advice by the process of state licensing of the several professions and trades.

Finally, the way to raise professional standards is to
license on the basis of whatever restrictions are deemed necessary to cover the nature of the healing art in question and competence of the practitioners of that art—then, as rapidly as possible, to raise the standards of entrance into the profession and widen the scope of practice allowed as these standards become the practice itself.

Such has been the history of licensing the practice of medicine and of osteopathy, both of which are now “unlimited” in most jurisdictions in the practice of the healing arts. Such is rapidly becoming the way of the chiropractic profession. For example, take general education, which was of no great importance to any of the healing arts originally. Now all states licensing chiropractors require high school or its equivalent and more states are now requiring college attendance before launching on professional schooling.

The professional training required before being permitted to take the state license examination ranges from two school years of nine months in Washington State to four years as standard in most states. A state license usually rests on a definition of chiropractic, which varies from state to state and is indicative of the way in which this branch of the healing art is growing in the recognition of the people. In California, for example, the broad basis of chiropractic is contained in this definition—“The basic principle of chiropractic is the maintenance of the structural and functional integrity of the nervous system. The practice of chiropractic consists of all necessary means to carry out this basic principle.”

From this sweeping definition of the healing art, there is a range of restriction down to one jurisdiction which defines chiropractic as “The system of palpating, analyzing, and adjusting the articulations of the spinal column by the hands only.”

The trend in licensing practice is clear. It moves from a sharp restriction and limited requirements of the practitioner to increasingly broader definition of the art to be practiced by an ever-better trained doctor. This is
true not only of chiropractic and its doctors; it has been equally true of medicine and osteopathy. For example, a growing number of states, now 22, require examination in the basic sciences before allowing the doctor to practice. Some of the others that do not require such a qualification have sought to cover this field in their general licensing examinations, so that without such basic science training the applicant would stand no chance of passing.

Some states require attendance of chiropractors at annual educational courses to refresh and keep up to date on new advances in the field of healing, and make this requirement basic to any attempt at renewal of a license.

Some 33 jurisdictions in this country license the doctor of chiropractic to sign death certificates. Some 29 jurisdictions permit chiropractors to practice physiotherapy, and in a number of states there is a separate law governing this practice to which doctors of chiropractic are eligible.

One of the parts of the licensing procedure which the organized political arm of the medical profession fought hardest was permitting chiropractors to use the title “Doctor.” The reason is obvious, for to dignify those practicing this healing art with the professional designation common to others in kindred fields was to erase distinctions between them. But, as with other attempts to restrict and prevent the development of a fuller practice of the healing art, this one gave way so that there remain only two licensing jurisdictions still refusing the chiropractor this right to be professionally known as “Doctor.”

Likewise in New York State the chiropractors find their attempts to secure a state examination and licensing of the profession blocked by the powerful political forces of organized medicine. In states which have already licensed them to practice, doctors of chiropractic are prevented by the opposition of the regular medical profession from entering and serving their patients in both public and private hospitals or obtaining the assistance of tax-
supported laboratories in making tests. Such action is not in the public interest.

While organized medicine has every right to refuse recognition of any competing profession, the public interest should be the chief concern of any disinterested person.

The sensitivity of the "pocket book nerve" has often been remarked. Small wonder that the resistance of organized medicine has been strong against allowing doctors of chiropractic to examine applicants for industrial or other insurance, to be recognized as having the right to practice under Workmen's Compensation laws, to work in U. S. Veterans facilities and with U. S. Armed Services. Yet despite this resistance, doctors of chiropractic are now recognized to practice under Workmen's Compensation laws in all but six states, and to make examinations for applicants for insurance in all but twelve states.

In the Congress and national administration the case for the chiropractors is being presented with telling effectiveness by the representatives of the National Chiropractic Association so that more and more federal laws recognize the rights of patients to obtain the services of chiropractors. The grant-in-aid law providing for maternal and infant care illustrates this point. Another is the amendment of the Railroad Retirement Board regulations to give full acceptance of licensed chiropractors' services. The Veterans Administration has fully recognized chiropractic education under its educational program for returning GI's.

