THE PHILOSOPHY OF CHIROPRACTIC AND REMINISCENCES OF ITS EARLY DEVELOPMENT AND GROWTH

Note Bene: The title (above) and the narrative incident thereto (quoted below) represent a verbatim account of the draft of an unpublished (and surely unfinished) manuscript written in 1934. Its author was Dr. John Fitz Alan Howard, Founder and first President of the National School of Chiropractic (1906-1919) (Figure 1).

Dr. Ronald P. Beideman, professor and administrator at National for the last 45 years, discovered this monograph during his Tenure as Dean of Records while researching data in 1982 on the history of The National College of Chiropractic. It was apparently "lost" in old front office files, or forgotten by the many College administrators who served National from 1934 to the early 1980s.

The original paper is held in the Special Collections section of the Learning Resource Center at The National College of Chiropractic in Lombard, Illinois. It is presented in full for those who might have an interest in chiropractic philosophy and for scholars seeking data on still another chapter in the history of chiropractic's long suffering self professionalization and early theories incident thereto.

What follows is the unabridged reminiscences of Dr. Howard, which may be looked upon as his valedictory to the National College of Chiropractic and to the chiropractic profession. Dr. Howard wrote it in his study at his home in Maywood, Illinois quite soon before leaving Chicago to return to his native state of Utah. At the time of writing, he was 66 years old. It was 28 years after he opened his National School of Chiropractic in Davenport, Iowa, and 26 years after he moved National to Chicago. Consequently, it is not exactly "camera ready" because the elderly Dr. Howard sought to recall happenings which occurred three decades beforehand. Nor is it on a par with the organization, detail and complete-
nes of materials published when he was in his prime. Nevertheless, it does suggest that Dr. Howard retained his rational alternative thesis, as did The National College of Chiropractic, from 1906-10 through the 1930s and beyond.

Dr. Howard's magnum opus was three volumes, a 665-pg. work entitled the Chiropractic Encyclopedia - The Howard System, taken from lectures first given by him from 1906 to about 1910 (1). In the Encyclopedia he systematized, published, taught, and practiced a holistic drugless philosophy, science and art centered about the chiropractic adjustment almost 20 years before the word holistic was first used in the English language (2).

Moreover, the Preface to his Encyclopedia (and his earliest lectures) debunked the one-cause, one-cure theory of his chiropractic peers thusly: "WE HAVE NOT MAINTAINED THAT ALL DISEASES HAVE THEIR ORIGIN FROM SUBLUXATION OF THE SPINAL COLUMN OR COMPRESSION AND SHOCK TO THE SPINAL CORD" (the caps were not added). He had no fear of being called a "mixer" and encouraged his students to be true to their convictions so as to bring health and happiness to their fellow men.

Howard's Encyclopedia was clearly the most progressive, and earliest logical discourse on chiropractic as a profession. Therein, Howard implanted the idea that subluxation may be secondary to other conditions. Which is to say that chiropractic's "one-cause, one-cure" concept in human disease was unacceptable. Ergo, the chiropractic profession began to accept his doctrine that chiropractic is ADJUSTMENT—SPINAL, MENTAL, AND ENVIRONMENTAL. Therein, the chiropractic profession began to pioneer a holistic drugless and nonincisive surgical health care delivery system.

Dr. Howard led that which came to be recognized (just this past year) as the fifth "Major Event" in the first 100 years of chiropractic; there being a total of only 16 such "major events" so classified by Dr. Walter Wardwell as having occurred during the chiropractic profession's first century (3).

This particular "Event" was precipitated by Howard when he began to dissent from the chiropractic fundamentalists in 1906 by creating a curriculum to "teach chiropractic as it should be taught" (a broad scope, science-based chiropractic, that is). Dr. Howard referred to his Howard System as the "rational alternative"—an alternative to both chiropractic's zealotry and to allopathy's injudicious pharmacology and unnecessary surgery all of which were abundant in the 1906-1910 era (4).

It was that early in chiropractic's history that Howard's commonsensical, science-based system encompassed virtually every basic characteristic of the profession as it is practiced by the majority of the chiropractic physicians in the field today (5).

Everything in the quotes below is exactly as Dr. Howard typed them other than a few corrections which he added via his fountain pen or pencil.

He died in retirement in Utah, nineteen years after these memoirs were written (1953). Tragically, his passing was completely unheralded by both the college that he founded and by the profession he had developed so early and so well (4).


"And—a Child Shall Lead Them."

"Just as to how the quotation can be applied to Chiropractic is best answered by an exposition of the Basic Principles which underly the term chiropractic, its source of origin and the incidents associated with its early employment as a system in the art of healing.

"Ignoring critics and even Dr. D.D. Palmer's own explanation as to how his attention was drawn to the principle of Spinal Therapy as a curative factor in organic disfunctions and Disease, mention of fact, is sufficient to curtail arguments. Methods of manipulating the spinal column had been employed in Europe and elsewhere during periods long past. And as 'Witch doctors' and other 'Fakes' followed measures or methods of Cure, the present 'Science of Medicine' began to take life and this hocus-pocus of 'Spine dancing' was cast aside as irrelevant.

