

# Daniel David Palmer

Was the First True "Basic Scientist"

BY DR. C. STERLING COOLEY, EXECUTIVE DIRECTOR OF THE NATIONAL CHIROPRACTIC ASSOCIATION, TULSA, OKLAHOMA.

I SUPPOSE it is always in order among real chiropractors, to discuss a subject which happens to be a favorite of mine. That subject is Daniel David Palmer, discoverer, or rediscoverer of Chiropractic.

I knew Dr. Daniel David Palmer. He instructed me in the principles of our science in his pioneer school in Oklahoma City. Aside from his ability as a chiropractor and a teacher, he had qualities which made up a personality of unusual power. Being scarcely more than a boy at that time, I was impressed by that personality in a degree which has made it a vivid, living memory through all the intervening years.



Dr. C. S. Cooley

For that reason, much of what I have said and written about the "Old Master" has been tinged by sentiment. I have even eulogized him in what some have considered extravagant terms, but for the strength of my praise and admiration, I have no apology to make. Contact with him convinced me D. D. Palmer was not merely a maker of therapeutic history, but a genius whose sensitive mind recognized many truths which are still not apparent to mankind as a whole and no doubt, when recognized in the future, will be hailed as "remarkable discoveries."

On this occasion, I shall limit my comment to that phase of Dr. Palmer's genius which most directly concerns us. I am thinking of Daniel David Palmer, Basic Scientist—using those two words in their best and truest sense.

In its latest effort to stem the tide of truth released by Daniel David Palmer, and to perpetuate the exploitation of human misery for profit, the medical monopoly has erected the obstacle it calls Basic Science. In its scheming, of course, it has been aided and abetted by the ignorant peanut politician, to whom I wish to again pay disrespect as Public Enemy No. 1.

This heap of rubbish the Fishbeinites have piled in the path of Chiropractic is NOT BASIC, although it is low in the scale of human knowledge, nor is it scientific except in a feeble, fragmentary sense. It is not INTENDED to be either basic or scientific. Its sole purpose is the strengthening of medical monopoly. Basic Skulduggery is its proper name. Putrid Politics might be better.

Daniel David Palmer's discovery IS basic and IS science. It is based on the invariable principles of the science of structure and is neither theoretical nor experimental. It is as old and as

fundamental as the human race and, when properly employed, it is as infallible as mathematics.

Dr. D. D. Palmer's Chiropractic was—and IS—simplicity itself. He defined it in these words:

"Chiropractic is the science of adjusting by hand any and all luxations of the 300 articular joints of the human body; more especially the 52 articulations of the spinal column, for the purpose of freeing any or all impinged nerves, which cause deranged functions."

That, in my estimation, is the statement of a science which is basic because nothing can be taken from it without devitalizing it and yet, notwithstanding its simplicity, is so complete that nothing need be added to it, although it obviously lends itself to all manner of so-called interpretation and improvement and amplification.

A thoughtful review of my experience as a student of Daniel David Palmer and as a chiropractor, and a study of present-day trends in our profession, force me to the conclusion that we have reached a point where prejudice and unsound enthusiasm should be forgotten and reason permitted to reign. It is time for rationalism in Chiropractic—Basic rationalism manifested by the discoverer of this great natural healing art. Do you not feel that we shall get along better if we keep our thought fixed on the basic Chiropractic principle and stop, for all time, the arguments and dissensions provoked by this or that mushroom "technique"?

I know a majority of the outstanding members of our profession, by reputation, at any rate, and have seen many of them demonstrate their skill—men and women who, like me, have investigated all the "techniques" that have come along, who are better educated than Daniel David Palmer was and who, no doubt, have minds as keen and hands as skillful; but with all due respect to every one concerned, the best chiropractor I ever saw WAS DANIEL DAVID PALMER. And I believe every other chiropractor who ever saw him work will agree with that judgment.