EXPERIENCE

All these advances have strengthened the professional position and opportunities for service of present-day doctors of chiropractic. The insurance companies have responded to this situation, where well over 500 now accept chiropractors' certification on claims. The trend is so pronounced that it is safe to say that these cautious business institutions are universally recognizing the
safety, integrity and professional competence of chiropractors.

Business and industry have come increasingly to view the chiropractic form of the healing art as helpful in keeping workers fit. Thus the nationally operated Western Union Telegraph Company assures that chiropractic certification will be accepted for employee benefits.

Probably in few other groups has chiropractic been so widely and universally acclaimed as in athletics. Professional and amateur athletic organizations have employed staffs of doctors of chiropractic to keep their members fit.

The entertainment field has likewise recognized the importance of this form of the healing art, for theirs is the duty of making "the show go on." Columbia Pictures and others in Hollywood, for example, have fully equipped modern chiropractic departments to keep their personnel fit.

Chiropractic has proven its worth in the care of veterans. As a result the Veterans of Foreign Wars and the Disabled American Veterans, among other veterans' organizations, have consistently and actively supported chiropractic as a method of healing and urged for it undiscriminating and fair treatment in legislation offered both nationally and in the several states.

The Chiropractic Research Foundation reports successful treatment of both acute and chronic polio by chiropractic methods.

Chief among those who testify to their increasingly valuable experiences with the work of doctors of chiropractic are their patients. It is these satisfied patients who tell the story to their neighbors and friends. They defend the profession from unfair attacks. They urge equality of treatment before the laws of the states and nation for this form of the healing art whose effectiveness has been demonstrated in their own cases.
THE CHIROPRACTOR

THE DOCTOR’S DIAGNOSIS

HE present day doctor of chiropractic is a practitioner whose special techniques are built on a solid base of scientific and applied training. Recall that he has had 4,000 class hours of professional education to train him properly in the diagnosis and treatment of disease. That is where his practice starts—with the diagnosis of a patient’s troubles.

In diagnosis, the doctor of chiropractic follows the approved techniques of determining so far as possible what the nature of the trouble is. There may be some practitioners, as there are some among doctors of medicine, who neglect these standard procedures in seeking to determine what their patient is suffering from, but this is not the approved nor the usual situation. Likewise, it is just as far a cry from the day when a doctor of chiropractic’s office equipment consisted of only a treatment table, as it is from when the medical doctor’s office was considered well equipped if it contained a couple of chairs, a medical dictionary, a few knives and some pill rolling equipment.

Lest there still linger some doubt of what modern diagnosis consists as practiced by the present-day doctor of chiropractic, consider the training in diagnosis he receives from an approved college. The department of diagnosis in nationally recognized chiropractic colleges prescribes 594 class hours of lectures, laboratory and practice, including physical diagnosis, clinical diagnosis, clinical neurology, differential diagnosis, laboratory diagnosis, dermatology and syphilology, pediatrics, geriatrics, rhinolaryngology, otology, and ophthalmology. In this course of study, the student doctor not only examines
patients but becomes familiar with and attains skill in the use of modern equipment and such special equipment as is needed for regional examinations. Among these, found increasingly in the well-equipped offices of the local doctor of chiropractic, are the ophthalmoscope, otoscope, laryngoscope, proctoscope, electrocardiograph, x-ray, etc.

There is no more chance of the present-day doctor of chiropractic going ahead to treat a new patient in some careless approach to his or her health problem than there is of any other practitioner of any of the healing arts doing so. For professionally he is not only trained to make a careful diagnosis, but the success of his treatment depends on the correctness of that diagnosis. What is that treatment which has caused the number of patients seeking chiropractic care to soar so rapidly?

