

One Important "Extra"

Every Chiropractor Should Employ in His Practice

BY DR. C. STERLING COOLEY, MEMBER OF NCA EXECUTIVE BOARD OF DIRECTORS, TULSA, OKLAHOMA.

NOT infrequently we hear a sincere, successful Chiropractor declare: "Adjusting alone is not enough in all cases." Another, phrasing it less positively, will say: "In many cases, I can get better results and in less time by supplementing adjustings with other measures."

Even the straightest "straight" will admit that such statements, usually based on long experience, are not made without good reason. There's something in them and they deserve respectful investigation. I will see what I can do with the job and, if I bungle it, please remember I began with good intentions. In the process, I shall call attention to one "extra" I believe every chiropractor should try to employ—not occasionally, but IN EVERY CASE. I must resort to a biblical parallel, as I often do, because I find a striking resemblance between the story of primitive Christianity and the story of Chiropractic from its discovery until now.



Dr. C. S. Cooley

The earthly mission of Jesus was performed in an age when education, as we use that term, was a negligible factor in the lives of the masses. He lived and worked almost exclusively among the lowly and a majority of his followers were almost wholly unlearned, in an academic sense. Many of them were not advanced far beyond the mental simplicity which views any great departure from the commonplace with a wonderment so overwhelming as to make accurate interpretation and description impossible.

For their time, the authors of the New Testament were educated men, of course—and remarkably intelligent, too, for that or any other time. But even they disagree, not only in their interpretations of the greater works of Jesus, but in their efforts to give us simple, accurate fact records of minor details in his career. Moreover, it is obvious that a considerable part of their writings is legend or "hearsay", and it is natural to assume that such material came largely from these humble, unlearned believers. If so, it undoubtedly suffered from inaccuracies, omissions, misinterpretation and possibly "touches of color" added by various narrators.

How different it would be if we had a COMPLETE and absolutely accurate account of ALL that Jesus said and did, particularly the instructions he gave to his disciples in trying to teach them how to do what he had done and even "greater works than these"! With such a record,

WE might be doing those greater works, instead of trying to console ourselves with unsatisfying explanations of why they are not being done. Inspiring as the Christian story is, its incompleteness is a tragedy almost as black as its message of hope is bright. If we knew ALL that Jesus imparted to his disciples, or tried to convey to them, and if we employed that knowledge properly, the world today might be a paradise.

We have the form and much of the substance of Christianity, but that vitalizing spark—that something which means the difference between hearing and understanding, and between words and works—was lost to us because of the inability or failure of men of his time to perpetuate his message fully and clearly in literature.

Chiropractic, like Christianity, has suffered through persecution, misinterpretation, misunderstanding and misrepresentation. And, like Christianity, it is handicapped by an inadequacy of authentic SOURCE LITERATURE. We have plenty of splendid Chiropractic supplemental literature, just as we have an unlimited supply of literature based on the words and works of Jesus; but I refer specifically to that which gives us accurately, clearly and fully the philosophy, practice and teachings of Chiropractic's Discoverer and Developer, Dr. Daniel David Palmer—not according to his followers' observations and interpretations, but IN HIS OWN WORDS.

I never saw anybody who could change water into wine, still a raging sea or restore life and health to a human body which had lain in a tomb three days. Nevertheless, in addition to the enduring religious tradition, I have good scientific reasons for believing Jesus did those things. My own inability to understand his method, or to invoke the power he employed, would be a sorry excuse for contending they couldn't be done.

After all, what are "miracles"? The abnormal and subnormal are so much with us that many of us have learned to think of them as normal. In such circumstances, restoration to normal may seem, of course, miraculous. In the record of humanity's slow escape from the toils of ignorance and superstition, we see plainly that the light of knowledge and understanding reveals the "supernatural" as natural and the miraculous as normal.

My amazement at biblical accounts of miracles is no greater, I venture, than the wonderment of one unfamiliar with Chiropractic on reading Dr. Daniel David Palmer's statement that he stopped many serious diseases by ONE adjustment of ONE vertebra. To the uninitiated layman, that is miraculous—"if true". You and I know it not

only is true, but is the natural result of restoring "tone" by restoring the skeletal mechanism and permitting the free expression of normal nerve function.

It is generally known in our profession that Doctor Palmer did not use adjuncts of any kind at any time. Although he agreed that "there is some good in all methods," he never employed medicines, appliances or any other "extras". He gave us a simple, sound argument against them: They are not needed, and so waste time. Chiropractic alone—HIS kind of Chiropractic—is enough. It alone will do all that can be done.

The Founder calls attention to a point we should keep in mind if we want to practice his kind of Chiropractic and get his kind of results. He reminds us that remedies and modalities, good and bad, belong in the realm of therapeutics, and adds:

"Chiropractic is not a system of therapeutics."
(1).

