ADENOIDs

WHAT WILL Chiropractic DO FOR IT?
Chiropractic for Adenoids

The word "Adenoids" has been so commonly used that the average person feels that he knows exactly what is meant by it. As soon as one hears the expression he immediately associates it with a small school boy or school girl backward in their studies, and with more or less of an impaired intellect. This is largely because of the campaign of education which has been carried forward unceasingly to impress the public with the danger of this condition and to frighten parents into resorting immediately to surgery for such a condition.

What Do Adenoids Produce?

There is no question but that adenoid growths occurring in the nose or in the throat very often give rise to a train of symptoms which are serious enough without adding to them a supposed deficient mentality. As a growth in the nasal passage, they give rise
to a mechanical obstruction to the air which should pass, by this channel, into and out from the lungs. Because of this obstruction, the child is often forced to breathe through the mouth, and this passage of the air by

way of the mouth is supposed in some mysterious way to affect the mind. It is my contention that this never has been proven. The greatest ill effects come from the fact that the air taken into the lungs is not properly warmed, and the foreign materials are permitted to get into the throat and bronchial

tubes rather than being stopped by the mucous lining in the nasal passages.

It has been said repeatedly that adenoids are productive of catarrh. Insofar as the adenoid is usually congested, it gives off an exudate slightly in excess of that which would otherwise be produced. However, it is not reasonable to assume that an excessive growth in the nose or in the pharynx produces a congestion and a catarrhal condition in mucous membrane removed from direct contact with them. Indeed it is not reasonable to assume that even those mucous membranes which are in contact with the adenoids are congested, because of that contact.

Results of Surgery

Case after case has been operated upon, the adenoid removed, and still the catarrh persisted. Cases without number have had the adenoids removed by the knife, and the mentality of the child has changed not one particle, all of which leads us to the conclusion that adenoids are not as serious a condition as we have been led to believe.

It is not our purpose to contend that the adenoid is a natural, normal development which does no harm. As a mechanical ob-
struction it is harmful, and every effort should be made to effect its removal, but, to subject a child to surgery, expecting results that cannot be obtained, and then to find that within a few months the growth has returned as large or larger than ever, is a practice which should be discontinued.

Education Through Fear

Some way, when we speak the word "adenoid," we associate it with little children in public schools. The campaign of the Medical Fraternity in educating the public to a certain viewpoint through fear has been practiced from earliest time. A very fertile ground has been found in the public schools, and through political influence, the physician has gained there a strong foothold. A hard-headed business man who would not think of allowing himself to undergo an operation because of fear inspired by what the physician tells him, will be absolutely panic stricken if he is reached through the medium of his small boy or girl. Placing implicit faith in the advice of the physician, he will hasten to do exactly as the physician says; the result is the knife, the removal of the growth, and the temporary relief of a condition which returns in a short space of time.

Is the Child Public?

Only lately is the American public waking to the full import of the insidious political influence that has made it possible for the medical practitioner (only one of the old school) to gain access to the children of our public institutions. In the past it has been vaccination for this, that, or the other thing. It has been forced physical examinations upon children who are sent to school defenseless, and usually with the instruction that they should obey implicitly their teachers and the school authorities. They are subjected to examinations, and often excluded from school if they do not follow the advice offered by the medical examiner. Only lately, I say, are we waking to the fact that it is the school that is public, and not the child.

What Causes Adenoids?

The Chiropractor can give you a logical reason why the adenoid has growth. The physician does not attempt to do this. He doesn't get down to fundamentals and give you a cause for the trouble. He merely removes the result, and the effects are entirely temporary. Logically, if the cause of the adenoid can be removed, and is removed, not only will the adenoid disappear, but it will not recur.
What, then, is the cause of an adenoid growing either in the nasal passages or in the throat? It is this: The mucous lining of these cavities are supplied by nerve fibres. These nerve fibres carry to the tissue, life force in the form of impulses of secretion, impulses of nutrition, impulses of heat, impulses of expansion, and others. These must all be perfectly balanced, and are perfectly balanced, provided the nerve fibres are free to transmit the life force from the brain to the membrane. If, however, some of these fibres are pressed upon, they are unable to transmit the proper quality and quantity of life force. One or the other type is deficient, or is expressed in excess, and as a consequence an abnormal condition prevails. If there is a lack of secretory impulses, the membrane is dry. If there is an excess of secretory impulses, the membrane is excessively moist, and we have a catarrhal condition existing. If expansion impulses are lacking, we have a membrane that is not developed to the full extent. If we have expansion impulses in excess in a small area of the membrane, then we have an excessive expansion of cells, and an adenoid results. If the area involved is great, the adenoid is large, while if the area involved is small, the adenoid is likewise small.