**TREATMENT**

In a last-ditch attempt by some unenlightened elements in the healing profession to prevent the extension of chiropractic, and to keep the profession from growing in efficiency and responsibility, some conclusions based on so-called scientific studies have appeared in some popularly read journals purporting to prove that chiropractic is "dangerous" and a "health menace." Such "evidence" is assembled by those who have an ax to grind—the prevention of the natural and inevitable spread of the chiropractic technique in the treatment of human ills. Yet the chiropractic treatment is as inclusive as the training, skill, and experience of the practitioner can make it—motivated by the purpose to use all legitimate means to make his patient well and keep him well.

Guided by this background and urged on by this purpose, the present day doctor of chiropractic proceeds to treat the patient after he has made his diagnosis and determined so far as he is able from what his patient is suffering. Today's chiropractic treatment is as far different from the ones performed when Palmer was making his remarkable discoveries and treating patients as is today's medical treatment, or visit, from the one our
grandparents had from their local doctor. Yet, as with the practice of medicine, much of the best in today's treatment has been distilled out of the experience of the past and carries the authenticity and virtue of having proved to do the patient good.

Chief among the virtues of the chiropractic treatment is the fact that, as Dr. Philip Lewin, associate professor of bone and joint surgery of Northwestern University's Medical School, so well points out—"Backache is one of the human crossroads where body and mind meet and where minor errors and variations may cause major discomforts and disabilities." On that one truism of medical science alone, the chiropractic treatment could well rest its case. For it is with the treatment of ills which have either their origin in the back area or are benefited by attention to that area that the chiropractic treatment has come to be recognized as most helpful.

This has been pointed out succinctly by Dr. C. W. Weiant, Chiropractor and Doctor of Philosophy, research director of the Chiropractic Research Foundation, in this brief statement: "Today the medical profession is beginning to recognize what the chiropractor has been contending for the past half century: 1) that the spinal column is the source of many physical ills and pains which appear in other parts of the body; and 2) that the human backbone is an intricate mechanism about which the average doctor knows little or nothing."

Dr. Rodney Fremont Atsatt, orthopedic surgeon of the Santa Barbara Medical Clinic says: "Many patients are treated for a variety of supposed ills which are directly referrable to . . . minor deviations of the spine." And Sir Arthur Keith, eminent British authority, observes: "Human spines were not evolved to withstand the monotonous and trying postures entailed by modern education and by many modern industries."

As simply as a lay person can put the matter, while at the same time seeking to keep entirely within the bounds of known scientific facts, the major emphasis of a chiropractic treatment of the spinal area rests on a manual adjustment and manipulation of the affected area by a
doctor qualified to make this adjustment. Yet he is at the same time being mindful of the related problems of disease and health that must be met to get the patient well and keep him that way.

The eminent British neurologist, Dr. Edgar Cyriax, says: “In the course of time I have seen 1,000 cases of minor displacement of vertebrae, and I have become convinced that in a certain proportion of the cases the malpositions present were wholly or partly responsible for numerous symptoms, whether visceral (pertaining to the internal organs, particularly abdominal) or non-visceral.”

This coincides with the understanding of chiropractic, which holds that a minor displacement in the spinal column is a subluxation requiring adjustment that can be achieved through skilled manipulation. That in making this adjustment, attendant ills are benefited and may be removed. That, in conjunction with other therapeutic and prophylactic treatments which are included in the present-day doctor of chiropractic’s range of practice, the health of the patient can be secured.

With the National Safety Council reporting that one out of every fourteen people suffers some accidental injury during the year, and over 10 million accidents occur within twelve months, the Council said that back strain accounted for nearly 10 per cent of all lost-time injuries. A survey of the State Workmen’s Compensation cases in Colorado indicate that under chiropractic care the loss of time from work averaged about two and a half days, or about one-half the time averaged by other methods of treatment, with an average cost to the Fund of about a third of other methods used. (Commercial News, Los Angeles, February 18, 1952.)

