

# CHIROPRACTIC, THE NEW SCIENCE.

## MIND, NERVES AND NERVE CENTERS.

Your brain generates mind-energy. This mind energy flows from your brain in currents out through the nerves to all the various organs and parts of the body, giving to each and all their power of function. Perfect currents to all parts mean perfect health. Imperfect current to any part means imperfect health, weakness, disease to that part.

In order that these currents may be perfect, normal in volume, the nerves and nerve centers must be free from the slightest pressure.

To avoid pressure on these highly sensitive centers the joints of the spine must be kept fully open, the spinal bones must be kept their normal distance apart and true to each other laterally. These are principles embraced in the New Science of curing and preventing disease.

Its motto is: "BEGIN IN TIME AND PREVENT THE CONDITION WHICH MAKES DISEASE POSSIBLE!"



CHIROPRACTIC DISCOVERED.

Chiropactic (pronounced KI-RO-PRAK-TIK) was discovered near the close of the nineteenth century by Dr. D. D. Palmer and later developed by his son, Dr. B. J. Palmer, D. C., Ph. C., into a science, the latter now head of the largest Chiropactic school in the world, and known world wide as the Palmer School of Chiropactic, "Chiropactic Fountainhead," Davenport, Iowa, of which school the writer and compiler is a graduate.

The object of this little book or folder is to explain the principles upon which is based the philosophy of Chiropactic as the writer knows it.

Read carefully, consider and think well, free yourself from bias if you can; then if suffering from any physical disorder or ailment come and investigate or talk with those who have been convinced of its correctness and virtue by demonstration and trial.

## VELOCITY OF DISEASE.

All engines—steam, electric or gasoline—travel with velocity; the more powerful or larger the engine the greater the velocity; the smaller, the lesser the velocity. So great is this thing velocity that even after the steam or power generator is shut off the engine will still move forward; but, after a time, it will come to a standstill. In like manner the force of gravitation grows according to precipitance and distance. For example, start an object, say a wagon wheel, at the top of a hill—the longer the grade the greater the speed; therefore, it would be easier to stop the wheel a few feet from the top of the hill than half way down, or at, or near, the foot of the hill.

What is true of the power of gravitation is also true of the progress of disease; the longer it progresses the greater hold it gains on the system and the greater it affects it, and the harder to remove. How shall we prevent this? Just as we stop the engine or the force of gravitation—put on the brakes and reverse the force and turn back.

With the engine this is easy, but with disease it takes time to stop its downward course. Progress may seem slow, even at a standstill, but even this is gain, for it is giving nature time to rebuild the broken down tissues. But because you are not going up hill (recovering) fast you grow discouraged and blame the Chiropactor. You forget that it may have taken months or even years to get to your present diseased condition and think you should get better in a few days; some do, owing to condition, but yours might be different. Could the engine go back up hill without the engineer? No, and so with you—you must rely on the engineer (Chiropactor); he understands.

## KEY TO CHIROPRACTIC.

Here we present the reader with a Chiropactic barometer, one of which every person carries in his back. It is the switch-board by which the Chiropactor sends the vital force to the different parts of the human body.

In a word, here is the ALL-IN-ALL of the Chiropactic Science. At the top you see within its bony cave the brain, the fountainhead; beneath you have the spinal column built of twenty-four (24) bones and terminating in two more, the Sacrum and Coccyx joined in one V-shaped piece; through the spinal columns runs an oval canal through which passes the spinal cord.

On each side, where the bones of the spinal column rest, you see a small, round opening; through these openings come what are called the spinal nerves, one on each side, or thirty-one (31) pairs in all. These running to every organ and part of the body carry the vital or nerve force that gives life to these organs or parts.

Near the lower end of this barometer you see a highly magnified definition of the theory of Chiropactic.

From between the two upper bones you see the round cord-like, healthy nerve protruding; from between the lower two you see the impinged, diseased nerve. Note the difference in appearance—the upper being large, round and healthy, carries the full amount of nerve force, bringing health; the lower thread-like, shrunken and diseased; therefore the organs and parts it supplies do not receive their full amount of nerve force and are diseased. This is a disease producing or impinged nerve, caused by a displacement of the two lower bones, called a Subluxation (slight displacement).