The Root of the Trouble

Let us then consider how it is that nerve fibres are incapable of carrying the proper amount of life force from the brain to the tissue cell. Where is it that an interference can be produced which will result in this abnormality? There is only one place, namely, the point at which the nerve is given off from the spinal cord and passes between the bony segments of the spinal column. If these bony
segments are not in their normal positions, they produce an impingement upon the nerve fibres; consequently the carrying capacity of these nerve fibres is impaired, and as a result of that, some abnormal condition manifests itself in the tissues supplied. Whether this abnormality is in the form of catarrh, or whether it is in the form of adenoids, depends entirely on what class of fibres is under pressure. If the secretory fibres are involved, catarrh exists; while if expansion fibres are affected, adenoids are the result.

**What To Do**

The Chiropractor is especially trained to locate the place of nerve impingement in the spine, creating interference to the normal flow of life force between the brain and the tissue cell. By adjustment, he corrects this interference, and when this is done, the catarrh or adenoids must disappear because the cause of their production has been removed.

The question merely resolves itself into one of whether the growth should be removed by surgery, with every probability of its return, or whether through Chiropractic care the cause of that growth should be eliminated, thereby precluding the possibility of its recurrence.
EPILEPSY

WHAT WILL Chiropractic DO FOR IT?
Epilepsy
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Epilepsy, or falling-sickness, is, according to Dunglison, a cerebro-spinal dis-ease, occurring at irregular periods. To attacks unaccompanied by convulsions, the French give the name petit mal (or minor type), and accredit them to lesions of the cerebrum. Fully formed epilepsy is the grand mal (or major type) of the French, accredited to spinal lesions.

The disease itself rarely destroys life. In the rare cases where it does, death from exhaustion follows the condition, wherein the fits succeed each other so rapidly that the patient does not regain consciousness during the interval.

It is an inco-ordination of educated brain lobes, characterized by a loss of consciousness, with or without tonic or colonic spasm.

From many hundreds of cases under observation here in our school clinics, and in thousands in the hands of our thousands of practitioner graduates, we have always found it caused by a vertebral subluxation. A competent Chiropractor will find the
exact location of this interference, adjust it, and given time, get the case well.

Your patient may or may not experience the epileptic aura. This aura, when present, consists, in most cases, of an apparent vapor arising from the trunk and passing upward toward the head. When it reaches the head, your patient may or may not utter a cry, and, if he is standing, falls.

There are other premonitory indications or warnings which are of varied character. They may take the form of temporary change in disposition, such as depression or elevation of spirits, or some alteration in the look. They may also take the form of affection of the sensory function, indicated by pain in a limb or internal organ, or of the motor function, indicated by the contractions or trembling in some of the muscles.

From personal observation is found the fact that in all cases of grand mal handled the head is turned to one side, face being distorted, and the patient is in the grasp of a tonic spasm, with trunk rigid, extremities extended, hands firmly closed and the jaws clinched. Usually the contents of the bowels and bladder are ejected. The rigidity of the trunk affects the respiratory muscles and the patient becomes deeply cyanosed. The tonic spasm varies in length from a few seconds to a couple of minutes, and this gives way to clonic convulsions. It is during this clonic convulsion with the alternate and relaxation of the muscles and convulsive working of the jaw that some object should be placed between the teeth of the patient to prevent the biting of the tongue or lips.

Further than this, during the fit, little can be done. Tight clothing should be loosened. When the fit is over the patient should be allowed to sleep, the head and shoulders being well raised.

The working of the jaw forms foam which, if the patient has bitten himself, will be tinged with blood.