Over and over he tells us Chiropractic is not a "treatment" or a "cure" for anything. It is merely a method of bringing into manifestation the ONLY real healer, Innate—all-wise designer, builder and reconstructor which needs neither "advice" nor "aid" from medicines, mechanisms or any other material "remedy". His positiveness concerning the sufficiency and dependability of Chiropractic is exemplified by the two following excerpts from his writings:

"The person who comprehends the philosophy and principles of the science and art of Chiropractic has no need of remedies." (2) "Causes of disease and adjusting therefore has been neglected far too long in the vain hope of discovering an antidote, a remedy, for the disorders of mankind. Please excuse me, I am in a hurry. I do not want to be delayed by any method that treats disease, either physically or mentally. I am searching for causes and their adjustment." (3)

Note his lack of concern about disease, per se. The disease, whatever it may be, is not the focus of attention in scientific Chiropractic. We are to find and correct the CAUSE. When we have done that, all else is to be left to Innate. It will take care of the "disease". If we wish to understand clearly the D. D. Palmer Chiropractic philosophy—and that is essential if we hope to equal the D. D. Palmer achievements—I believe it is important to adopt his almost metaphysical attitude toward disease. It was not, to him, A THING—a fixed, identifiable reality to be named, described and met in combat, either direct or indirect. It had NO PART in his calculations except to help him determine where and what the skeletal displacement was.

There we have a keynote! REMEDIES "treat" disease (effects). CHIROPRACTIC removes CAUSES.

Medicines and modalities were not the only "extras" for which Doctor Palmer had little use. Emphatically condemned by him were certain "extras" which figure in the work of more than one "straight" Chiropractor, who looks with con-

tempt upon anything except Adjusting. I refer to what the Old Master considered "extra" adjustments.

"Why not learn to be specific?" he asks. "Why not learn Chiropractic as a science and an art?"

(4) Explaining the necessity of being specific—a problem varying with the case—he tells of having adjusted a patient two weeks without subduing "a terrible headache". (5) "I expected to relieve her by adjusting the same vertebra as I had in others, but I failed * * * because her headache was due to an impingement of the twelfth dorsal vertebra upon nerves which lead from that locality to the head, a fact I was not aware of previously. THE FAILURE WAS FROM A LACK OF KNOWLEDGE. * * * When I discovered what nerves were impinged upon, it was easy to give them ease." (6)

I have added emphasis to one sentence as a means of indicating that the Master Chiropractor sometimes had trouble with diagnosis, just as we do, and did not consider it undignified to "dig" when necessary to find an elusive cause. We must "dig" scientifically if we hope to make that specific adjustment, which should be always our inspiration and our aim because we know that, once it has been made, Innate will take over and do ALL that is possible.

"Why not learn Chiropractic as a science?" the Old Master pleads repeatedly. "Why adjust throughout the whole spinal Column? * * * The displacement of one vertebra, whether by accident or poison, does not react on other vertebrae so as to occlude their foramina, thereby constricting the nerve emanating therefrom. The DISTRIBUTION is made THROUGH THE VERTEBRAL, GANGLIATED NERVE CHAIN, and not through the vertebrarium." (7)

In that paragraph, too, the marks of emphasis are mine. I cite one more paragraph on this point:

"In order to give specific adjustments, we must possess a knowledge of the disease in question and be able to trace it to its origin; not to seven pairs of nerves, nor to one pair, but to the one single nerve trunk impinged upon, and sometimes even to that of one filament of a nerve." (8)

There, my friends, we have what I believe to be the "extra" which distinguished Dr. Daniel David Palmer's work, sometimes making it seem almost "miraculous" even to his students. That SPECIFIC adjustment is the "extra" which has kept Daniel David Palmer's message and achievements so far above and ahead of anything offered by his would-be imitators and detractors. It is the "extra" which separates scientific Chiropractic from mere spinal manipulation. It is an "extra" every chiropractor should employ IN EVERY CASE.

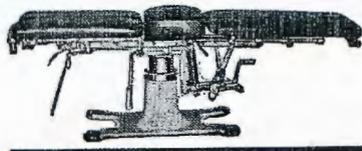
My first duty is to the patient, to whom I must give relief, at least, in the shortest time accepted Chiropractic standards permit. If I can't provide a prompt, specific removal of the cause of the ailment, I must either do the next best thing or lose a patient—or worse (Cont on p. 44

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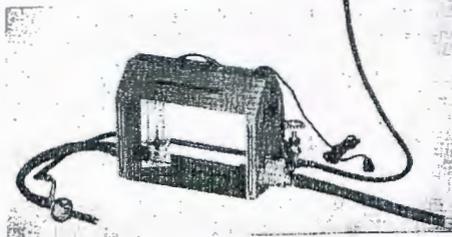
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From Dr. M. B. De Jarnette
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Dear Doctor: Please enter my reservation for one copy of the D. D. PALMER CHIROPRACTIC ADJUSTER which you are reprinting at \$10.00 per copy.