"The 'Witch doctor' and the 'Faker' evidently had arrived at some knowledge of Cause and Effect. They did not know why, but they did know that certain procedures brought about certain results and spinal manipulation was one of the measures employed to relieve certain ailments. So, as medical science developed along this and that line of hypothesis, the spinal column was forgotten as a key to Causative factors in disfunctions and disease.

"The 'Child' Chiropractic, and that is what Dr. D.D. Palmer called it, 'My child', and especially was he jealous of The Chiropractor' the first Chiropractic Journal, and through which he introduced his child to the world, and by which he was convicted of violating the 'Medical Practice Act' and accepted jail rather than pay a fine. 'Up to this time, the fact that misplaced vertebrae was a factor in organic disfunction was given little attention by the medical profession. Dr. Albert Abrams was one
of the first to “See the Light” and enter deeply into the spinal reflexes. In his work on Spondylotherapy, he states “The subject of spinal therapeutics has received less attention from the medical profession than it deserves.” Others, less scientific but more astute, have determined empirically that manipulation of the spine does sometimes cure conditions that have failed of cure in the hands of experienced physicians. Many other eminent physicians have followed the same line of thought since the ‘Child’ showed them the way and took the lead.

“Chiropractic philosophy is based upon ‘VIBRATION’ and not on any one specific ‘Technic’. Dr. D.D. Palmer’s first technic consisted of a bifid piece of rubber and a small hammer and not unlike a technic which was later employed by Dr. Abrams in giving percussion treatments of the spinal column. Various other manipulative methods have been employed, all more or less improvement on the crude original methods. By some this hunt for ‘New Technic’ seems to have dwarfed the principle and philosophy of Spinal therapeutics almost, with some, to making a religion out of a technic.

“The basic principles underlying the Chiropractic Philosophy saved chiropractic from being gobbled up by the Osteopaths in a test case shortly after Dain L. Tasker D.O. published his ‘Principles of Osteopathy’ in 1905. The Chiropractic technic in principle had been absorbed and classified as Osteopathic.

“Dr. Tasker’s work on Osteopathy was the first to emphasize Subluxations as a factor in Osteopathic philosophy, although they did work the spinal column in their technic to equalize the circulation, but practitioners in Swedish movements and Medical Gymnastics did the same thing long before the advent of Osteopathy.

So, here again ‘The Child’ led them. “Pain had been removed by pressure on the skin at various points during periods long past. A physician by the name of FitzGerald published a book which he called ‘Zone Therapy’. Many practitioners used his method and technic with excellent results, some of which apparently produced a cure, at least so far as pain was concerned. But it must be remembered that Pain is not the disease, but rather a manifestation of nature’s protest or appeal for help, nature’s S.O.S. So in reducing pain, always do so with your philosophy in mind, hunt the real cause and take measures to remove it by the most congenial and natural means.

“It has always been a sore in my eye to see how some who profess to be disciples of Dr. D.D. Palmer have tried and still insist on narrowing the science down to a simple technic. In the early days it was necessary to protect the ‘Child’ by evasive terminology in order to avoid the chill and ice of the law, and ‘Analysis’ was used for Diagnosis, ‘Adjustment’ was employed for treatment, ‘Pressure on the nerve’ was used for Reflex stimulation or inhibition, etc. These terms were garments to protect the child until legal clothing could be secured. The child is now grown and has some legal adornment, meager as it is in some States, if we stick to the fundamental principles and philosophy, a befitting suit will be acquired.

“My advice to the profession is don’t dwindle or dwarf Chiropractic by making a religion out of a technic.”

If your present technic is short on ‘Ways and Means’, do what the leading and most successful of the medical profession do. Go take a Post Graduate Course at a College where technic is in keeping with the philosophy, and where you can always depend upon getting the most advanced technic of proven value.

“My advice to the profession is don’t dwindle or dwarf Chiropractic by making a religion out of a technic.”

“Avoid one-sidedness, since we are neither all mind, or all matter. The house in which we live, our body, is of this earth, from the earth and is subject to all the laws which govern and control all things of and upon this earth. Living matter, growth and so-called dead matter, are all subject to the same fixed laws—laws which do not change to fit the human frame of mind. The profession, medical and drugless, should be better students of nature.

“In our effort to imitate nature, many old fixed ideas have to be eliminated, in order to advance, such is the process of all scientific research and progress. The science of chiropractic has been no exception to this rule. The old idea of calling a simple technic, a science, and taking the pressure off the nerve at the intervertebral foramina, a philosophy, served its purpose, while the ‘Child’ in its incipient period grew and developed, during which time it acquired a legal raiment. Now that the adult period has arrived, such terminology must be replaced by an under-
standing of the basic principles in their true light.

“Overenthusiastic professors, by their extravagant claims have led to discredit and failure and has done much to obscure the true philosophy of the science of chiropractic, even with practitioners of the system the fundamental basis has been much misunderstood. Those who have met failure through this lack of a thorough understanding of the true basic underlying principles should not lose heart, but should acquaint themselves with the features brought out by deep research work and turn failure into success.