The clonic spasm lasts but a few moments and the patient falls into a profound slumber, which varies in length, and awakens with a severe headache and with no idea as to what transpired during the seizure. Epilepsy can be differentiated from hysteria from the fact that the epileptic has not time to find a soft spot to fall on.

The attacks often come with apparent regularity, but in most cases the frequency varies. Often with the female the attacks make their appearance at their menstrual period, stopping with the start of the hemorrhagic flow.

There is no regular or constant pathological condition in epilepsy.

The disease usually makes its appearance between the ninth and twentieth years, most of the cases at puberty. When the attacks occur with great frequency, giving the patient no time for recuperation,
there is a marked mental dullness, poor memory, defective reasoning and lack of power of concentration. The "rosy rainbow of promise" held out to the epileptic by the medical fraternity contains but two colors, a violent death or the insane asylum. Even if the very severe cases do not end in insanity, the fact that such master minds and world powers as Napoleon Bonaparte, Julius Caesar, Peter the Great, Paul the Apostle, and Mohammed were epileptics, should check the terrors of an insane end that ninety-nine out of one hundred epileptics have almost constantly before them in their thoughts. Epileptic women, with the higher ideals and finer sensibilities of womanhood, seem to suffer, in regard to their mental condition, more than men.

With petit mal the patient has a temporary loss of consciousness, but the patient is not attended by convulsions. It may be or may not be attended by premonitory warnings. If the warning is absent the attack comes on suddenly and lasts but a few seconds. It has been known to interrupt a patient in the act of raising a glass of water to the lips. The patient stopped with the glass midway, the face paled, the eyes fixed with a stare and dilated pupils, a slight tremor of the muscles and the attack was over, the glass raised to the lips without spilling a drop, and the patient completed the act of drinking the water. Petit mal may occur with patients that suffer with true epilepsy, or patients may suffer with petit mal without having an attack of the true epilepsy.

There is a third manifestation known as Jacksonian epilepsy, or partial epilepsy, marked by the fact that the patient is conscious throughout and is able to watch the progress of the spasm. This is ascribed to pressure from depression of the skull, or tumor within the skull.

According to one authority, that you may have upon application, the medical fraternity treat epilepsy by administering the various bromides, with the addition of belladonna. Bromides change the chemical constituents and action of the blood, which results in a condition of acne, and when this appears, arsenic is administered for its beneficial effects upon this condition, and also as a tonic, another case of "robbing Peter to pay Paul." But to give the devil his just dues, they (the medical fraternity) do not claim bromides as a cure for epilepsy. From a Chiropractic standpoint, the prognosis is favorable in a large percentage of cases, our great trouble being that the patient becomes discouraged and quits to try something else, most of them having formed the habit of the moth, of flitting from one doctor to another and from one science to another.

Epilepsy was very well known in ancient
times and was looked upon as an evil omen, and also as a special infliction of the gods, and at the time, if any member of the Roman forum was seized by an attack, the assembly was broken up. The ancients also thought that an epileptic was under the influence of his Satanic majesty, and while that belief is not prevalent in present day life, the diseased is still looked upon as a disgrace and something to be hidden from the world at large, and the patient, instead of being permitted to continue his educational or business pursuits, is at once surrounded by a bodyguard of loving relatives, who, through misguided devotion, try to make easy the patient's hours of affliction and at the same time keep the dark secret hidden from their friends. At the same time the patient is advised to be resigned to what fate has in store, and all that there is to look forward to is a violent death or insanity.

With conditions as they are it is a great wonder that a larger per cent of epileptics are not sooner enclosed within the walls of an asylum. Imagine yourself afflicted with a nerve-racking, headache-producing disease, surrounded by the ones you love best and have the most confidence in, and to have them in all kindness preparing you for your fate. How long do you suppose before your own brain would be whispering to you, saying over and over, day after day, "You are bound to go crazy!" and to this the opinion of some great specialist, and tell me, in all fairness, how many years you could bear up under it? This is what they are up against, and this is what we Chiropractors are up against, and it is up to us to change their nature of usually the darkest pessimism to as bright a brand of optimism as is possible. Once in a while you will run across an optimist and you can nearly bank that he is going to get well. A short time ago a patient came in seemingly bubbling over with merriment, and the surprise was hard to bear up under when he acclaimed, "Gee, but I had a beaut yesterday! I was downtown in a store and was just about to make out a check when, bing! over I went, and it lasted about twenty minutes. Say, how much longer are the darned things going to last?" You may form your own inference as to his chance in comparison with the chance of the one with the pessimistic strain. Does it appear logical to you that a large percentage of attacks are superinduced by the great capacity for worry possessed by the patients?