Chiropactic removes the impingement by adjusting this subluxation (displacement), permitting the return of the full quota of nerve force and restoring the parts to health and strength. This is done by a quick thrust, recoil move with the naked hands, and this is why it is called Chiropactic—hand done—from the two Greek words, "Chier," the hand, and "Praxis," doing.

From the foregoing you can readily see what an important part the spine

and its nerves play in life and in fact; it is the ground work upon which the whole body is first constructed and it is the key-stone that must remain with us throughout life; otherwise we would soon decay and die; therefore, to have perfect health and strength, we must have a healthy brain, a healthy spinal column and cord and healthy nerves to carry the life-giving, sustaining nerve-force.

## IMPINGED NERVES.

A sound mind and a sound body cannot exist unless the creation and production and transmission of vital energy is perfect and free from obstruction; as the engine depends upon water, coal and fire for its velocity, so the human body is dependent upon the production and transmission to every part the full amount of vital energy, and interference with or deficiency in this is Disease.

## CHIROPRACTIC.

First—It is a safe, sound science which, like every new discovery, has had to show its worth, and for this reason it has had to fight its way step by step before it was fully accepted by the enlightened public.

Second—Chiropactic recognizes health as the normal and harmonious expression by the body and its organs of nerve impulse created in the brain and through the spinal cord transferred by the nerves to the remotest parts of the body; it holds that disease is the result of any interference of the free flow of nerve impulse. Its practitioner locates the interference and removes it (the cause of disease) without the aid of poisonous drugs, either internally or externally administered. Thus health is quickly restored with little loss of time and at little outlay, comparatively, in money, and no risk of injury incurred.

A well trained Chiropactor, knowing the human body and its functions as well as an engineer knows his engine, can adjust as easily and as quickly locate the subluxated vertebrae, trace the spinal nerve to the organ diseased and by adjusting the subluxated vertebrae free the nerve, restoring the organ to health.

This cut we present here will give the reader a fair idea of the intricate nervous system, showing the nerves coming out through the spinal openings and their course to the different organs and parts supplied, and you readily see how it is when you consider, in our daily avocation, the danger we momentarily encounter of injuring the spinal column, causing impingement of the nerves coming from it, and therefore bringing on disease by interfering with their functions.

If our body is diseased and its functions not working right, the cause of this is some impinged nerve or nerves, that should be freed. Chiropactic is the science that knows how to find these nerves and how to free them from impingement. This will relieve the sufferer by removing the cause of disease.