FOLLOW UP

Probably none of the other healing arts is better equipped to follow its patients through their daily lives on a continuing and constructive basis than is chiropractic. The sick person visits his doctor of medicine when he is so sick that he just must get relief, or when his fear
mounts to the point that he cannot avoid his doctor. But he stays away from that doctor as long as he can, just as he shuns his dentist until a tooth needs pulling.

Not so with respect to the doctor of chiropractic, for by its very nature a chiropractic treatment is satisfying to the patient and is looked forward to with pleasant anticipation. The chiropractic treatment is so helpful that many people engage their doctor for regular treatments, a system that may add years of healthful, zestful living to their lives.

The present-day doctor of chiropractic does not regard himself as qualified either by training or experience to treat every condition he meets. He does not seek to practice internal medicine or surgery. But, he is on good terms with specialists who can and do so, to whom he makes referrals of patients. He is in a unique position to form one of a team, offering specialized treatment when that is necessary or desirable to serve the needs of ill people, or to meet the requirements of a community for health services.

In fact, group practice and team activity in which the several healing arts combine their specialties is increasing, so that it is growing more usual to find a doctor of chiropractic on an industrial staff working alongside of the doctor of medicine to keep employees fit; a doctor of chiropractic as part of the health team in a public facility; a doctor of chiropractic on a community health and welfare committee. For the particular value of the trained and experienced chiropractor is becoming recognized at its face value.
THE EVIDENCE OF CHIROPRACTIC'S VALUE

WORKING CONCEPTS

EVERY profession is built upon a body of knowledge that is definitely its own, although it may borrow from and overlap other professions to a greater or lesser degree. Yet its body of knowledge and distinctiveness are what make it a profession.

In the healing arts, a profession has a distinct method, approach, technique, supported by a solid body of knowledge and scientific evidence of the credibility of that knowledge. In these terms, the history of each of the healing arts—medicine, osteopathy, chiropractic, etc.—indicates that at any time they are appraised they are only “on the way” to becoming a profession. For the outstanding characteristic of a profession is growth and development. The methods, approaches, and techniques improve and the body of knowledge upon which they rest grows. In time the outmoded, untrue and valueless are discarded, and the new gains acceptance.

The development of chiropractic is no exception to all this. Dr. C. W. Weiant, dean of the Chiropractic Institute of New York, has expressed the present-day views of the profession concerning the techniques and the underlying explanation and basic concepts upon which the practice of chiropractic rests. He flatly denies the charge made by some in the medical profession that chiropractic’s fundamental tenet is that “all disease is due primarily to pressure on nerves.” He goes even further, and declares that any careful appraisal of the founder of chiropractic, D. D. Palmer’s views shows that he emphatically denied that nerves are squeezed or pinched by vertebral subluxations. Dr. Weiant deplores the production in the past of considerable literature by the chiropractic profession itself,
which gave the erroneous impression that the concept “of pressure on nerves is the basic chiropractic concept.”

Upon what then does the present-day chiropractor base his form of the healing art? Dr. Weiant explains that experimental work, theory, and investigations have established that “the subluxation itself is in no sense a dislocation, but that it is rather a fixation of the joint within its normal range of movement, usually at the extremity of the range.”

Present-day chiropractic does not rest alone on this revised concept of what occurs in the spinal region, however important that element in chiropractic theory and practice is. There is the equally important concept of the nerve-body resistance of the individual. What laymen are apt to call “body tone.”

Today’s chiropractor explains his attitude toward bacteriology and immunology—the germ theory of disease—as follows: Of course bacteria and viruses can cause disease, and do. But the extent to which they successfully attack the human body depends upon the level of resistance of the body. The role of the nervous system in establishing and maintaining body strength or building up resistance once infection has taken hold must not be discounted. Hence, the present-day chiropractor’s ability to improve body tone through the correction or lessening of nerve irritation and prescription of hygienic practices and good nursing care become important factors in the cure of disease caused by bacteria or virus.