Epilepsy does not seem to exert an injurious effect upon the general health, and even in an aggravated form a great degree of bodily vigor may be maintained by the patient.

In the foregoing I have tried to sum up the points that will be of value to you in
handling a disease that almost every Chiropractor in the land has one or more upon his hands and one which appears to cause more mental anguish to the patient and his family than even syphilis.

"Why do I feel so well between attacks when the subluxation is still not corrected?" By giving the patient the theory he advances—that the subluxation impinging the nerve fibers, preventing normal transmission of mental impulses, causes abnormal metabolism, and where abnormal metabolism is present there is the formation and accumulation of toxins and decreased molecular activity of the cells affected. This accumulation goes on until the maximum of endurance is reached, when it is manifested by convulsions, during which the toxin is discharged from the brain and then eliminated by the kidneys.

Many cases of epilepsy have been adjusted at The Palmer School, and the facts positively prove that Chiropractic corrects the cause and eliminates the trouble.

Testimonials could be cited here, by the hundreds. Each could be verified and sworn to. However, we are of the opinion that each case suffering with epilepsy wants to get well. What has occurred to many others is no proof that it will occur to him. Let me suggest that you go to a Chiropractor at once, let him adjust you, stay with him until you get well.
GOITER

WHAT WILL

Chiropractic

DO FOR IT?
Goiter

Chiropractic Health Service Will
Remove the Cause of Goiter

The above statement is not exaggerated, or extravagant by any means, but simply conveys to you just what vast numbers of people would say if you would ask them. The claims made in behalf of Chiropractic care are founded upon results, consequently we have no hesitancy in setting forth the fact as stated.

Kinds of Goiter

There are probably few conditions that present a greater degree of discomfort and fear in the minds of both men and women than Goiter, or enlargement of the thyroid gland.

The gland is situated at the base of the neck, attached to the upper rings of the trachea. It is bi-lobed, connected by a smaller lobe called the isthmus. All of which is covered by a very thin connective aerolar tissue which sends in its fibers, sub-
dividing the gland into irregular masses. The gland is supplied by a dense plexus of capillaries and nerve fibers.

There are many kinds of incoordinations affecting the thyroid glands and have been named as follows: Fibrous Goiter, Parenchymatous Goiter, Cystic Goiter, Vascular Goiter and Exophthalmic Goiter. In the Parenchymatous form the enlargement is smooth, affecting a part or all of the gland. This is simply a condition wherein there are more cells being developed than are needed. The Fibrous Goiter is usually large in size and is hard, nodular—being composed of connective tissue.

Cystic Goiter—There is a distention of the follicles with a fluid, and usually presents a small or large, round swelling.

Vascular Goiter—Due to the dilation of the blood vessels and a hyperemic condition of the gland, resulting from the lack of proper motor function in the blood vessel walls, permitting them to lose their elasticity.

**Chiropractic vs. Surgery**

Would you rather submit yourself to a surgeon and by so doing run a very great chance of being marked for life, to say nothing of having part, or all of an organ removed that God placed within your body, and which has a part or function to perform—and without which very grave conditions probably will result? Think this over. You must bear in mind that every organ in your body has a definite duty and in order to be healthy you must have these organs, and they in turn, must be healthy to function properly.

All forms of goiters are quite familiar to the Chiropractor for the reason that people who have them have tried nearly every other method of having them removed; many have experienced dreadful operations with but little results. It is not an unusual occurrence to have patients with a goiter which developed to a greater size after having undergone an operation for the removal of a goiter; the surgeon having removed the growth, at that time, and not the cause of the disease, as is their method of procedure.