THERE is the germ of something to think about, in view of the fact that we have had 43 years in which to experiment with his discovery and try our hands at possible improvements. If, after all our supposed progress, we are not surpassing the work of the FIRST chiropractor, who knew nothing about these many techniques and "improvements," why should we continue to devote our time and thought to them—not to mention the money, which is usually a consideration in acquiring a new technique or method?

There is nothing bad about the techniques, in themselves. The fault is in what we THINK about them. I never have known a sensible chi-

ropractor who opposed any particular technique after it had been debunked and reduced to a workable basis. Always, without exception, disagreements over techniques have arisen from the claims of their advocates and not from anything inherent in the techniques. Some of these arguments have made enemies of the best of friends, and such a situation is unwholesome in any profession.

Let us do away with this wrangling. We can accomplish that desirable end by simply recognizing the undeniable fact that Daniel David Palmer's Chiropractic is a true basic science. It is summed up in the one principle that skeletal displacements CAUSE disease and their correction enables NATURE to effect a cure. That principle is so flexible, so far as its application is concerned, that it SUCCEEDS even when modified by our individual personalities. It is so simple, however, that when we attempt to subtract from it, we find subtraction impossible, and at the same time it is so inclusive and complete that trying to make a substantial and worth-while addition to it is like trying to intensify sunlight with a lamp.

Every chiropractor who has practiced any length of time has handled with success many cases that were the failures of every other method. You have, and so have I. No two of us employed or applied the Chiropractic principle in an absolutely identical manner. Then how or why did we get equally satisfactory results? Simply because pure, unadulterated Chiropractic IS basic science. It is so fundamentally interwoven with the pattern of human welfare that it was recognized and used in remote antiquity, how far back we do not know. We do know now, however, that it was successful at least 25 centuries ago, just as it is today.

Dr. Daniel David Palmer informs us plainly in his writings that what we are inclined to regard as his discovery really was a REDiscovery. Now Dr. K. Ligeros of Athens, Greece, who is a medical physician as well as an American trained chiropractor, has unearthed, in the Old World, convincing documentary evidence that Hippocrates, Galen and other famous physicians of olden times employed the very philosophy and principles on which our science is based, and that they applied them to perhaps as many phases of abnormality as we do today. Facts discovered by Dr. Ligeros indicate that the practice of those ancient healers was not merely "Spinal Manipulation", but actually was Chiropractic. The exact technique is unknown. No doubt, like modern chiropractors, they had many different techniques, or variations of technique, but it is plain that, like Daniel David Palmer, they "RACKED" displaced spinal segments into place in treating conditions their successors in the so-called "science of medicine" try to charm away with the voodooism of drugs.

In his book, sponsored by the National Chiropractic Association, Dr. Ligeros has given us sound and indisputable proof that we are practicing the oldest, most dependable healing art in the world. It is probable that many medical superstitions antedate our science, but, so long as we

stick to the D. D. Palmer kind of Chiropractic, which is the ONLY Chiropractic, we have no PREDECESSORS, except other chiropractors, in the actual healing of disease.

I will ask you, if you please, to pay close attention to this excerpt from the writings of a renowned chiropractor:

"It is necessary to know the nature of the spine, what its natural purposes are, for such a knowledge will be requisite in many diseases. One or more spinal vertebrae go out of their places, not very much from the rest, but just slightly each one gives way from the others. The vertebrae, one or more, need not get out of their places very much in order to produce discomfort to the patient, but if one or more do go out of place very much, it may cause death."

You will recognize that as good Daniel David Palmer philosophy, yet it was not penned by our Old Master. The chiropractor who wrote it was Hippocrates of Cos, the great healer of thousands of years ago, whose achievements impressed themselves so imperishably on human history that the medical profession, unaware that Hippocrates WAS a chiropractor, saw fit to adopt him as "The Father of Medicine." That basic Chiropractic principle enabled Hippocrates to win the crown of undying fame from the medical gentlemen, yet A. M. A. cult of today says that principle is quackery." Now that Dr. Ligeros has brought out the truth, will the medical monopolists continue to reserve a chiropractor and a "quack" as "The Father of Medicine?"