“It is not uncommon with chiropractors to liken the human body to a machine, and really that is quite appropriate as we can take an automobile for an example many things may happen to render the machine unservicable, in which case we would hunt the cause and endeavor to fix it, but never with the thought in mind that a pressure here or there will be all that is necessary. It may need gas, oil, or etc. When the cause is ascertained we employ the ‘Ways and means’ to an end. So, in like manner must we treat the human machine.

“For the convenience of study, the human machine has been divided into various systems—the skeletal, the muscular, the nervous, the circulatory, the respiratory, the glandular, etc., all of which are a part of the whole, the integrity of one dependent upon the normal activity of the others. Some of these systems are so closely related to others that they must be considered in their collective functioning as the nervous-circulatory and respiratory. They form a trinity.

“Instant death follows a cessation in function in either one, so when we mention the nervous system we automatically include the other two. And again the nervous system forms a trinity, the cerebro-spinal, the sympathetic, and the vagus which in function creates another trinity-attraction, cohesion and repulsion-electrical in action as a result of chemical changes which takes place in the blood stream during its course through the body.

“When these facts are thoroughly understood, there should be no controversy as to just what Chiropractic science is or is not. The word chiropractic is so broad in meaning that it speaks for itself. It was derived from the Greek ‘Cheir’ and ‘Praktikos’, in essence, meaning skillful hand practice, and does not refer to any special technique. A slap slings, excites; while a pressure inhibits, so technic should be applied in accordance to the results desired. In applying our technic to the spinal column we either produce constriction or dilation of the vascular structures, thus producing or relieving congestions of the cord, the spinal muscles or organs innervated through that particular cord segment.

“Chiropractic philosophy is based upon these truths. However, the fact that injuries to the spinal cord was a potent factor in organic disease was not unknown to the medical profession, even as far back as the early sixties (1860s), altho given but slight attention by the general practitioner. That displaced vertebra was a factor in these congestions of the spinal cord, evidently did not register in their circle of reason.

“Even today, there are certain factions, half believers in chiropractic, who claim that subluxation does not exist, who try to prove it by anatomical demonstration, but they have overlooked something. Subluxation is present in the majority of all disfunctions of the body, either as a result of toxemia or as a first cause of such organic disfunction.

“That such slight osseous displacement could occur was not in their line of reason, even less did they understand that those little mal-alignments could be the means by which grave chemical changes would occur in the blood stream, changes leading to the disintegration or disruption of the blood balance, a preliminary to cell and tissue death.

“In other words they did not understand the workings of the ‘Trinity’ (nerve-blood-oxygen)—never thought of it in that light, yet they knew about oxygen, iron, and the peculiar structure and function of the nervous tissues. They knew that iron was an oxygen carrier and that life was impossible without oxygen. They knew how the contents of the blood vessels are affected by this attractive force—its ferruginous hemoglobin being surrounded by spirals of the Sympathetic nerve—becomes magnetized and consequently attracted and set in motion by the associated nerve termination which by the way takes in another trinity, the cerebrospinal, sympathetic, and vagus, their combined function creating (another trinity) attraction-cohesion-repulsion.

“Dr. H. W. Page, physician and surgeon for the London N.W.R. Co., was possibly the first to draw attention to the medical profession that special attention should be given to the spinal cord as a causative factor in tissue and organic disfunctions. He writes in 1882 as follows, ‘It has fallen to my lot in the last nine years to have seen in the capacity of surgeon, a large number of injuries about which little information is to be learned in the text-books of medicine and surgery. I desire, therefore, to bring before the profession the results of my observations and experiences in the hope that I may to some extent succeed in throwing light upon much that is obscure, and in helping others to a clearer and more correct
view, than has hitherto been afforded of the injuries and the consequences of the injuries received in railway accidents.'

"The points brought out by Dr. Page in his lectures upon 'Injuries to the Brain and Spinal Cord' brings out clearly some of the fundamental features of Chiropractic Philosophy. He quotes other physicians in support of his own findings, especially Dr. John Eric Ericsson, who points out that these injuries are not due to railway accidents alone but are frequent and quite common in the ordinary walks of life.

"So, the basic principle underlying Chiropractic philosophy and practice will stand the test of science and research. The effect of bacterial invasion is understood and classed in the toxemic role of causative factors together with certain measures of immunization.

"It is well known that the healthy human body has a wonderful resistant capacity, and while constantly bearing the germs of disease internally and externally, he is able to throw them off and render inert such of their toxins as may have gained access.

"Bacteria, like all other life, animal and vegetable, thrive best on congenial soil conditions and environment, and likewise live and thrive under the law of 'Survival of the Fittest'. So, according to the particular chemical contents of the blood stream, certain specific bacteria appear, seemingly sometimes from no where, yet they gain entrance and begin their fight for existence, throwing off their poisonous wastes and continuing their invasion as long as they find suitable material for their existence and proliferation.

"According to the character of this chemical unbalance of the blood constituency and elements retained in the cells and body tissues, so will be the character of the invading bacteria. While this is common knowledge to the profession, there (are) differences of opinion as 'Cause'. (This is) A subject which I will sidetrack by merely saying that, bacteria are present, or thrive, by invitation, but once established in suitable soil their toxins form a menace to health and life.