Your Chiropractor will make a scientific analysis of your spine and after having located the cause of the goiter, adjusts it, and
The large neck will be seen to gradually return to its normal shape and size.

**Pressure on Nerves Causes Goiter**

The Chiropractor with his scientific knowledge of the spine locates the cause of dis-ease. The cause is due to an impingement upon the nerves over which flow the current of life force (mental impulses) from the brain to the glands. These nerves, as do all others, originate in the brain and follow down the spinal cord, and making their exit from the spinal column thru an intervertebral foramen.

Because of an interference with this normal flow of mental impulses with respect to the nerves supplying the thyroid glands, there is a pathological change in the amount of mental impulse flow permitted to reach the glands, so that normal life force is not manifested there but, instead, the gland itself becomes dis-eased.

By comprehensive training and practical experience the Chiropractor is thoroughly trained in locating the point of impingement in the spine that interferes with this normal transmission of mental impulse supply, and by this training is enabled to render that Chiropractic health service that will adjust the spine at the location of the interference so that normal transmission is restored and the thyroid gland receives its normal supply of mental impulses and returns to its normal size and proper functioning.

**Exophthalmic Goiters**

(Inward Growing Goiter)

This condition is also known as Base-dow’s Disease, Graves Disease and Parry’s Disease. It is an incoordination (dis-ease) characterized by the protrusion of the eyeballs, rapid beating of the heart, trembling of the muscles and swelling of the thyroid gland. This form of goiter is certainly a very unfortunate affliction to have. The eyes are generally affected, in that they very frequently protrude out of their
sockets because of the hyperemic condition of the blood vessels, and an excessive growth of fatty tissue behind the eyeballs, which pushes them out. The patient may not be able to close his eyes. The heart action is very rapid and it may beat 200 times per minute. The heart beat may be heard some distance from the patient, it being so forceful. Toward the end of the dis-ease the heart will dilate, and then its action becomes very irregular. The patient is very restless, nervous; not being able to keep his hands or feet still, continually moving the head. General loss of strength is common and in addition the patient loses weight, becomes very thin and may experience a discoloration of the skin.

Don't Become a Victim of Fear

A great philosopher once said that fear is the servant of ignorance. Whether we accept that statement or not, we are forced to the observation that fear seems responsible for more deaths than result from sickness alone.

A tremendous amount of so-called "health" publicity is being released daily. Practically all of this publicity has been presented to the people from a strictly medical viewpoint and the main avenue of approach has been that of fear. Warnings galore have been sent forth, the large result of which has been to arouse public imagina-

tion to the point where any minor ache or pain instantly becomes greatly magnified in the mind of the individual.

Natural laws are the greatest of all laws. The creative and remedial powers inherent with each individual are supreme because they are God-given. No power is greater than the sublime Universal Intelligence that guides our destiny.

If Nature can get her forces from the brain to the tissue cell, health will result. If the bony segments of your spine impinge upon the nerves and thereby cause interference to the normal flow of life force from brain to body, you should have this interference corrected by a Chiropractor, if you want to enjoy health.

The principles, practice, and philosophy of Chiropractic are simple in the same sense that all great fundamental truths are simple to the informed mind. Chiropractic affirms that these inherent great natural forces are far more powerful in restoring health than other agencies, such as serums or drugs, could possibly be. The objective of a Chiropractor is to enable these forces to have full opportunity to manifest themselves in the various organs of the body. He does this by adjusting the vertebral subluxation that is causing interference to the normal flow of vital nerve force from the brain to the various parts of the body. Unless this subluxated vertebra is restored to its normal
position disease must result. The various organs of the body become affected and acute or chronic conditions of disease occur, depending upon the length of duration and the severity of the subluxation.

Chiropractic care not only restores health, it also builds health. The old adage—"An ounce of prevention is worth a pound of cure"—may be considered trite, but it is sound truth. The many, many thousands who have been restored to health by Chiropractic care will confirm the statement that a periodic examination of your spine is the best kind of health insurance.
WHAT IS MULTIPLE SCLEROSIS?