But the chiropractor does not claim exclusive or even special knowledge or ability to cure such infectious diseases. In fact, he is the first to seek such consultation and team treatment as will insure recovery of his patient. Infectious disease requires several forms of care, among which good nursing and diet play no small part, and the chiropractic treatment aimed to maintain and build up body resistance, to ease the patient’s pain and his nervous tension plays a big part. With the aid, as needed, of the medical specialist, a combination is obtained that insures the patient the greatest possible chance of a speedy recovery of his health.
Whatever working concepts the present-day chiropractor brings into his treating room rest, in no small part, on the professional training he has received and the experience he has developed from treating patients. So it is with his colleagues, the doctors of medicine and osteopathy. A “good doctor” is made so, and judged to be such, as a result of serving his public satisfactorily. How much of what he does reflects the application of the basic concepts of his particular profession is not readily apparent, or easily determined.

Today's doctor of chiropractic has a broad coverage of the field of the basic sciences, long practice in treating the minor and major ills of clinical patients under experienced supervision, and the warrant of an examining body which licenses him to practice. Today's doctor of chiropractic is not a narrow-visioned, limited, body manipulator but a thinking professional person using many concepts in his approach to the health problems of his patients.

WHAT THE RECORD SHOWS

From a handful of patients somewhat more than half a century ago who came to D. D. Palmer (chiropractic's discoverer), and got relief, those being cared for by today's chiropractors number many millions. And every year the number swells as chiropractors become more proficient and as their satisfied and healthy patients spread the word. Here is the best and final test of an emerging profession seriously serving the public.

The record shows that many outstanding doctors of medicine recognize the value of chiropractic treatment. An example or two will illustrate the point. Dr. H. B. Gotten reported in the Journal of the Tennessee Medical Association as long ago as 1924 that: “It is better (in discussing the internist's problems of low back pain) that the chiropractor treat these patients than to have them treated by a physician who thinks in terms of surgery.” In the book, The Science and Art of Joint Manipulation, Dr. J. Mennell says—“Few medical practitioners could recommend manipulation because they are barred from it by their oath, at the same time it was indisputable that
the exponents of both cults, chiropractic and osteopathy, have brought relief to many patients in the past, after orthodox treatment had been tried and failed."

The former president of the State Medical Society of Wisconsin, Dr. Ralph P. Sproule, pointed out that "some of the most intelligent people" in Wisconsin were being treated by non-medical practitioners. That "these practitioners have something to offer for which we (the medical profession) set up no commensurate service."

**QUACKS—CULTISTS—FADDISTS**

HERE has been a strong and continuing attack upon the practice of chiropractic. It has been in some measure attributed to the natural antipathy of an existing profession toward a newcomer. It may be tinged with the fact that the newcomer has made such startling advances and increased his number of patients so fast as to strike a certain economic fear into the older profession of medicine.

Most practicing physicians have no time to judge the merits of this attack, few have any first-hand acquaintanceship with chiropractic, so that they are forced to accept the verdict of others. When that verdict is rendered by the professional political arm of medicine through its representatives in state and national legislatures, and by its paid editors in journals of medicine, it is apt to be colored with the attempt to prevent competition. So that an unbiased, impartial appraisal of chiropractic is seldom, if ever, forthcoming from such sources.

Yet it is these sources which shape the attack on chiropractic. That attack seeks to implant the belief, first among doctors of medicine, and those directly associated
with that profession, and secondly among their patients and the general public, that chiropractic is unscientific, founded on false concepts. That its practice is a cult engaged in by quacks or, even worse, by outright frauds. It does little good to dismiss this situation for the irresponsible hearsay that it is. The public is entitled to and must have a résumé of the facts, so that people may make up their own minds.

There is room for an honest unbelief in chiropractic. Just as there is for a refusal to believe in the value of radium treatment of cancer even when performed by the most highly trained doctors of medicine. With the free choice of a licensed doctor provided by law, the public has determined that it will make its own choice between the existing professions. That is where the decision belongs.