"This element of toxemia due to bacterial invasion is responsible for the various 'Named diseases', but chiropractic philosophy reaches deeper into the causative factors of disease—the formation of the culture, the soil which makes their presence, growth and proliferation possible. Thus the chiropractor begins in his effort to overcome 'disease' much as the Sanitary physicians have done, in removing the source of their breeding and growth in a natural way instead of adding to the blood stream other chemicals which further contributes to the blood's unbalance. "The spine is made the major point of observation, because in all organic disfunctions there is a reflex overstimulation to the spinal spinal segment or segments of the cord associated with the organ involved and congestion is formed which maintains a state of hyperemia or anemia of the tissues involved.

"This cord congestion with its associated contracted ligaments and muscles contorts the vertebrae of the spinal column and draws them out of their normal position, which in effect puts too much tension on certain groups of muscles and ligaments while unduly relaxing others, a condition which is termed Subluxation. So the controversy regarding 'No Subluxations' can be ignored, because the condition exists and may become fixed as a result of tissue change, if not corrected in time.

"The chiropractor should with spinal adjustment and common sense in practice become the very best of family physicians by advising their patients in matters of health and by putting emphasis on the fact that it is better and cheaper to keep fit through timely attention to the spinal reflexes than to run the risk of fixed tissue changes by neglect.

"The organs and tissues innervated through congested cord segments will not and cannot function normally as long as that congestion remains. And since the body must be considered as a unit, any organic disfunction will eventually affect the blood configurations regardless of a perfect diet. These are facts which the medical profession so wondrously refuse to see and the understanding of which has made chiropractic possible as a profession.

"However, in putting this emphasis on spinal adjustments we must not lose sight of the fact that subluxation is largely a sequel of autointoxication. Because, if the blood constituents were perfectly in harmonious balance, the ligaments and muscles would not suffer cramp and congestion to the extent of fixing vertebral displacements, but would maintain the body structure in perfect equilibrium, unless thrown out by forces beyond tissue strength, as sprains, wrenches, occupational poise, shock and concussions, which includes long sitting or standing in certain positions etc. Proper poise is an important factor to well being.

"There are however toxemic conditions in which there are no specific subluxations discernable until some exciting cause brings on a crisis, as 'A Cold', fever or the vital effort of elimination through the skin or otherwise, in which case subluxations will occur during such processes as a result of the reflexes.

"Always then, when we are dealing with subluxation we must consider it a sequence of inflammation, a pathological condition acute or subacute, a function pathological in character and
hence involving the circulatory, respiratory and nervous mechanisms with the associated ligaments, muscles and lymphatics, which leads us farther into the causative factors of toxemia.

"There is a general lack of understanding regarding the chemical changes which take place during the process of digestion and assimilation, and those which take place in the blood during its circulation through the body. Oxygen is such a vital factor in the formation of our vital force, this nervous energy, which we must consider electrical, that we must give it first consideration, because our vital force is diminished in proportion to the lack of oxygen in the blood content.

"This lack of oxygen is responsible for the chemical decomposition (which ought only begin after death) but which even during life attacks certain organs, most quickly those which require a considerable supply of air, as the lungs, the tissues of which decompose in spots and spoken of as caecous or cheesy degeneration, a degeneration which goes spherically from certain centers to form tubercles, so named tuberculosis.

"Other commencements of chemical decomposition are formed first as crystalline rods which unite with fragments of decomposed blood albumen. I mention these points because this lack of oxygen in the blood content has so much to do with all toxemias and is the life of our vital force, nerve tone.

"The many conflicting views in regard to the healing process is to a great extent due to this lack of understanding of processes and parts leading to pathological conditions. There will be less radicalism in the healing profession when physicians become better acquainted with the relationship of the various organs and parts of the body, since no part can function alone independent of the rest of the body.

"The mental healer who claims that 'in every case of disease, the trouble can be traced back to the brain,' and that 'its vibrations can be raised so that through the brain a cure can be effected' must not lose sight of the fact that the brain itself is dependent upon the same conditions which give and maintain life to all other parts of the body. The brain can be compared to the general of an army. It is in control and may plan and direct, but the execution depends upon subordinates which must be fed and clothed and furnished with material to execute orders. The brain itself can only vibrate to the degree of its harmonious structural components as just mentioned regarding oxygen and vital force, and with that are the other elements generated by other organs of the body, so the brain itself is dependent upon its subordinates for its life vigor and vim.

"This feature of vibration, the base of all scientific reasoning was very aptly covered under the term 'Innate Intelligence' by Dr. D.D. Palmer for legal evasion. The doctor himself being a mental healer previous to discovering a physical equation located in the spinal cord. Mind fails to function below a complete cord lesion, neither can the brain sense danger or get impressions when the sense organs are unable to advise, give desire, so it is that the brain is very much dependent upon its subordinates.

"There is nothing to be gained by avoiding unpleasant facts. If we continue to defy the fixed laws of nature, thinking that we can make two and equal six, we belittle ourselves and shall surely run on the shoals of embarrassment and disappointment.

"I hope others better able than I to expound the basic principles which underly chiropractic philosophy will add to the suggestions I have made in this article, with a view to induce over-enthusiasts to investigate more deeply into 'cause and effect'.