Multiple sclerosis (from sclero—hardening, and osis — condition of) is a diseased of the brain and spinal cord, in which a steady degeneration of the nervous tissues causes an increasing paralysis with disorders of sensation or feeling.

In this condition there is supposedly a hardening of certain nerve tracts in the central nervous system (in the nerve pathways inside the brain and/or spinal cord). It is characterized in the beginning by disorders of eyesight, general weakness, stiffness and excessive weakness in the legs, disorders in walking, dizziness, and emotional disturbances.

As the condition progresses, there may be involuntary rapid movements of the eyes either from side to side, up and down, or in a rotary move-
ment. A tremor of the muscles of legs or hands may be evident. There may be disorders of speech.

As the name implies, the hardening of the tissue takes place in widely scattered parts of the brain and spinal cord. Thus, the diffuse interference to nervous impulses gives rise to the variety of symptoms.

Medically, the cause is unknown. There is no specific therapy, and the prognosis is 10 to 15 years following onset, with a few living longer than this period.

Chiropractic Results

In a recent study on cases of multiple sclerosis under Chiropractic care, some amazing facts have been discovered. While the percentage of cases restored to complete health through Chiropractic is only about three percent, there was a great improvement noted in 31 per cent, and an additional 31 per cent showed some improvement under Chiropractic care.

It is significant to note that 98 percent of the cases in this study had tried medical care previously with no results. These cases utilized Chiropractic as a last resort because the average duration of the condition was 6.5 years before coming under Chiropractic care.

There were in most cases a previous history of falls, accidents, or emotional shocks, which, no doubt, were instrumental in producing vertebral subluxations with resulting interference to normal flow of nerve energy.

The Nervous System

In order to understand the nature of this disorder some knowledge of the nervous system is required. Figure 1 is a diagrammatic sketch of a nerve fiber. Its similarity to an electric wire within an insulating sheath is evident.

The inner core, known as the axis cylinder, is the filament through which nerve impulses flow. Around the axis cylinder, and analogous to the insulating sheath of an electric wire, is the medullary sheath. Apparently, the medullary sheath acts to protect the axis cylinder.

Wherever nerve pressure by a misaligned vertebra reduces the normal
The process of degeneration sometimes requires many years. In the beginning of the disorder the dis-ease changes take place so insidiously the intended victim is usually not aware of anything wrong until a sudden episode of blindness or paralysis results.

Eventually the patient with multiple sclerosis becomes helpless. Multiple sclerosis has a curious compensatory aspect. The patient rarely seems unduly concerned over his condition, but, on the contrary, is unusually well satisfied with his surroundings.

Multiple sclerosis is progressive, interfering more and more with the vital bodily functions. As an ever-increasing number of nerves is affected, it leaves the patient prey to other serious, acute complications such as nephritis and pneumonia.

What Does The Chiropractor Do?

The working principle of Chiropractic is to prevent dis-ease changes within the body, and, if once begun, to restore the normal mental impulse flow which will allow healing of the diseased tissues with return of normal function.

The Chiropractor, by virtue of his education, establishes the presence and location of vertebral interference to normal flow of nerve energy. Then, by means of his professional skill, he is able to deliver an adjustment to the vertebral segment of the spine that is causing this blockage of nerve force flow.

When the Chiropractor has found the point of interference, established the vertebral direction of mis-alignment, adjusted the segment, and released the interference, then — full quantity supply of nerve energy will again flow over nerve channels.

Restoration of normal function will be restored to tissue, providing no permanent damage has occurred. The sooner conditions such as multiple sclerosis are placed under Chiropractic care the better the chance of complete recovery.

The following five factors are very important in cases of this type:

1. Age of patient.
2. Length of time between onset and care.
3. Stage of progress of the condition.
4. Cooperation with the Chiropractor.
5. MOST IMPORTANT... Allowance of proper time elements under Chiropractic care. Progress will be slow; there are no miraculous recoveries of this condition. A minimum of at least 60 days Chiropractic care for each year the condition has existed must be considered.

Under Chiropractic care multiple sclerosis cannot be considered hopeless. The principle and practice of Chiropractic offer a genuine basis for optimism in, first, seeking the cause of dis-ease, and second, in adjusting it.