Beyond this, however, lies political medicine's attempt to make it out as quackery or fraud. It seeks to convey the belief that the present-day doctor of chiropractic assumes that all disease stems from one cause for which there is one cure. That cause is nerve interference and the cure is spinal adjustment. This kind of attack is made to show that the chiropractor cannot know of heart disease, cancer, rheumatic fever, etc., and that going to a chiropractor can lead to serious consequences for the unsuspecting patient.

The present writer has spent considerable time studying the facts, both in the literature and in the practice of chiropractic. These confirm the view that today's chiropractor regards his work in the fullest professional light, practices his form of the healing art conscientiously and thoroughly. He is well aware of the possible presence in his patients of any form of sickness, adapts his professional conduct accordingly, treating where he can and making referrals to others where he cannot perform a proper professional service.

The “assault” goes on to point out that the original Palmer cure of the patient's deafness by treating a lump on his spine was sheer nonsense—for any anatomist
knows that the nerves of hearing never enter the spine but are completely enclosed in the head.

Dean C. W. Weiant's answer on this point is as follows:

Actually, no miracle was involved. Sympathetic nerves leaving the spinal cord in the upper thoracic area and regulating the blood supply of the structures in the head apparently had been freed from irritation. The nerves of hearing required this blood supply in order to function.

Another phase of the “assault” is to discredit chiropractic's attempts to improve the qualifications and training of its practitioners. This is done by seeking to prove that only a third of those who take the basic science tests given in the states are able to pass, indicating that an overwhelming proportion of all aspirants to become chiropractors are woefully deficient in the scientific knowledge which they should have. This particular “assault” on the professional competency of chiropractors has been repeated time and again, and passes for fact in some quarters even today because it was originally voiced by a reputable medical organization.

In a public hearing before a U. S. Senate committee in June, 1945, Dr. John J. Nugent, Director of Education of the National Chiropractic Association, nailed the lie to this false charge. Fact is that examinations in the basic sciences are given by the several states in such a manner that “no applicant shall be required to disclose the professional school he may have attended or what system of treating the sick he intends to pursue... it is impossible to give such figures since the medical complexion of candidates is not a matter of record.”

The usual technique employed by those making an all-out assault on chiropractic is to present shocking examples of illegal practice, malpractice, ignorance, false advertising, poor training and the like. Such cases as the writer has had opportunity to examine are usually very much dated. Thus a notorious case of a chiropractor treating a child for something which he is supposed to have diagnosed as tonsilitis, and which turned out to be
diphtheria from which the child died, was heard in the
courts in 1925, some thirty years ago. Yet it is cited by a
critic writing in 1953 as descriptive of prevailing condi­
tions. Or, to review a second criticism; the measure of
educational inadequacy dates back to an appraisal made by
a leading chiropractic educator in 1941—some 14 years
ago. Yet it, too, is used in today's attack as if the older
conditions were still representative of the current situa­
tion.

This is not to imply that all criticism currently levelled
at the chiropractic profession and its practitioners is
unwarranted. For there are persons in all the healing
arts, including chiropractic, who are guilty of atrocious
conduct. Every profession has a history of patients who
died, or who didn't get the treatment needed, through the
faulty training and bad performance of the attending
doctor.

Chiropractic, as a younger profession may still have
proportionately more less-trained, less-qualified practi­
tioners than the older professions. But this is far from
the general condemnation of an entire body of profes­
sional people, such as is done in the various assaults on
chiropractic which seek to make it out a cult practicing
fraudulently on credulous people. Such an assault simply
does not square with present-day facts concerning pres­
ent-day doctors of chiropractic. The vast majority of all
doctors of chiropractic, as the vast majority of all doctors
of medicine, are law-abiding professional people, perform­
ing their services within the limits of their licenses and
according to the standards of their professions.
VIDENCE shows that the chiropractic profession is not only aware of its growing responsibility to society to develop and maintain high professional standards, but seeks to do so in the several ways that have been found successful by the older members of the healing art, medicine and osteopathy. First there is the effort to recruit ever-better qualified students. Then the raising of standards of the training offered, followed by state examinations in the basic sciences and licensing by state boards. The profession seeks to discipline the conduct of its practitioners and obtain the improvement of chiropractors through refresher courses, seminars, and professional societies.