"The nervous system is composed of body tissues and is just as dependent upon the harmonious chemistry of the blood for its growth, maintenance and function as is the other systems and their structure.

"The difference between one tissue and another is determined by the cell rate of vibration of their structural parts, spoken of sometimes as affinity, but which in effect is magnetic, electrical and attracts those elements from the blood stream which is in harmony with their structural requirements and repulses elements which have become negativized by usage, a process dependent upon the presence of oxygen.

"If the chemicals which are essential to build and maintain their structure are deficient or lacking in the blood stream the cells dwindle and die. It is this lack of understanding of the chemical processes which take place in the formation of the body fluids and disintegrations that leads to false reasoning and one sided conclusions.

"Nature does not create a special law for the nervous system. Its development, growth and repair are subject to the same processes which govern every other tissue. So, dysfunction and pathological processes, (and) 'Healing' is not effected by the physician, but by the blood in circulation there is no 'One process', mental or mechanical which can accomplish that without regard to the blood constituents.

"Oxygen is essential to life, to cell growth, to function, to digestion, and assimilation, so without oxygen all systems alike fail to function, and since iron is the oxygen carrier, oxygen will fail as iron is deficient in the blood content and the whole process of me-
tabolism is upset, the blood albumen becomes rancid and stringy, forming phlegm, the cells become clogged and form tumors, ulcers, etc. Every cell in the body suffers in like manner, the capillaries become clogged with this fibrinated albumen, the urates are crystallized and embedded in the ligaments and muscle tissues and thus a multitude of ailments have their seat of origin.

"Chiropractors knowing these facts employ a varied technic to cope with conditions established and will render aid of a natural and congenial character to rid the system of accumulated waste and thereby rejuvenate the cells to their normal vibratory rate of attraction and repulsion, all of which is Straight chiropractic in accordance with the basic principles of the science.

"Innervation by adjustment often is not sufficient; we must aid nature to eliminate the accumulated waste in the cells and blood stream and stop autotoxemia by controlling the input into the system thru a balanced diet. Constipation must be relieved and normal bowel function maintained by feeding the tissues those elements which are lacking, and only to this end can we equalize the circulation and maintain normal immunity to disease.

"Every tissue in the body according to its special function requires its own mineral requirement in order to perform its own special physiological process as well as its own different mineral and nutritional requirement. All of which must be met by nourishment supplied to the body.

"As cells differ in types, they differ structurally and in their mineral constituents and this difference is essential in order that they perform the special function for which they are designed. Their normal function and activity depends upon the supply of their special mineral requirements.

"And so proper nutrition is essential for growth, maintenance and repair of the body structure, the maintenance of the body fluids, and the continuation of the vital processes.

"We do not have to go further than our garden, to see how true this is. Each plant takes certain minerals from the soil and when that particular mineral is lacking, the plant does not thrive, it dwindles and may die.

"We progress as we add to the knowledge we possess. This is the process of the sciences and 'The science of Chiropractic' has been no exception to this rule.

"My attention was first drawn to Chiropractic in the Spring of 1905 while I was in charge of the Treatment department of the Salt Lake Sanitarium. I was treating a lady who had sustained injury during delivery, which made locomotion very difficult. I had noticed a peculiar condition in the upper Lumbar and lower Dorsal regions. I drew the head physician's attention to what I thought was something wrong, but was advised that it was only the peculiar formation of her spine, however.

"Just at that particular time, there occurred an accidental adjustment on one of the streets of the City, of a man who had been semi-paralyzed for two years. He could stand and by the aid of a cane and crutch drag his feet. A sudden blow in the lower dorsal region knocked him down, and he got up and walked off without the aid of cane or crutch. I had already received literature from the Palmer School of Chiropractic, and that fact gave me my first idea of looking to the spine as a possible mischief maker.

"Shortly after that I received some printed matter from A.P. Davis, who was Dr. Palmer's second student and who had started a school of Neuropathy. Later I received a catalogue from the American School of Chiropractic of Cedar Rapids, Ia., which later developed into the Smith College of Naprapathy. At the beginning Chiropractic technic was very crude and rather severe, and I take it that this fact had much to do in the motive for founding other schools. The improvement of technic, that is; or I would assume so from the following which I copy from Dr. Davis's Announcement:

"'There are two fundamental laws on which the science is based, and these have been familiar to the physiologists and investigators of all leading schools of healing.'

"'First, that the circulation of the blood is the great determining factor in both health and disease, and that the nervous system is the controlling power in all the physiological activities of the animal organism.'

"'The second of these laws is the characterizing feature of this science. That physiological activities, when astray, can best be regulated thru the nervous system by the properly directed application of Drugless agencies. Beginning as it does with the very basis of life, its results are permanent.'

"'The expounders of the system have by their advocacy and application of new methods, and the revelations of original research work conducted under their direction, given ample and conclusive proof of its timely advent into the professional world.'

"'At the the time I was not aware that there was any particular difference, so far as technic or philosophy was concerned, but later I was to learn that the principle feature of difference was the technic, while as you will note from the quotation from the Davis school, the basic philosophy is essentially the same.