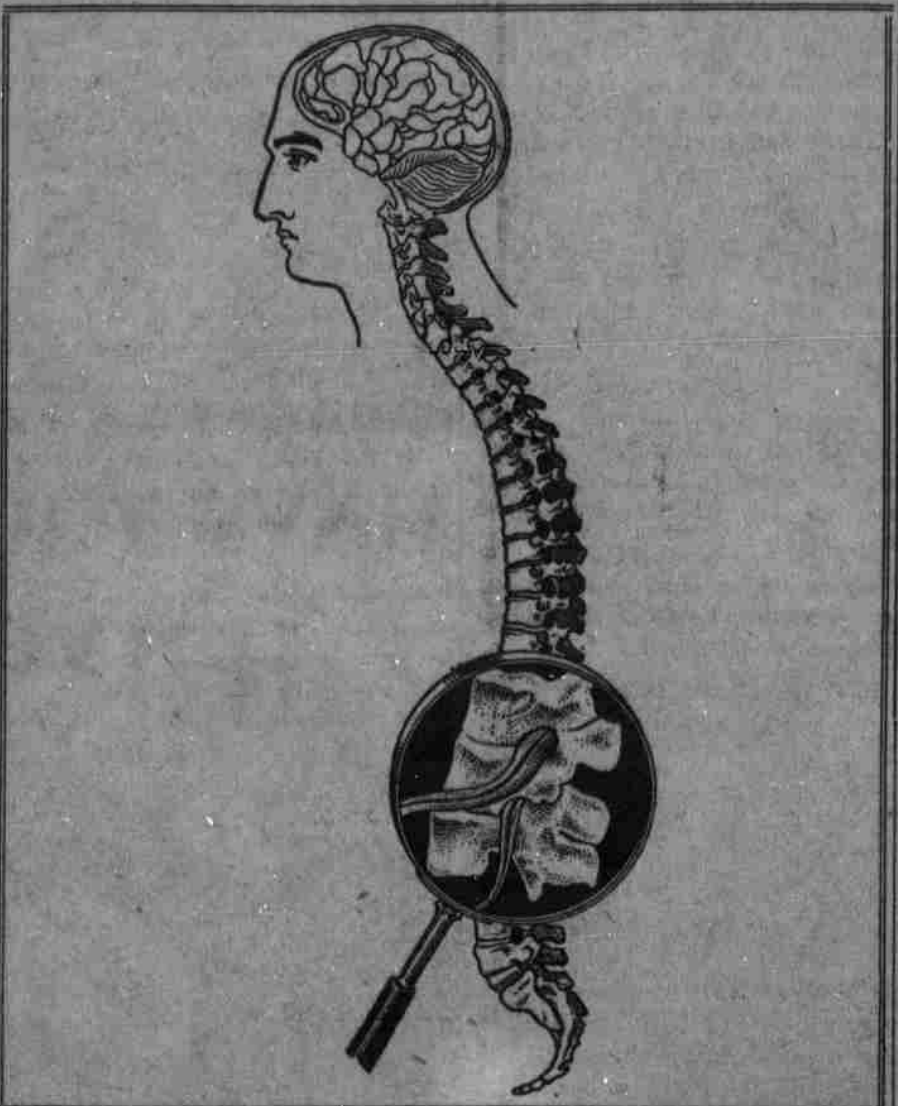
The Chiropactor has demonstrated by deep research, earnest study and careful investigation that mind covers matter, and for the same reason the mind controls every function of the different organs in our body, the brain and nerves create within its cells the energy, and the spinal cord is the canal that carries it to the nerves and they distribute it throughout the body ever to the remotest parts, thus supplying to the organs and tissues the nerve energy which enables them to perform harmoniously their many functions.

## THE GOVERNING OR RULING PRINCIPLE.

A constant supply of nerve energy equally and correctly distributed to each part or organ sufficient to keep it healthy so as to perform its functions fully, is necessary to a healthy condition. For this to be the brain must create and the spinal cord deliver it to the nerves, leaving the nerves perfectly free from impingement, so as to deliver it. There are thirty-one (31) pairs of nerves sending off branches over the entire system.

As an example of how adjusting a subluxation works, take the following: Suppose you take the lawn hose and connect it to the water faucet in the yard, turn on the water; now the water is running fine, everything in good order, hose in good condition, nozzle wide open, good, strong, steady flow of water. Then suppose a boy came along and put both feet on the hose; flow stops, only a dribble at the nozzle! Now what would you do? Drop pills down the nozzle? Put a poultice on it? Or would you operate on the nozzle? Why not apply the same idea to your body, GET OFF THE HOSE, the water wants to run; get rid of the obstruction which is stopping the flow of life-giving mental force from your brain to the various parts of your body. You'd quickly kick if Johnnie planted both feet on your hose and stopped the flow, and you'd waste no time poulticing the nozzle either. Off the hose with Johnnie!

When the bones in your spine get out of line they pinch the nerves which lead from the brain to the various parts of the body; then the nerves go out of business, or partially so at least. Of course the parts then lead to suffering! Wouldn't your lawn burn up in the "red-hot" summer if Johnnie camped on the hose? Same principle exactly, for the nerves carry the life-force from the mind.



## THE MODERN SCIENCE OF COMMON SENSE APPLIED TO THE HUMAN MACHINE.

In Chiropactic we look for the Cause—the ache, pain, swelling, fever, withering up—these are the effects. Why apply drugs to effects? You didn't with the hose. Isn't it common sense to find the cause of that effect and then adjust it?