I am sure the field appreciates your efforts in reproducing this work, but it takes a lot to awaken the Boys and Girls. I feel that Chiropractors should preserve this monumental work of the old master at any cost. I am certain that the publication of this book will afford proof that D. D. Palmer wished a broad interpretation placed on Chiropractic.

ONE IMPORTANT "EXTRA"

(Continued from page 12)

than that, possibly cost Chiropractic a friend.

I have a further obligation to Chiropractic and, in my opinion, to the Old Master. It is an obligation I cannot discharge by permanent reliance on expedients or substitutes. I am in honor bound to be specific when I can, to be as nearly specific as possible in all cases and, regardless of failures or obstacles, to continue my efforts to acquire the knowledge and skill which, I hope, will solve the seeming mystery of THE SPECIFIC ADJUSTMENT.

This duty is imposed on me by my absolute conviction that, when the specific adjustment is made, all "extras" are unnecessary and that anything else then employed is merely "cluttering up the case." My sense of duty is heightened by the firm belief that Chiropractic's hope of survival as a distinct branch of science and a superior healing art rests in its mastery of that elusive specific adjustment. And, in turn, our hope of achieving that mastery lies largely in Daniel David Palmer's great book, "The Science, Art and Philosophy of Chiropractic."

I have referred to the inadequate distribution of this one authentic Chiropractic SOURCE VOLUME as a handicap to our science thus far. The book was published in 1910 and the edition necessarily was limited by the small demand at that time. As a result, only a small minority of chiropractors of the present have had an opportunity to learn, from the ONE real Chiropractic authority, just WHAT Doctor Palmer did in given

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cases, WHY and HOW he did it, why he had no use for "extras" and why he feared NO disease, regardless of its name or nature. Lacking his explanations of and reasons for that all-sufficient specific adjustment, they have too often been ready to accept "special techniques," most of which would not be necessary if all of us had the Daniel David Palmer understanding of Chiropractic and its possibilities.

As this is written, word comes that the NCA's plan to reprint Doctor Palmer's book is threatened with failure because of the profession's seeming lack of interest—or its neglect to express that interest in a practical way by forwarding the necessary subscriptions to the NCA executive office. This is surprising, in view of the enthusiasm with which the reprint project was greeted at our 1940 convention in Minneapolis.

In the hope that the venture can be rescued now by prompt action, or, at any rate, kept on our "must" program for action at the earliest date possible, I offer my humble opinion that Chiropractic never will truly come into its own until the profession generally has studied the D. D. Palmer book. I know we are strong, in comparison with other drugless professions, and we are growing stronger, but, after all, we must fight for every inch of ground gained and then keep on fighting to retain it. I repeat my recent assertion that, with Daniel David Palmer's kind of Chiropractic and his understanding of and respect for our science, we could steadily forge ahead and in due time take THE LEAD in all Health professions.

Remember, we are under a heavy responsibility. We are custodians of the greatest healing art ever revealed to mankind. Let it not be said of us, by men of the future, that we thoughtlessly abandoned so precious a gift to the destructive drift of time.

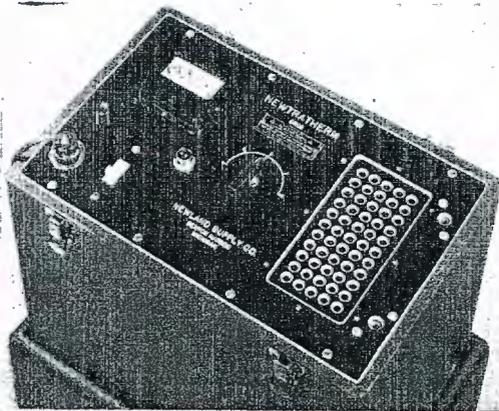
If not immediately, then in the near future, let's follow through for the Old Master by some old-fashioned Chiropractic co-operation which will make his book available to every earnest chiropractor. Isn't it up to us to prove to the public that we stand on the solid ground of a real science, rather than on such uncertain footing as the "disease-and-remedy" theorists must occupy? Of course it is—and we can do it! Let us here and now resolve to rid ourselves of "benign burdens" that scatter our energies and, with Daniel David Palmer's counsel to guide us, lay hold on that one great "extra" through which Innate will work for us the miracles this sick old world awaits.

If you feel as I do about it, won't you please send your order and a ten spot to the NCA executive office at once? Let's get this great book on the press at the earliest possible date.

References: (1)—Page 71, (2)—Page 79, (3)—Page 81, (4)—Page 51, (5)—Page 78, (6)—Page 78, (7)—Page 38, (8)—Page 45. "The Science Art and Philosophy of Chiropractic" by D. D. Palmer, "The Chiropractor's Adjuster" published in 1910.

The chiropractor understands the living body and living machinery of man.

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