"I entered the Palmer school in the Fall of 1905 and put in the full term of
nine months. Those were nine eventful months. Dr. B.J. was a persistent worker and keenly resourceful in his efforts to prove that subluxation of vertebra was the cause of all disease, and we had some lively arguments to get the 10% cut and fix the rate at 90%. It was like the argument of the 'Hen and the Egg,' and to that end 'All hail' to Dr. D.D. and Dr. B.J. as Dr. A.T. Still 'Father of Osteopathy' attempted in Court, to prove that Chiropractic was an infringement on a part of osteopathy, but was defeated. Yet, as the hen and egg, like subluxation and circulation are so closely related, there still remains a point of argument for those who do not grasp fully the true philosophy of the science.

"We cannot afford to let our enthusiasm carry us beyond fact. And the fact is, that each system and pathy has its limitations as a curative measure in healing; and like the human individual, have virtues but are not infallible neither do they reach the requirements in all conditions.

"There are difficulties as well as dangers in dealing with pathological conditions. Even though a certain diseased condition had its origin as a result of subluxation of spinal vertebrae, if the disease had the patient, which is the case when gross tissue changes have occurred, the technic which would relieve the patient with the disease, would not be sufficient alone in the former case.

"Such points were discussed and had to do with the question of 'No limitations' and it was decided that fully 90% of all disease was a sequel of subluxated vertebrae as a first cause. However, while Dr. D.D. Palmer was with us, we had very little trouble, but things began to happen almost immediately after his incarceration for violation of the 'Medical practice act'. He was given an option of a cash payment or a jail penalty. He decided upon the latter, which proved to be the wrong thing to do, as it terminated in the break between father and son. He got his release after serving 21 days, but did not seem to be the same after that. He appeared to be a very much broken man.

"Students who had entered school to receive their instruction from the father became very much discontended and the son with all his cleverness was unable to stem the tide of discontent and shortly the entire class left in a body and enrolled with Dr. A.P. Davis who was I think Dr. D.D's first student in Chiropractic, and who was then located in St. Louis Mo.

"The tuition at that time was $500.00 but Dr. B.J. conceived the idea of reducing scholarships to $100.00 which resulted in a rapid increase in enrollments. Larger quarters were necessary and the son made the best of it. I was the only student of the original class to remain. Dr. B.J. made the best of the situation and the advancement of the school from then on is entirely due to the efforts of the son and his indomitable resourcefulness and effort.

"Shortly after graduating in the spring of 1906 an incident happened which later terminated in the organization of the National School of Chiropractic. A resident clinic patient, who had been at the school during a period of months, sent for me and when I entered her room she extended her hand and said 'Doctor I'm dying', I told her she did not have to die unless she wanted to, she asked me if I would treat her, I told her I could not, because Dr. B.J. would not permit me to do so, since I had graduated. She moved the next day and told B.J. why, so I was ordered to be present and explain my act in class at 9 A.M. next morning. I sent word I would be present at 11 A.M. before the close of the class, but promptly at 9 A.M. he brought the matter up very much at my expense.

"His attack was unjust with plenty of venom. The entire student body championed my cause and told him what they thought of him. I later told him just how it occurred, but my explanation did not satisfy, and in class he persisted in nagging at the students who's rebuke hurt him most, until finally a delegation called upon me and implored me to organize a school and teach chiropractic as it should be taught.

"However, before beginning teaching I wrote to Dr. D.D. Palmer, who was then at Medford, Oklahoma, of my intentions of teaching the science of Chiropractic, feeling that he would resent the idea, and was much surprised when I received the following letter, dated:

John A. Howard
Davenport Ia.

Dear Sir:-

Your letter of Dec. 7th was received on time. Will have to answer it now for I will be very busy soon, as I will be launched in the Grocery Business by Jan 1st.

Yes, that may be a surprise to you, but I have to save my mind and body. I did not know what had become of you. B.J. never mentioned you name.

Why should I not approve of your teaching the science of Chiropractic, when I consider you a more capable teacher than B.J., have more honesty in your big toe than he has in his head, and a more qualified teacher.

Several have written me desiring to come to me as students and
patients, but I have not encouraged any of them.

In practice and as a teacher I consider you more and better qualified than B.J., and I think I know you both.

I am pleased to learn that you are not mixing. You have no idea how much I prevented B.J. from mixing. Now he has full swing, and he is swinging away from the chiropractic line, for example, see October Chiropractor page 2 and 3, page 2, 6th paragraph and page 3, first paragraph.

He has wrested the whole affair from me. I am dejected and discouraged. I have to save my mind and body. If it has not been for my present wife, I would have buried myself from all acquaintances by going to Australia or New Zealand.

I fully coincide in all you say of B.J.

Truly,

D.D. Palmer.

"The above was the fourth of a series of letters which I had received from Dr. D.D. in answer to letters I had written him in an effort to get him to change his mind and return to his position as head at the school. In all of the letters he bears on keeping 'Chiropractic truthful'. In one he states 'No one knows except my departed wire and I, what a time I had to keep The Chiropractor Truthful'. From the tone of all the letters it is apparent that money matters had much to do with the break between father and son, as the following would indicate:

"I shall not consider any proposition from B.J. or any other until I receive $2000, which he is very unlikely to advance', and then made mention of some very uncomplimentary expres-

sions concerning his son. This friction between father and son had a very unquieting effect upon the student body. My efforts as a peace maker were futile.