Some say a vertebrae can't move. Here we offer, free, to show 'em; we will convince the skeptic in two minutes. How can we move from side to side; how does the acrobat perform all kinds of evolutions; do we walk with a stiff back as if we had a rod of iron in it? No! the grace, ease and beauty of human movement disproves this absurd claim. If your mind is still in the opinion we "can't move 'em," come to our office and we will show you very quickly.

## EASY TO CORRECT.

A Chiropactic adjustment requires very little physical exertion and takes but

a moment and this permits the care of an almost unlimited number of patients, so to speak, the "operation" is so quickly over.

## REVIEW.

What is a subluxation? Any organ, muscle or tissue having its life cut off shows it in many forms, viz: Disease. The cause of this cutting off is a strained or abnormal position of the bone, and this is a subluxation (displacement).

Subluxation is the fundamental fact which is the basic principle of Chiropactic. It is the physical representative of cause of disease. Chiropactic produces the removing force.

If an impingement should cause pressure on the nerves leading to the lungs, head, stomach, or in fact any organ or any part of the body, then we will have a diseased condition of this particular part, and as soon as we adjust the subluxation, which is causing the impingement, a normal flow of current is restored and the disease can no longer exist. If every organ is receiving a normal amount of current from the brain there can be no disease.

We have an exact and scientific method of determining the vertebrae responsible for pressure on nerves. Our manner of correcting this abnormal condition is unique and original in every respect, and has no similarity to any other method.

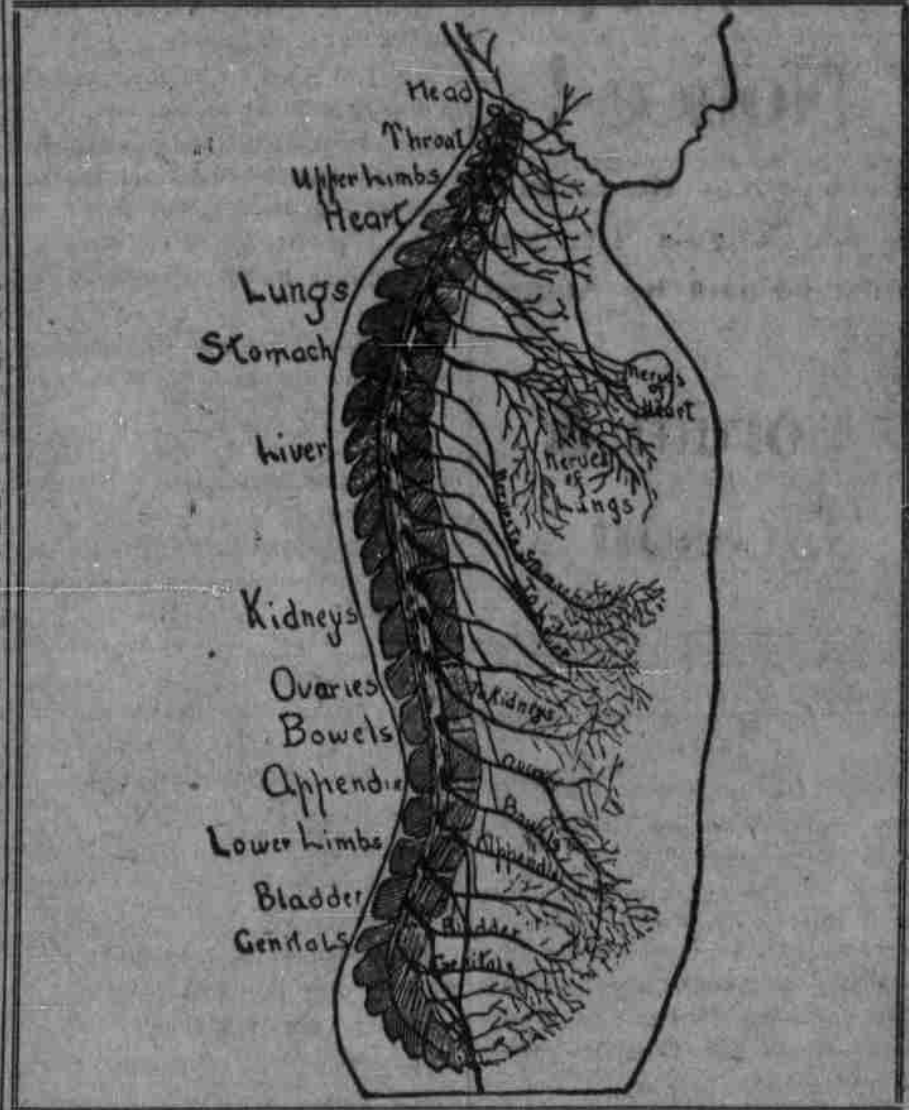
## WHAT DISEASES ARE ADJUSTED FOR.