Chiropractors have banded together in the National Chiropractic Association, Incorporated. They have adopted and seek to enforce a Code of Ethics. They publish an official professional monthly, the Journal of the National Chiropractic Association, and a popular lay magazine "Healthways."

THE NATIONAL CHIROPRACTIC ASSOCIATION

This association was established as the ruling body of the profession in 1930. It has associated with it a number of professional bodies, namely, Chiropractic Research Foundation, Inc.; National Council on Education; National Council of Hospital and Sanitaria; National Council of Roentgenologists; National Council of Physiotherapy; National Council on Public Health; National Council on Psychotherapy; and Society of Military Chiropractors.

These affiliated bodies are listed here to establish the range of coverage sought by chiropractors in their endeavor to become a profession having broad concern for the public's health.
The Association conducts local, regional, and national meetings for the betterment of the membership and their service to their patients. It maintains a national staff, and conducts a national public relations office in Washington to provide needed protection of the rights of the profession and to further its growth.

As a young, emerging profession, chiropractic has been forced to defend itself from attacks seeking to prevent its doctors from practicing in one state after another. One prohibition still made is to deny doctors of chiropractic access to state tax-supported laboratories, a denial that is indefensible by any professional standards. As each of these battles was won by the chiropractors, the battleline shifted as the opposition profession of medicine retreated. So that much of the struggle today is to prevent duly licensed chiropractors from having the same access to the public needing its services as do the older professions in the art of healing. Yet this is the direction which the growing competency of the chiropractic profession and the demand from the public is taking.

Small wonder, therefore, that one vitally important aspect of the Association's work is its legal department. For an adequate defense of those members of the profession in good standing who are attacked in the performance of their professional duties, and a defense of the entire professional body when it is attacked, have required the constant vigilance of a qualified legal staff.

The Association is engaged in raising funds for the Chiropractic Research Foundation which will devote its efforts toward the betterment of the professional training of its doctors and further research into the problems of health. This is a sure sign of a seriously intentioned profession bent upon making its members more capable and its future more secure as its seeks to grow in professional responsibility.

CHIROPRACTIC FACES THE FUTURE

In these modern days of our high-speed, nerve-exhausting living, chiropractic is fast becoming an indispensable
element in helping people maintain good health. For chiropractic science and its application by means of a present-day doctor's consultation and treatment, function with the whole man in mind. Starting with the base of neuro-anatomical structure, and seeing the man in his daily environment—chiropractic seeks to make a proper alignment between the function of this basic apparatus and nutrition and elimination as basic aspects of the physiological manifestations of living. The training and experience of the doctor of chiropractic equip him particularly well to provide professional advice and treatment where needed in this complex task of adjusting the individual and his surroundings.

Add to the foregoing the fact that the doctor of chiropractic is striving to build his profession, to meet his social responsibilities, to take his place as a leader in the community. In this he has developed a code of ethics that manifests high regard for the rights of his patients, a commitment to the "golden rule" of individual conduct, and a sense that the integrity of his own occupation rests on his recognition of the integrity of every other occupation within the broad field of the healing art.

The way ahead is becoming clearer with the passage of time. Much of the unreasoned heat has gone out of the opposition of the longer-established medical profession, and the attacks still being made on chiropractic are more tempered. There are a growing number of practitioners of the older forms of the healing art who work alongside of the doctors of chiropractic in professional accord, each doing that part of the job of providing health services which his training and experience best qualify him to do. This feature of team work holds great hope for the future, and much good will result for people who need both kinds of care.

Finally, it can be said in closing this brief description of chiropractic that the profession itself is so ardent about its future that nothing can stop doctors of chiropractic from being devoted public servants and becoming better ones with the passage of time.