Another famous physician of ancient Greece, who the medics also venerate as having "fathered" some of their cherished humbuggery, was Galen. He lived in a later period than Hippocrates and probably was more advanced in the art of healing. At any rate, he seems to have been the first to have considered the anatomy of the nervous system and to have noted the inevitable relationship between disease and any interference with nerve functioning. Galen called particular attention to the harmful effects of vertebral impingement, recognizing it as CAUSES of disease, as we see in this citation by Dr. Ligeros from a Galen manuscript:

"Whenever nerves are compressed along the spine and, therefore, unable to perform properly their functions, this compression, though it may be slight, may be the real cause of disease or may in itself produce many abnormal complications. Whenever spinal nerves are in any way affected, give the treatment to the spine and never to the affected part."

If that isn't Chiropractic, WHAT IS IT? Wouldn't it fit perfectly into Dr. Daniel David Palmer's own comments on his discovery? Dr. Ligeros has found evidence that not only Hippocrates and Galen, but other healers of that far-off time, described in detail the manner in which they returned displaced vertebrae to their normal positions BY HAND—or, as Dr. D. D. Palmer put it, "RACKED" them into place.

They must have had many different individual "techniques," and no doubt there were hot argu-

ments, then as today, over which "technique" was superior. It is obvious, however, that they all relied on that one great Basic principle which we know today as the Chiropractic principle. It was not the "techniques," but the principle, that enabled them to heal the sick. Isn't it high time that we recognized that principle, and not our "techniques", as the healing factor, the only source of our success and Chiropractic's only reason for being? If we stick to the job of "RACKING" offending vertebrae into place, and do it well, what difference can it make if I use the elbow and you use the thumb?

I always shudder when I hear a radio announcer informing the world that some self-appointed "artist" is about to play his or her "special arrangement" of a well-known composition. My tremors are especially severe if the selection happens to be one I like. I can always tell you the answer before the "artist" begins. The performance will be so much "arrangement" and so little original that nobody would know what it was if the title hadn't been announced in advance. As for me, I'm going to quit trying "special arrangements" of Chiropractic and stick to D. D. Palmer's kind. Any time I feel one of these attacks of artistic temperment or virtuosity coming on, I am going to pick up Dr. Palmer's great textbook, "The Science, Art and Philosophy of Chiropractic" and study it some more, with a view to learning how to gratify my expressionistic "urge" by applying the Chiropractic principle correctly, instead of dramatically.

I want to call your attention to what I consider another advantage in following closely along the lines laid down by the Old Master. In my opinion, basic Chiropractic is not only logical as a healing method, but as a political policy. I believe that the better we confine our efforts to the practice recommended by D. D. Palmer, the better we shall be able to defend ourselves against the onslaughts of medical monopolists. They will continue to make the way rough for us, and we must fight them determinedly to keep our science from annihilation; but times change and public psychology changes and the day will come when this impatient American populace will tire of tomfoolery and insist that so-called health service BE health service and that therapies be known and rated on the basis of results.

Structural science has not changed in 25 centuries and will not change in the next 25. That is why Chiropractic was logical 25 centuries ago, is logical today and will remain logical as long as the human body remains anything like it is today.

Was there anything logical about medical practice 25 centuries ago? Is there anything logical about the major theories this misnamed medical science is ballyhooing today? Can there EVER be anything logical in the policy of overcoming disease by producing a worse disease or in the idea of making human affliction a political plum tree?