No matter what your disease is called, its cause lies in your spine, and we, as Chiropactors, find and adjust that cause. In other words, we can help you, no matter what your disease is.

Questions that you are likely to ask answered briefly.

1. Do you use drugs or the knife?

We do not practice medicine, surgery nor osteopathy in any phase. We use the chiropactic method only. No drugs, knife, massaging, rubbing, electricity,



nor mental treatment; we use no appliances; we simply adjust the displaced vertebrae, which is done almost instantaneously and without inconvenience to the patient.

2. How long will it take me to get well?

Acute cases usually a few adjustments; chronic vary in each individual. Just how fast your internal energy will repair the abnormal condition no one can tell. A little carelessness, a fall or slip may give you a set-back and undo much of the good work.

3. How often do you give adjustments?

Usually once a day except Sundays. Some anxious patients think two adjustments a day is better than one but experience has proven that the best results are obtained by one each day.

4. Can I take medicine while taking adjustments?

We advise every patient to cease taking medicine in any form. Refusal to comply means dismissal when discovered. Drugs aim to stimulate or inhibit the normal functions. Adjustments restore function. One seems to deaden, the other is that of restoration. Thus it would seem that the continued use of drugs counteracts the good that the adjustments would accomplish.

These claims, when heard for the first time, may seem so absolutely extravagant as to be unworthy of serious consideration, but really they are no more than so many others which, in recent years, have been advanced and verified by discoverers and workers in other departments of human thought and endeavor. But the more attentively the cause of disease is studied from this viewpoint, the more reasonable, logical and correct it appears, and its result is sufficient to prove it.

## DIET.

Some ask us about diet. We answer: It is best to follow one's own inclination in the matter of eating, so long as your appetite is normal. Eat what you like and as much as you like and stop when you have eaten enough. Innate, nature, if mental and physical conditions are normal, knows better than educated, so to speak, and we have no way of even guessing what is best for the genuine good and maintenance of the body. All we can say is, if not abnormal, let innate nature dictate when a question of what we must eat arises. Personally, if we crave a certain something, we get it and eat it, as much as we want and as long as it looks good and tastes good. But moderation of course in all things, more especially in eating and drinking. Discretion is more requisite, perhaps, in the selecting and procuring of pure, wholesome food and water than the matter of the quantity we take into our stomachs.

## CHIROPRACTIC AND YOU.

You owe it to yourself, your family and your friends to know about Chiropactic. To-day, to-morrow, any time, there may be an ache, a pain, a swelling—some form of bodily trouble which cries out for relief—which you want quickly removed. Look to Chiropactic, the Chiropactor, as the man who can and will find the cause of that trouble surely and quickly; and who, finding the cause of your complaint, adjusts it, and thus the ill effects vanish.

## CONCLUSION.

Our doors are open for your investigation. Our hearts are moved and our minds and hands ready to help you. In Chiropactic you have an opportunity which no other method affords. It is unquestionably the greatest discovery of the age. Use it.

Investigation costs nothing and means your health and happiness. Calls answered day or night. Examinations at office are free.

Yours for health, long life and happiness, happiness here and hereafter,

TH. FRA. THOMSON, D. C., Ph. C., Union City, Tenn.