"I was not overly enthused with the idea, but had accepted the position to demonstrate and teach the technic feature, while others who were qualified to teach the preparatory part were to conduct that feature. [President Howard's stationary indicated him to own The National School of Chiropractic in Davenport together with C.J. Jordan, O.D., D.C., Secretary and Frew A. Tucker, M.D., D.O., Treasurer. See (4), Beideman, 1995] Also it was decided that it should be known as the 'Howard System' in order to avoid any contention that what we taught 'Was not Chiropractic' as I knew such would be the claim by Dr. B.J., just as sure as I knew that it would be 'Straight and unadulterated Chiropractic' both in technic and philosophy, and time has proven that I was correct, because the term itself was derived from the Greek words Cheir and praktikos, meaning hand and active or practical and did not limit its application to any specific method of adjustment as B.J. would claim. The technic was open for improvement.

"Dr. B.J.'s idea helped us to form classes and was very beneficial at this time as he did not realize later. We had some very nice classes and turned out some excellent operators. However, 'I had learned from Dr. D.D. Palmer's sad experience that it would be best to obtain a medical degree in order to avoid the old doctors embarrassment. In order to teach, a clinic was necessary, and Dr. B.J. had already employed and M.D. for legal protection, so in the fall of 1907 I moved to Chicago with a view of qualifying for that purpose.

"One of my first acquaintances after reaching Chicago was Dr. W.C. Schulze who was then managing the Chicago Movement Cure Institute, which as you will note was a drugless method of treating as his printed matter indicates. 'Physiological Therapeutics or The Cure of Disease by Natural Methods'. One piece of equipment interested me more than others. The doctor called it an Ossillator.

It manipulated the Spinal Column and it was this machine which opened the way for our association later.

"It was not difficult for the doctor to appreciate the possibilities of the Chiropractic principle. I worked for the doctor ten months, during which time I used the Chiropractic principle on many of his patients with gratifying results, which interested the doctor to the extent that he asked me many questions regarding the principle and practice.

"Quite early in my life I had been an agent for The National Correspondence School of Washington, D.C. And as I reflected over the many students whom I had induced to take up Correspondent Instruction in various branches and noted how they had forged ahead of their fellow workers, I brought the subject up to the doctor as to what he thought of presenting the Chiropractic idea to the profession by correspon- dence, and he very quickly replied, 'A very excellent idea, just go ahead and see what you can do along that line, I'll give you any help I can to make such an undertaking a success'.

"During the months which followed, we met frequently and discussed many points in regard to the contents of the lesson papers as I proceeded with their construction. I had planned that twelve months would be sufficient to complete the course, but it required two years to complete the task. I was anxious to make it as practical as was
possible. I made many drawings for that purpose. It was no easy task and cost a lot of 'Midnight oil'.

"Dr. Schulze was always at my elbow when I struck snags, and that was often. My attendance at the Chicago School of Medicine and Surgery was a great help to me in the construction of the preliminary feature of the course. That part contained the essentials of a two year medical course, and has been used for review in examinations, in fact the correspondence course was a real aid as a review, to many practitioners in a practical way.

"I received no few comments regarding this attempt to put out a practical course in chiropractic by correspondence, yet it would surprise some to know how many of the best chiropractors in the field got the technic in the practical through this correspondence course of instruction, yes some of the very best practitioners in the field, which was very evident when they came to the school for the resident feature and clinical work.

"It was not only gratifying to me but was really marvelous. After all, it's a personal quality, as to how one acquires knowledge. One may be a good student in class, and yet slow in the practical or operative feature. At any rate the correspondent course served as a good missionary for the science and philosophy. It created a new line of thought in the minds of thousands of practitioners.

"Even before the correspondence feature was completed we were obliged to organize resident classes and conduct a clinic. Our quarters soon had to be enlarged, so the school was moved to larger space, then once again for the same reason and finally under Dr. Schulze's management its present home was secured [the ornate 20 North Ashland Boulevard, Chicago location, 1920-1966-RPB].

"Our graduates had no difficulty meeting the requirements of the two year medical examination, and as a result those who desired to practice in the State of Illinois became licentiates. The School (now College) has maintained this high degree in preparation of their graduates. Recently I visited the College and Dr. Schulze gave me a schedule of classes and invited me to visit at my leisure. Possibly, they have the largest clinic in Chicago for students observation and practice.

"Students are taught the Chiropractic principle in its broadest sense. Only with such knowledge can the profession gain and maintain the respect and confidence of the people. In practice there are so many conditions to meet, pathological tissue changes to overcome which are beyond the reach of spinal technic that to claim 'No limitations' for a simple technic is beyond the scope of truth or reason.

"The chiropractor should be able to cope with conditions as he finds them, unless he wishes to practice as 'A Specialist' as do many of the medical profession. There is no disgrace in admitting your limitations. It is rather an asset.