Let me present a specimen of modern medical "logic". At Oklahoma City in October, 1936, there was a clinical conference attended by the

FOR MARCH, 1938.

medical great from all points of the compass. Among them was a noted Massachusetts physician who discussed meningitis. The Oklahoma City Times, in its report of the conference, quoted him as follows:

"We think we get more cures by the use of serum, but we're not sure that those patients would not have gotten well by themselves. There are a lot of perfectly good kinds of serum. They must be made of 15 or 20 different kinds of germs. When we administer serum, we can only HOPE that it has one of the 20 kinds. If it happens to hit, it will work."

Isn't that almost pitiable? After at least 25 centuries of so-called "medical progress", the medical profession is at least 25 centuries farther into the woods than it was in the time of Hippocrates. I grant that the eminent meningitis authority may have been misquoted in some degree by the newspapers, but the chances are that the report of his talk was substantially correct. The essence of it, as I get it, is that if your patient doesn't get well or die before he can be needled, and if you have enough different kinds of germs and if any of them happens to be the right kind—whatever that may be—you will get some kind of results. THAT is medical science. It represents the best thought of the gangsters who are using political putridity and political pressure to force us chiropractors to become what THEY consider better educated, so we shall be better qualified to look after the health of our patients. Maybe I'm prejudiced, but I can't imagine anything like real education coming from a group so deficient in the healing knowledge common even in the time of Hippocrates. What do you suppose that famous physician would have thought of the plan of trying to make a sick person well by introducing the germs of 15 or 20 different diseases into the bloodstream?

For the last year or so, the medical gentlemen have been busily peddling a serum which they represent as providing absolute protection against "whooping cough" in 85 per cent of all cases. Well, about the time the great clinical conference was under way in Oklahoma City, the American Public Health Association was holding its annual convention in New Orleans. From there came the truth about the "whooping cough" serumizing racket. It was in a report made by Drs. James A. Doull, Gerald S. Shibley and Joseph E. McClelland of the school of medicine, Western Reserve University. Here is a newspaper account of their disclosures:

"The physicians reported studies made with two groups of children, all between 6 and 15 months of age. One group was administered a new vaccine; one was not. To September 12, 1936, the incidence of whooping cough was approximately the same in the two groups, but attacks among those inoculated were milder."

If I understand that dispatch, the 85% protection against whooping cough is another medical myth. Moreover, if serum history is repeated, as it is almost certain to be, the inoculated group

later will pay a dreadful price for the reported mildness of the whooping cough attacks. Brazen as they are, the medical monopolists cannot deny that sleeping sickness, infantile paralysis, heart disease and other deadly ailments follow in the footsteps of "immunizing" as certainly as night follows day. And these fellows consider their ilk capable of teaching us "basic science"!

I don't object to the better education of chiropractors. In fact, I consider it essential to the survival of our profession. I refuse to believe, however, that anything basic, so far as curative knowledge is concerned, can or will be taught to chiropractors or anybody else by "EDUCATORS" who are unable to detect the absurdity in the policy of "treating" a disease by giving the patient a worse disease. Coming from self-styled "scientists" who accept beliefs so primitively superstitious, "basic science" is truly something dreadful to contemplate. Verily, medicine has gone back to a darker mysticism—and worse for the people—than that from which it was rescued by Hippocrates.

Basic Science, indeed! Listen to this really basic reasoning by our own Old Master:

"Knowledge of a single fact does not make a science. To make an adjustment, as I did in my first case of Harvey Lillard, did not constitute a science. To know that a certain dorsal vertebrae wrenched from its normal position was the cause of deafness; that the racking of it back into place would restore hearing—to know those two facts did not constitute a science; neither did it create the art of adjusting. But, so far, it was specific knowledge and specific adjustment. It was the beginning of a science, not a new science, FOR THE PRINCIPLES EXISTED AS FAR BACK AS THERE WERE VERTEBRAE. The basic principle of Chiropractic and adjusting vertebrae for the relief of disease has been practiced over 2,000 years."

Again he writes:

"Chiropractic is not a process. A process consists of a series of actions, motions or occurrences. CHIROPRACTIC IS A SCIENCE, not a process. Adjusting is an art."