"Be a Spine Specialist, if you wish, and stick to it. There are many pathological stages, conditions in which adjustment of the spinal column only, is not sufficient. You must learn to recognize those conditions. In making this statement, I do so in support of the Chiropractic profession. Keep in mind always that in pathological tissue changes of an organ that the nerve ending has also suffered in like degree as the tissue it innervates and it can not transmit its electifying stimulus through terminals that have been destroyed.

"There are many pathological states in which the nerve endings have not been destroyed but are so clogged with waste material that its endings are insulated with non conductive chemical waste. It is for that reason that the adjustments of the spinal column fail to bring about results which otherwise should follow specific spinal therapy. So, "Should you not feel yourself sufficiently up in other ways and means to cope with such conditions, you should qualify with some special Post-Graduate work. Leading physicians of all schools of practice follow such a course. Such procedure keeps one in the lead in efficiency and self confidence and above all it keeps his enthusiasm burning brightly which is no small item in a successful practice.

"There are many conditions of the colon and rectum which do not readily respond to spinal adjustments alone. You should acquaint yourself on Proctology and Colonic irrigation. And closely associated with the internal mucosa of the alimentary tract is the external skin, so you should be fully up on such relationships. Through the skin, every part and organ of the body can be influenced, including the brain itself. Get a good work on dermatology or 'The Skin in its Relation to Disease', but better still, keep in touch with the National College Special Courses and plan to give yourself a treat every so often.

"In accepting Dr. Schulze's invitation to visit the classes, I was most agreeably surprised to note the progress made since I was associated with the Institution. Dr. Schulze deserves great credit for keeping Chiropractic education on a high level of efficiency. When I say Efficiency, I have no thought in mind that a Chiropractor should be a dabbler in all forms of Physio-Therapy. He does not have to do that to be a successful drugless physician, a true chiropractor. He should know the human body both in the Normal and in the Abnormal.
"In my visit to the College I was pleased to note the number of cadavers in the Dissection room, because in this department you will see things as they are in the pathological state. No Chiropractor should be satisfied with himself until he has had a thorough course in dissection of the human cadaver.

"As I reflect back over the years to when Dr. Schulze and I first met, I cannot refrain from giving him great credit for bringing chiropractic education up to so high a standard. And further, Dr. Schulze was the first of the medical profession to see chiropractic in a practical way and put his whole heart and soul into the advancement of the science. It was through his support and encouragement that the Correspondence Course in Chiropractic Philosophy was compiled and put before the world.

"No matter what some people may say or think regarding Correspondence Instruction, if 'The end justifies the means', and in this case it did, then Dr. Schulze's efforts did more at the time to advance chiropractic principle and practice than all others combined. He spent more than $275,000 in Chiropractic publicity while I was still associated with him, and no doubt many times that since, in order to put chiropractic education to the highest standard of efficiency. Then, does 'The end justify the means'? I think so.

"I hope for the future of chiropractic that the profession does not, in a spirit of overenthusiasm for 'New Technic', forget the Basic Principles upon which chiropractic was founded and has grown.

"To be able to relieve pain is both desirable and necessary, but the physician should not lose sight of the fact that pain is Nature's S.O.S. Pain is not the disease but a sequence of such or of some injury received, or of the accumulation of body wastes or retention of elements in the blood stream which cannot be used by the tissues or eliminated through the normal sources.

"To relieve pain by deadening or inhibiting natures only source of appeal without giving due attention to the causative factor of that pain might not be the best thing to do, in fact it most likely would be the wrong thing to do.

"Pain is the announcement of something wrong in the system; so the relief of pain is to be sought in the removal of that which gave rise to it. Any method to relieve pain which does not reach the causative factor is merely palliative and should be followed up or supplemented by measures to remove the cause. So, 'Ascertain the provoking cause and treat accordingly but be sure as to the cause. A headache (for example) may arise from one of a dozen causes of special importance.

"The vital effort resisting disease must be considered. Inflammation, fever, and pain are not diseases, but physiological manifestations of vital effort and action in resisting disease, whether it be for the removal of obstructions or other aids in restoring tissues to a healthy condition.

"We must not lose sight of these truths when with our technic we have merely relieved the patient of pain. It is a relief however to know that the original school to teach chiropractic principle and practice in its fullness not only still maintains its high standard of graduates in efficiency but has not deviated from the Chiropractic principle in practice. Thanks to Dr. W.C. Schulze's acumen, generalship and integrity to the cause of Chiropractic.

"I say this freely and wholeheartedly, since I am not connected with the Institution in any capacity and have not been for years. Dr. Schulze saved the Institution from sinking after it had been scuttled by intrigue, sources over which I had no control, so credit must go where credit belongs. So Long Life to the National.

"Dr. J.F. Alan Howard
Maywood, Illinois
September 11, 1934"

P.S. Would that either Dr. Howard or Dr. Schulze had left us some inkling of the "intrigues" mentioned above. But, at least to date, not even a slight clue has been discovered (RPH).

References


3. Wardwell, WI. The sixteen major events in chiropractic. *Chiropr History* 1996;6(1)


5. Beideman, RP. The role of Howard's encyclopedic system in the professionalization of chiropractic. *Chiropr History* 1996;16(2)