I beg to add that, while Chiropractic is a science, in which, as D. D. Palmer said, specific knowledge governs, medicine is a process—a process of trying this and trying that—a process of guessing—a process of experimentation and change—of conniving politically and otherwise to keep the public forever bewildered, an innocent party to medicine's own poorly concealed bewilderment. It was as obvious 25 centuries ago as it is today that two and two make four. Would you like to learn mathematics from a school of mathematics which had been in existence 25 centuries and still refused to admit that two and two make four?

The cause of disease was plain to the really able physicians of 25 centuries ago. It has been discerned repeatedly through the fog which has enshrouded the medical profession since the days of Hippocrates and Galen. It is plain today as

the fact that two and two are four, and the means of removing that cause has been equally plain ever since that true basic scientist named Palmer began his revolutionary work in Davenport 43 years ago. Yet the medical monopolists remind me of the rustic who looked at the first giraffe he ever saw and declared: "There ain't no such animal." The medicos look open eyed at the cause of disease and say: "Tain't so." They behold the removal of the cause of disease by the simple, logical basic science expounded by Dr. Daniel David Palmer and declare: "It ain't happening, It can't happen. Anyway, it's quackery!"

So long as medical monopoly can pull the strings and make the politicians jump, we shall have to accept, with the best grace possible, what they term "basic science." To hold our own until organized medicine rides its goaded horse, Monopoly, to its inevitable downfall, we must keep hammering home the truth about Chiropractic—remembering as the Old Master said: "Truth is stranger than fiction because it is less frequently told."

Above all, we must keep getting sick people well, giving hope and health to those who have been pronounced hopeless by the eminent authors of basic science legislation. We can do that with real Chiropractic. We can not do it if we waste our time meddling with fads and freakish attempts to adapt our flexible but inviolable science to fit individual concepts, or in arguments over whether this or that "arrangement" of Chiropractic is the better art. Experiments not kept closely related to principle—the basic Chiropractic principle—will surely lead us astray, for as its discoverer wrote:

"Chiropractic is a science just so far as it is specific."

He had no use for theories that didn't work, for opinions that could not be traced back to fact, for practices that failed to make sick people well. He had SPECIFIC adjustments for meningitis, for whooping cough, for any abnormal condition, including the ills produced by medical blunders and the curse of immunization.

That great pioneer who was the first chiropractor, the first nerve tracer, the first Chiropractic educator, the first Chiropractic author, the first Chiropractic editor and the first man in centuries to give the world a real healing art, did not cease to be the guiding light of our profession when he left this mortal plane. His thought, if we accept its promptings, still will lead us safely through the mazes of intrigue and exploitation.

He bequeathed to us a great truth, which he asked us to develop, but not to distort. It is an unadulterated, fundamental truth, for in 43 years Chiropractic's friends and enemies alike have failed to shake it or impair it in the least. It is a precious truth, which we should respect and protect because of its importance to the world, and the farther we depart from it or the more we try to alter it, the greater will be the chances of our failure and our enemies' success.

Life without health is not really life and may

be worse than ceasing to exist. As Chiropractic, in my opinion, is the greatest potential health science known, our heritage is the greatest mortal man ever passed on to his fellows. To measure up to that estimate, it must indeed be truth, and I have proved to my own entire satisfaction that it is.

As custodians of that life-saving principle, we have a responsibility which demands that we work in unison and in unity. I say, then, let us devote ourselves to our duty as it has been plainly revealed to us. Let us be ourselves and express our intelligence and individualities to the utmost, but let us remember always that we are servants and administrators of that great principle, which was principle 25 centuries ago and will be principle, invariable and effective, till time shall be no more.

Forward Chiropractic—a united Chiropractic! Let us make it known that we have just begun to fight, and let us keep our ranks intact around the one standard which we can hope to follow to victory.

Be proud of Chiropractic! Be strong for Chiropractic! We need never be apologetic. We need never be fearful. We need never doubt the correctness and the justice of our cause. If there is failure, it will be ours, not Chiropractic's, for Chiropractic is mighty because it is true; and truth, though crushed to earth, will rise again and live. To become invincible, we have only to ward off attacks from without and prevent dissension within, consecrating ourselves to the determination that neither its friends nor its foes shall ever mutilate or destroy the pure, fundamental, complete and self-sufficient science entrusted to us, for the good of the world, by Daniel David Palmer, true Basic Scientist.

We shall soon have an opportunity to demonstrate whether we are basically Chiropractic—stable and dependable—or likely to be swayed by every passing breeze of therapeutic fantasy and political hostility. The 1938 convention of the National Chiropractic Association, a few months hence, will provide that opportunity. Let us determine now to make this year's not only our greatest convention, but the greatest in Chiropractic history. Let us invite and persuade non-members, as well as members, to attend and help us prove to the world that we are scientifically and professionally sound, and able to manifest the self-sacrifice, courage and vision which enabled D. D. Palmer to give his discovery to mankind, in spite of ridicule, hardship and persecution.

The fact that our 1938 convention is to be in Toronto is worthy of more than passing notice. Toronto is to Chiropractic what Bethlehem is to Christendom and, in a figurative sense, it was over the wilderness which was Ontario that Chiropractic's Star of the East appeared. In his book, "The Science, Art and Philosophy of Chiropractic," Dr. Palmer writes:

"I was born March 7, 1845, a few miles east of Toronto, Canada."

Who shall say he will not be with us when we

FOR MARCH, 1938.

assemble in Toronto to further the work he began? Dr. Palmer's writings show plainly that his faith was not limited to things material and that he believed unquestioningly in the deathlessness of mind and in practical manifestations of spirit. In simple candor—as if there could be no reason for disputing the point—he tells us Chiropractic was revealed to him by a physician who, years previously, had passed into the Great Beyond.

As one of his disciples, who believes him incapable of deceiving his followers, I am bound to accept that explanation as a fact. From that belief, it is an easy and natural step to the thought that he can and will be with us when we gather in the land of his birth. It is as if, in the call to the convention, Daniel David Palmer himself were saying to all sincere and loyal chiropractors:

"Meet me in Toronto and help me, through the NCA, make sure that scientific Chiropractic shall not perish from the earth."

Let us resolve to be there—and be worthy of him and his gift to the world!

#### PLAIN TALK DISCONTINUED

AFTER six years of battling the news and medical trusts, PLAIN TALK MAGAZINE, the nation's only liberal publication—one which has insisted on printing the whole truth about healing—is in financial difficulties. In its January issue a back page announcement carried this disturbing news, just as frankly and clearly as the magazine has handled drugless healing and the medical racket.

Publisher Bealle is trying to interest various people in raising the necessary funds to put it on a paying basis in spite of the handicap of being a truth-telling publication. In the meantime he has formed an alliance with Dr. Morris Marsh of Covington, Virginia, nutritional expert and chiropractor.

Dr. Marsh has written a series of 26 Food Chats for the use of chiropractors in advertising, radio talks, hall lectures and general mailing. Into these chats, which are designed to attract the reader to the doctor who uses them, he has skillfully woven the Chiropractic philosophy—that nerve interference should be corrected to get the best out of your diet.

Dr. Marsh and Mr. Bealle have announced that any money they may make out of these chats will be subscribed to PLAIN TALK'S current stock issue in the hope that the nation's only liberal magazine may be put on a paying basis just that much quicker. These chats were described in the February JOURNAL and also in this issue. They can be procured from the Personal Expansion Systems, 709 Carpenters' Building, Washington, D. C.

IT IS QUITE AN ART TO TAKE HEAVY KIDDING LIGHTLY AS IT SHOULD BE TAKEN.